

Patient informat

Psychology Support for Patients Living with a Blood Condition, and their Families

Psychology Department

What is psychology and how can it help me?

Getting a diagnosis of a blood condition, and the treatment that follows this, can affect many aspects of life – both for a patient and their loved ones. Psychological and emotional care is useful in helping people deal with these effects.

Everyone will experience their illness differently, but the psychological impacts often include:

- Changes to your thoughts - you may have unpleasant thoughts that you cannot easily put out of your mind, and thoughts about coping with the uncertainty of the future.
- Changes in your body and behaviour - these may include coping with increased discomfort, disturbed sleep, irritability changes in eating habits, breathlessness, palpitations, nausea, dizziness, and coping with changes to sexual functioning.
- Changes in your feelings - these may include shock, disbelief, denial, fear, anxiety, anger, irritability, guilt, depression, hopelessness and helplessness, and coping with adjustment, change and loss.

A blood condition can also sometimes impact cognitive functioning, including concentration, memory, attention and processing speed because of the way some blood conditions can affect the brain.

What happens at appointments?

Your first appointment will include an assessment of your needs. If you feel like your cognitive function has been affected, you may be able to request a cognitive assessment.

Sometimes following assessment, we may decide together that another service is more suitable to support your needs. If this is the case, we will either refer you directly to this alternative service or, signpost you to the place where you can access this support.

Following an assessment of your needs you may be offered a range of therapies.

You will be given time to:

- Talk about how you are feeling.
- Use self-help techniques to help to reduce some condition and treatment side effects and enhance your quality of life.

You can access support both during and after treatment.

Who can access this support?

Anyone who struggling with their blood condition and is under the care of Haematology within Liverpool Hospitals NHS Foundation Trust can access psychology support. A series of sessions may be offered to individuals, couples or groups. Our service is free and confidential.

Who are your haematology psychologists?

We have a mix of team members who can support your emotional and psychological needs.

Primarily our team is lead by Clinical Psychologists.

Other team members may include trainee Clinical Psychologists.

Our psychologists are here to help you deal with the psychological, emotional and cognitive impacts of your condition and provide information, support and practical help.

Where can I access this support?

We are based at Royal Hospital, Liverpool. We offer face-to-face, telephone and video appointments.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

For more information speak to your Haematology nurse or doctor. You can request a referral for psychology support through them. To contact your Haematology team outside of a clinic appointment, you can call the team on:

Tel: 0151 706 3397

Text Phone Number: 0151 706 3397

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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