

## What is Paediatric Clinical Psychology?

Paediatric Clinical Psychology can help your family understand Cystic Fibrosis. Coping with Cystic Fibrosis, as well as all the usual stresses of family life, can be challenging at times. We understand that living with Cystic Fibrosis can also be upsetting for the whole family.

The psychologist's role is to help children, young people and families begin to adapt to the changes that a medical condition can bring.



### Mission Statement

*We strive to provide an excellent Paediatric Psychology Service. We work collaboratively with children, young people, their families and professionals; empowering children and young people through their healthcare journey; helping to make sense of difficulties and improve well-being; and, supporting families towards living happy lives.*

## The Cystic Fibrosis Psychologist is there to help children, young people, parents/ carers to:

- Begin to move forward after a child/ young person has been diagnosed.
- Manage the challenges of parenting a child or young person with Cystic Fibrosis and respond to questions about the condition.
- Build confidence to deal with life's challenges in the context of living with Cystic Fibrosis.
- Feel more relaxed and confident when visiting the hospital and having medical procedures (such as cough swabs and blood tests).
- Plan and prepare young people for changes e.g., move new school, move to adult services.
- Support siblings.
- Understand the child/young person's strengths and/or any areas of weakness by providing specialist assessments.

## When will you see me?

I am part of your child's CF team so I will try and see you every three months in clinic. I will also offer yourself/your child a psychology annual review. This is at the time of the main annual review. I also accept referrals for individual work with young people and/or their families.

## What happens when we meet for a psychology appointment?

The first appointment usually lasts about one hour which will be spent finding out more about your child particularly around the impact on your child's life including school, family and friends. This is done by talking, drawing and sometimes by playing.

Before meeting, I will read your child's/young person's medical notes to understand more about their experiences.

I will tell you more about the service during the assessment. At the end of this appointment we can decide together about what future involvement your family would find useful, if any, and plan a way forward.

## What happens with the information you share?

### *Consent & Confidentiality*

It is your choice if you want to attend or not, and what information to share. After we meet I write to your child/ young person's referrer and GP with a summary of what we discussed. I can keep some of the information private if you do not want anyone to know. The only time I cannot do this is when I have concerns about someone's safety. In that case, I would try to talk to you about it first.

### *Appointments*

Our service offers appointments between 9am-5pm. I will try to make this at a time that is good for you as much as possible. I would be grateful if you would let me know if you can't make your appointment as soon as you can. As the only CF Psychologist in the team, I won't be able to offer on-going appointments if you miss two in a row without getting in contact.

### *Patient feedback*

I often ask you to answer a few questionnaires so we can gather your views about how to improve the service. This would be anonymous and no one would be identifiable.


## Who is the CF Team's Paediatric Clinical Psychologist?

Dr Anne Murray



### Where can you find me?

**Paediatric Clinical Psychology Service** Torbay and South Devon  
NHS Foundation Trust  
John Parkes Unit  
Torbay Hospital Annexe  
187 Newton Road  
Torquay TQ2 7BA

 **Tel. (01803) 654654**

Torbay and South Devon **NHS**  
NHS Foundation Trust



**PATIENT  
INFORMATION**



**Paediatric  
Psychology Service:**

**Information for  
Parents/Carers of Children  
with Cystic Fibrosis**