

What is Paediatric Clinical Psychology?

Paediatric Clinical Psychology can help your family understand Cystic Fibrosis. Coping with medical conditions can be challenging at times.

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 diagnosis.
- Manage the challenges of living with Cystic Fibrosis and answer questions about the condition.
- Build your confidence to deal with life's challenges building on your existing strengths.
- Help you to feel more relaxed and confident when visiting the hospital and having medical procedures (e.g., blood tests, MRI scanning, etc.).
- Support young people with the move to adult services.
- Encourage young people to manage their physical health condition and be as healthy as possible.
- Support brothers and sisters.

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 you 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 you, particularly: school, family, friends and the impact that CF is having on your life and that of your family. This is done by talking, drawing and sometimes by playing.

Before meeting, I will read your medical notes to understand more about your 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 you and 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 referrer and GP with a summary of what we talked about. 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 ongoing 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 Foundation Trust



**PATIENT
INFORMATION**



Paediatric Psychology Service:

Information for Young People with Cystic Fibrosis