

## How to Make a Referral?

### When to Refer:

1. The child or young person has a diagnosed medical condition **and** emotional, behavioural or psychological difficulties that are **directly related** to this
2. The child/young person is under the care of a Torbay and South Devon Paediatrician
3. The child/young person is informed about our service and has **consented** to the referral

### The Process:

- Referrers need to obtain informed consent from the child/young person or parent/carer for a referral to the service, ensuring that there is understanding of the service provided and a willingness to engage in work
- Referrals are welcome from Paediatric Consultants and other health-care professionals within the Trust
- Referrals will be discussed on an individual basis by contacting our team
- Referrers **must** send a referral letter/form that is copied to the child/young person **and** the GP

Paediatric Psychology Team	01803 654 654	Hengrave House, Torbay Hospital, Torquay, TQ2 7AA
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**PATIENT  
INFORMATION**

MAKING A  
REFERRAL to the  
Paediatric  
Psychology Service



INFORMATION  
FOR  
REFERRERS

## Who Are We?

The Paediatric Psychology Service at Torbay and South Devon NHS Foundation Trust provides evidence-based psychological services to children and young people (18 years) who have a medical condition. We comprise of 4 Paediatric Psychologists and a team administrator; we may also have support from Student, Trainee and Assistant Psychologists. We work very closely with families and professionals, as well as other agencies and services, to ensure that the needs of the child/young person are met with quality and care.

## How do we Support Children, Young People and Families/Carers?

We provide **counselling to children, young people and their parents/carers and siblings** about any medical-related issues including:

- Coming to terms with a medical diagnosis
- Preparing for surgery or other treatments/procedures
- Dealing with appearance concerns and/or attitudes of other people in relation to living with a medical condition (e.g. bullying)
- How to speak to children about their medical condition and what to say to other family members and friends
- Assessment of a child/young person's development if there are concerns that this may be influenced by the medical condition
- Depression/anxiety as a result of a medical condition
- Supporting a child/young person with a medical condition in preparing for change (e.g. transition between services/schools)

**We are happy to speak to you on the phone to discuss how we can help if you are considering making a referral.**

**We can also provide you with a number of written resources that patients may find beneficial**

## What Else do we Offer?

### Consultation to teams/professionals

We meet with other professionals/teams to think about how best to support children/young people and their families. Consultation has been found to be useful with in that it can:

- Help to provide a deeper understanding of the context and circumstances surrounding the family and to think about ways of working with the family
- Enhance the consistency of care
- Help keep the family in mind
- Provide an opportunity to debrief following potentially emotional experiences
- Promote opportunities to reflect on clinical work

### Training to Professionals

We are able to provide training on how best to support children and young people with a medical condition and adjust to treatment.

### Staff Support

We are able to provide support to staff working in Paediatrics with the view of both maintaining and enhancing their wellbeing.

### Service Evaluation/Research

We routinely seek to evaluate our services. We value any feedback we receive; however, both patients and professionals withhold the choice to participate in any surveys/questionnaires that we may distribute.

### Mental Health Concerns

We do not offer a 24 hour service and therefore if you have an urgent concern about a child/young person then please contact either their GP or A&E for out of hour assistance.