

INFORMATION

Clinical Health Psychology

Inpatient Support - Information for Referrers



Introduction

For many people, admission to hospital for any length of time may be challenging. Factors such as being in pain or feeling unwell, undergoing tests and procedures, receiving a diagnosis, facing uncertainty, and experiencing loss of control in unfamiliar surroundings, away from their usual support networks, may make patients vulnerable to a range of difficult feelings. These may include tearfulness, low mood, frustration, anger, and anxiety. These feelings are part of a natural process of adjustment to change and loss.

Patients presenting with typical distress can often be managed through compassionate and supportive care. However, when a patient presents with sustained or high levels of emotional distress, this may impact on their recovery, ability to engage with treatment or procedures, and ultimately their discharge. This is where the TSDFT Clinical Health Psychology (CHP) Service can help.

Who we are

Michelle Wilson is a Psychological Therapist with considerable experience supporting inpatients and outpatients presenting with distress related to their physical health difficulties. After several years working in Torbay ICU, she now leads the new dedicated Inpatient Psychology offer as part of the wider CHP team.

What we do

We provide psychological assessment of a patient's difficulties and evidence-based psychological interventions to support inpatients who may be presenting with distress during their stay. This may take the form of direct 1:1 work with the patient or indirect support with the ward.

Criteria for Referral:

- The patient is experiencing significant levels of distress related to their diagnosed physical health difficulties or treatment.
- The distress has become sustained or problematic and is impacting on the person's wellbeing, engagement with care and treatment, and/or ability to be discharged.
- This may include adjustment difficulties, health anxiety, fear of procedures, previous medical trauma, decision-making, non-adherence.
- The patient has consented to a referral to CHP.
- Patient's response is outside the normal adjustment period, the distress is preventing a person engaging with treatment or is significantly impacting on their engagement with support.

Exclusion criteria:

- Where the psychological distress is unrelated to their diagnosed physical health difficulty or treatment.
- If the person is already actively engaged and receiving support from psychological therapy or mental health services.
- Individuals with a high level of risk to themselves or others, who need the support of a multi-disciplinary mental health team.
- Primary drug or alcohol problems.
- Treating chronic mental health difficulties that pre-date current presentation.

Stages of Inpatient Psychological Support.

Please begin at Stage 1 and work up:

Stage 1	A discussion between the CHP Inpatient Clinician and the Referrer (via telephone/email/MS Teams) where we will explore the patient's presenting difficulties. Simple psychological approaches or consultation to support the patient and/or staff may be offered as a first line intervention.
Stage 2	If, after discussion, referral is deemed appropriate, ward staff are to complete and email the inpatient referral form to: tsdft.clinicalhealthpsychology@nhs.net Remote assessment and therapy provided via Attend Anywhere video platform or telephone offered if appropriate. Currently we can offer remote consultations only to community hospitals.
Stage 3	Physical face-to-face intervention, where required, within wards at Torbay Hospital.

How to contact us:

We welcome discussions of the suitability of patients prior to referral, so please contact us if required:

Tel: 01803 654573/4

Referrals:

Please contact us via email to request an inpatient referral form. We will aim to get back to you within 24 hours, with all referrals being actioned within 2 working days.

E-mail: tsdft.clinicalhealthpsychology@nhs.net

Inpatient Clinical Health Psychology Service
Hengrave House
Torbay Hospital
Torquay
TQ2 7AA
Tel: 01803 654573/4

*Hours of work: Monday – Thursday 8.00 - 4.30pm.
Friday 8.30 – 2.00pm.*

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.