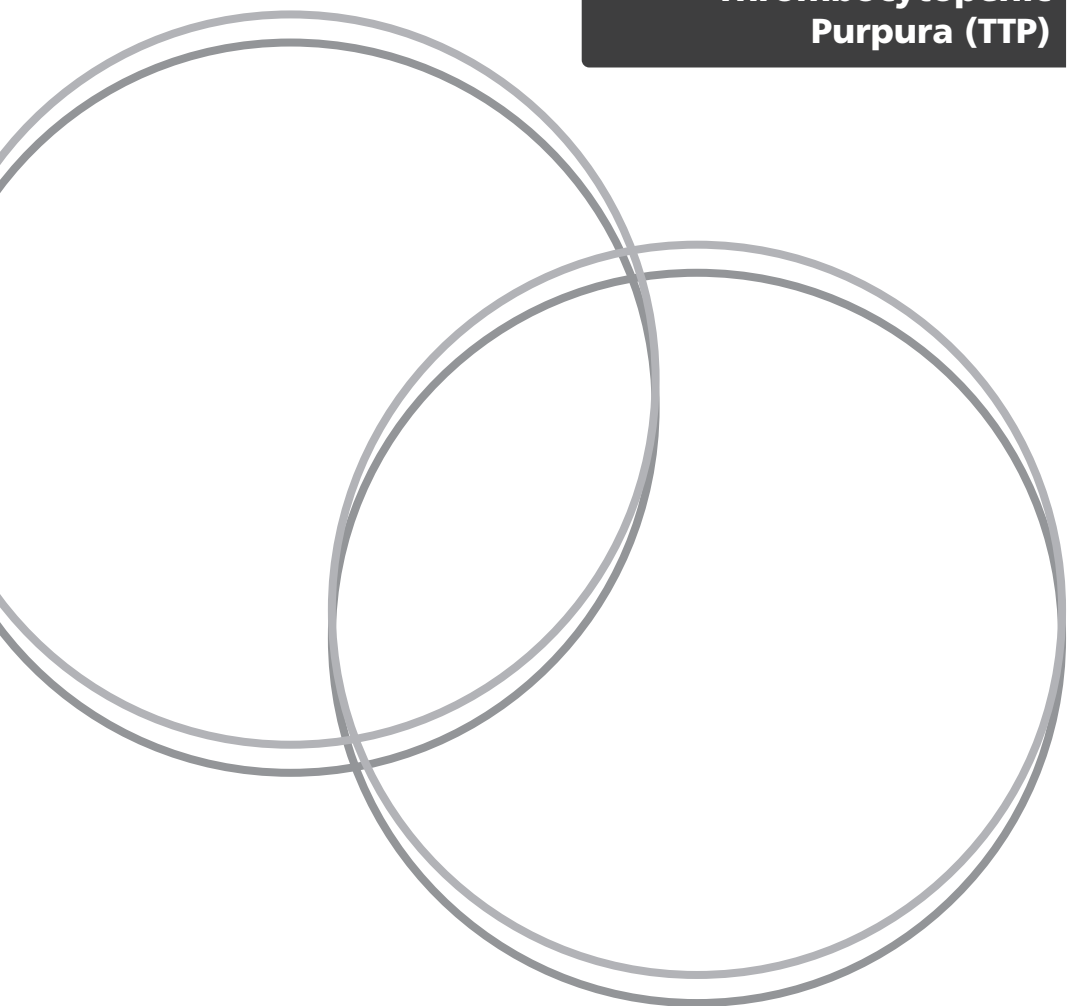




Oxford University Hospitals
NHS Foundation Trust

Accessing Clinical Psychology

**Information for patients
with Thrombotic
Thrombocytopenic
Purpura (TTP)**



Introduction

This leaflet describes what the Clinical Psychology Team is, and what it can offer you when you have been diagnosed with TTP. It also tells you how you can be referred to the Clinical Psychology team, and what you might expect when you see the Psychologist.

Why might I want to see a Psychologist when I have TTP?

This leaflet explains why we might offer for you to see a Psychologist when you have a physical health condition.

You may feel a range of emotions after being diagnosed with TTP.

You might:

- Find it difficult to come to terms with what has happened with your health.
- Need to process and make sense of your experience of being first diagnosed and what being in hospital was like.
- Worry about TTP coming back and what that would be like.
- Watch every symptom you now have and get more anxious about them than you did before.
- Feel more anxious generally.
- Feel low in mood and get down about things more easily.
- Worry about the impact of your health on your relationships, or your work or your social life.
- Find your treatment difficult to manage.
- Experience a sense of loss and change that you find hard to cope with.

What is a Clinical Psychologist?

Clinical Psychologists specialise in helping people cope with extraordinary circumstances, such as having a serious or chronic physical illness.

We spend a minimum of 6 years training before qualifying and are approved by the Health and Care Professions Council.

We are not medical doctors. We do not prescribe medication or do physical examinations, and we do not admit people into hospital.

A Clinical Psychologist is trained to make psychological assessments and to use talking therapies.

What will happen at a Clinical Psychology appointment?

A Clinical Psychologist will listen to what you have to say. They will explore your problems and concerns with you. They will work together with you to find ways to cope with living with TTP.

We can help you to:

- Talk through your experience of TTP and its impact.
- Explore your feelings and reactions to illness and treatment.
- Manage distressing thoughts and feelings.
- Make sense of the situation.
- Consider the impact of the illness on yourself and those around you.
- Explore your existing strengths.
- Develop and try new approaches to coping.
- Find the best ways for you to communicate with people about your illness.
- Cope with uncertainty about your future health and treatment.
- Adjust to everyday life whilst living with the effects of TTP.

We will discuss treatment options with you and together we will decide on the best course of treatment for you. This might include referring you to someone else, such as your GP, to ensure you get the support you need from the right professionals. In an emergency, we may suggest NHS 111, or 999, or to attend A&E. You can also get free confidential advice from the Samaritans:

Telephone: 116 123

How can I be referred to the Clinical Psychologist in TTP?

Anyone in the TTP team can refer you. If you would like to talk to the Psychologist and you have not been referred, mention it to your nurse or doctor at your next TTP appointment. You can also contact the TTP speciality coordinator on telephone number: 01865 226 319 or email: orh-tr.clinicalhaematology@nhs.net and ask for an appointment with the Psychologist.

What happens once I have been referred?

You will be offered an initial review appointment with the Psychologist. This appointment will normally take place over the telephone or online via a video call. It will last around 50 minutes. At this appointment, you will discuss the problems you would like support with and what kind of help will be most useful. Before coming to the appointment, it might be helpful for you think about some goals, and to have an idea of what you would like to get out of the appointment. This might include coping better with TTP, understanding your emotions better, or improving family relationships.

The appointment may be a one off, or you may agree to meet again. Appointments may be on a regular basis, for example, weekly, fortnightly, monthly or may not have a regular schedule. It may be that another service is more appropriate to help you. If so, we will discuss this and can help you accessing the right service for you.

Patient confidentiality

The Clinical Psychologist will only share information with other colleagues in the TTP team that will help us all to support you. However, you may not want some information shared, and the Psychologist will discuss this with you. We must share information if we are concerned that there is a risk to you or others.

A record of appointments will be written in your electronic medical notes. A summary letter will be written to your GP, and you will be sent a copy.

Further information about the Clinical Psychology service:

Working Hours are:

Tuesdays 9:30am to 1:30pm

If you have any questions about the service or appointment enquiries, please speak to the TTP Team, or contact the TTP Speciality Coordinator on telephone number: 01865 226319.

Website for Haematology:

This is the OUH hospital website for further information about haematology and TTP:

www.ouh.nhs.uk/haematology/services/immunohaematology

You can find more information about TTP in our patient information leaflet library on our website:

www.ouh.nhs.uk/haematology/services/haemophilia/leaflets

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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