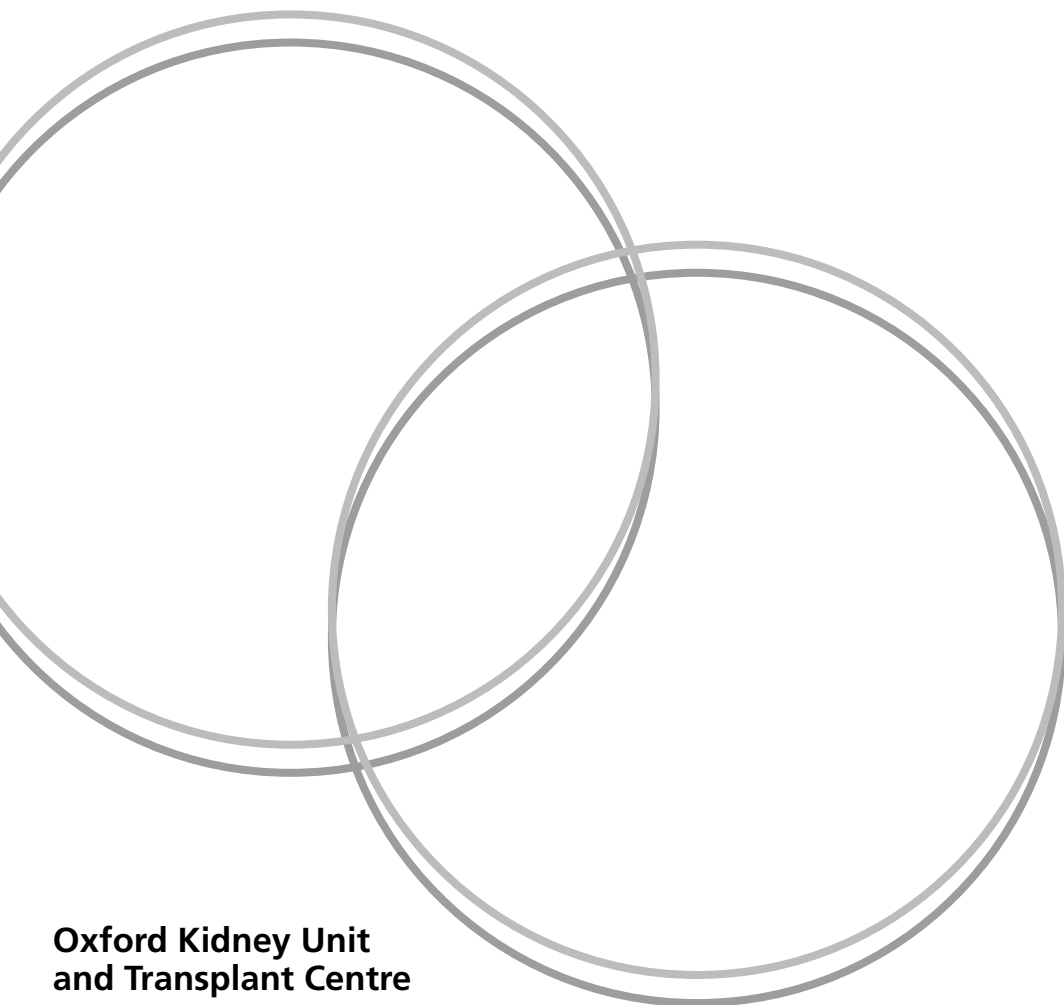




Oxford University Hospitals
NHS Foundation Trust

Clinical Psychology Service

Information for Patients



**Oxford Kidney Unit
and Transplant Centre**

This leaflet will provide you with information about the Clinical Psychology service for kidney and transplant patients. Please speak to your doctor or nurse if you need further information.

What is a clinical psychologist?

Clinical psychologists can help people and their families cope with extraordinary circumstances, such as having a serious and/or long term condition.

They are not medical doctors like psychiatrists and do not prescribe medication or admit people to hospital.

They spend at least 6 years training before qualifying, and are approved by the Health and Care Professions Council.

The clinical psychologist will listen to what you have to say and explore your problems and concerns.

They will work with you to focus on your strengths and resources, supporting you to find ways to live well alongside the effects of your health problems.

Who is the service for?

If you receive treatment in the Oxford Transplant Centre or Oxford Kidney Unit (including our satellite units) you are eligible for this service. A clinical psychologist can also work with your family and carers. They also support people who are planning to donate a kidney.

How could a clinical psychologist help me?

Having kidney failure may affect you in many different ways. For example, you might experience some of the following:

- fear, anger, sadness, depression, loss and other strong emotions. These feelings are quite normal and often come and go. Sometimes they can feel quite overwhelming.
- difficulty adjusting to change, in all areas of life
- a change to your relationships; it may be hard to communicate with others about your health problems
- feeling overwhelmed by things you previously felt comfortable with, leaving you feeling stressed
- you may have an existing mental health diagnosis, and feel that you need additional support
- the strategies you usually use to manage difficulties (which work in the short-term) creating more problems in the future.

People find different ways to manage challenging times. Some people seek help from family, friends, their GP and Renal Unit staff. However, sometimes discussing these issues with an experienced listening professional can be an important source of support. The clinical psychologist is here to provide emotional and psychological support to you and your family.

Will you need to share information about me with other people?

The clinical psychologist operates as part of a multidisciplinary team, and supports patients with all aspects of their health. Information will be shared with other members of the team if it is felt that this will help staff support you physically, mentally and socially. This will be discussed with you at your first appointment and you always have the right to ask for things to remain confidential.

If the clinical psychologist is concerned that you or another person are at risk, they are duty bound to tell the relevant professionals. Every effort will be made to inform you before we do so.

What should I do if I would like to talk to a clinical psychologist?

Please let your nurse or doctor know that you would like to be referred to a clinical psychologist.

Alternatively, someone caring for you might suggest that you meet with the psychologist for support, and they would then discuss this with you prior to making a referral.

There are some instances where seeing the psychologist is seen as an essential part of your treatment, for example where decisions are being made around transplant surgery, or if there are any concerns. If you have any worries or questions about this, please talk to a member of staff.

What happens after I have been referred?

You will be added to a waiting list, and contacted as soon as an appointment becomes available. The psychologist will always do their best to find a time that fits in with your dialysis and other clinic appointments. Ideally sessions are carried out face-to-face, but it's also possible to have video and telephone appointments. You will be asked about your preference when contacted for the appointment.

The first appointment will last approximately 1 hour. It's an opportunity for you to discuss the problems you would like support with, and to decide what kind of help will be the most useful.

This appointment may be a one-off, or you may agree to meet again. It's normal to meet with a clinical psychologist for several sessions; this may be weekly, fortnightly or monthly.

If an alternative service may be more appropriate for you, the clinical psychologist can help you with this.

The clinical psychologist is based at the Oxford Kidney Unit and also has clinics in the satellite units. We will do our best to offer you appointments at a location which is convenient for you.

Where else can I seek help?

There is a dedicated Kidney Patient Advisor in the unit. They can provide advice and support on a range of personal, emotional and practical matters. If you wish to speak to a Kidney Patient Advisor, please ask your kidney team. There is a separate leaflet about this service available; please ask your kidney team for a copy.

Useful websites

Oxford Kidney Unit

Lots of information about the Oxford Kidney Unit for patients and carers.

Website: www.ouh.nhs.uk/oku

Kidney Patient Guide

Information for patients with kidney failure and those who care for them.

Website: www.kidneypatientguide.org.uk

Kidney Care UK

A charity which has lots of practical support and information for people with kidney disease.

Website: www.kidneycareuk.org

NHS website

Details for finding NHS psychological therapies services (IAPT), including cognitive behavioural therapy (CBT) services in your local area.

Website: [www.nhs.uk/service-search/other-services/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](http://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008)

NHS website

Information on a range of mental health voluntary services available.

Website: www.nhs.uk/mental-health/nhs-voluntary-charity-services/charity-and-voluntary-services/get-help-from-mental-health-helplines

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
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