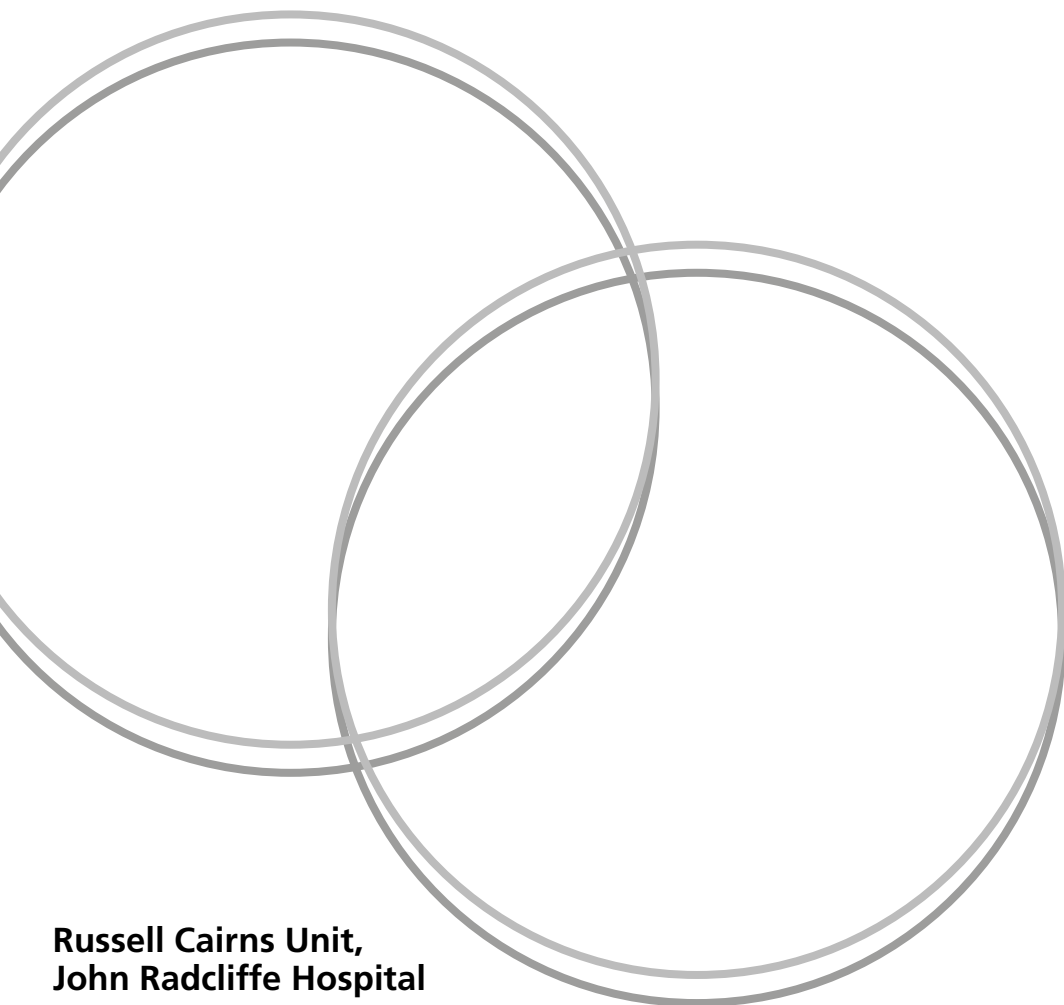


Specialist Surgery Psychology Service

Information for adult patients



Russell Cairns Unit,
John Radcliffe Hospital

What is the Specialist Surgery Psychology Service?

We are a specialist Clinical Psychology service based in the Russell Cairns Unit, in the West Wing of the John Radcliffe Hospital. We are part of the Trust-wide Psychological Medicine service.

Our team provides a service to people (and their families) who have illnesses or injuries which require input from specialist surgery departments. These include:

- the Oxford Craniofacial Unit
- the Spires Cleft Centre
- the Neurofibromatosis Type 2 Service
- a number of other specialist surgical and trauma teams.

These teams are among a small number of highly specialist surgical departments in the UK.

As Clinical Psychologists, we are interested in reducing the impact of your medical condition/s, for both you and your family.

Our work with you may include the following:

- advice about managing day to day emotional problems or worries associated with your health condition
- help with understanding and coping with emotional changes after an accident, an operation or diagnosis
- psychological therapy if you need help adjusting to a visible change to your looks or body, as well as adjustment to medical conditions (such as managing uncertainty, coping the responses of other people, self-confidence and self-esteem).
- supporting you and your family with decision-making about surgery
- preparing you and your family for surgical procedures
- working with you and your family to help them adjust to your medical condition and the impact this has on the wider family
- working with other medical colleagues (if required).

What is a Clinical Psychologist?

Clinical Psychologists can offer you and your family support at whatever stage of treatment it may be needed. We are available to discuss the emotional impact of living with conditions that affect how your body might look or work. We will work with you to help you to cope with these changes and to improve your quality of life.

Clinical Psychologists have extensive training and experience in working with children, adults and families. They are specialists in dealing with a wide range of emotional issues. This is done through assessment, talking therapies and one-off consultations.

Clinical Psychologists are not medical doctors. We do not carry out physical examinations and we do not prescribe medication.

What should I expect at the appointment?

Your appointment with the Clinical Psychologist has been organised in response to psychological concerns being raised by you, or by a member of staff from the multidisciplinary team involved in your care (which they will have discussed with you).

During your appointment, you will be able to talk to the Clinical Psychologist about how life is going for you at the moment and particular worries or problems that have been troubling you. Your family or carers can also speak with the Clinical Psychologist.

Your Clinical Psychologist may ask questions to help build up a shared understanding of how these difficulties developed and what may be keeping them going.

Before coming to your appointment, it would be helpful to spend some time thinking about what your goals are for the session, so you can get the most from your appointment. Everyone's goals are different, but might include coping better with particular situations, understanding your emotions, or strengthening your family relationships.

At the end of your appointment, you and your Clinical Psychologist will decide together whether it would be helpful to arrange further sessions, or any other types of follow-up care that may be needed.

Oxford University Hospitals NHS Foundation Trust is a teaching hospital. This means you might be seen for your appointment by a Clinical Psychologist in Training. They will be working under the supervision of a qualified Clinical Psychologist.

How long will the appointment last?

This can vary. A first assessment usually lasts between 60-90 minutes, with additional therapy sessions lasting 50-60 minutes.

What should I bring with me?

We are likely to ask you to complete some questionnaires during your appointment, so if you need glasses for reading please bring these with you.

Other family members or close friends are always welcome to come with you to the sessions.

Website

Please visit the hospital website for further information about the support the Specialist Surgery Psychology Service can provide:

Website: **www.ouh.nhs.uk/psychologicalmedicine/services/cleft**

How to contact us

Postal address

Specialist Surgery Psychology Service

Russell Cairns Unit, Level 3, West Wing
John Radcliffe Hospital
Headley Way
Oxford, OX3 9DU

Tel: **01865 234 264**
01865 234 714
01865 226 908

(answerphone available: please leave your name, date of birth
and medical records number (MRN) in your message)

Email: **russellcairns@nhs.net**

The unit is open Monday to Friday, 9.00am until 5.00pm.

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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