



Northumbria Healthcare
NHS Foundation Trust

Clinical Health Psychology in Respiratory Disease

Issued by Health Psychology and Respiratory Medicine

What is Clinical Health Psychology?

Clinical Health Psychology is interested in how people react, adjust to and cope with illness and disease. We know that being physically unwell also impacts on how we feel, think and what we can do.

How could a Clinical Psychologist help me?

Learning to live with respiratory disease and symptoms, such as breathlessness, can be stressful.

Coping not only involves taking your medication but dealing with changes in your day to day life. These changes can result in feelings such as anxiety, frustration, low mood and worry. These are all common and natural reactions.

However, at times, changes in your health and lifestyle can be difficult to accept and cope with.

Clinical Psychologists help people to build an understanding of their difficulties and develop their coping skills and confidence.

Although we will have some ideas to help you, Clinical Psychology aims to help you generate your own solutions to problems. This is done with discussion and thinking things through.

The psychologist can offer time and space for you to reflect on issues that are important to you. Practical advice including relaxation techniques and anxiety management are also available. Partners or carers are welcome at discussions if you wish.

What will happen?

After you have agreed to a referral, we will contact you by letter with the next available appointment time. We will inform you if there is a waiting list.

The first appointment usually lasts up to one hour. At this appointment we can discuss the reason for your referral, how you have been feeling and any difficulties that you have. The aim is to develop an understanding of your needs and decide together whether psychological therapy might be helpful for you.

How often will I need to come?

This depends on what you and the psychologist agree would be best to meet your needs. Sometimes people come on one or a few occasions, other times a series of appointments are arranged.

Appointments are often fortnightly but this will be discussed depending on the help agreed.

Confidentiality

The Clinical Psychologist works as part of the Respiratory Team of Doctors, Nurses, Physiotherapists, Dieticians etc. We ask permission that the essentials of our discussion are shared with the person who referred you.

To make sure you receive the best service, sometimes we may need to liaise with other members of the team involved in your care. This will be done with your permission and we are happy to discuss this with you.

If there are any other times that we need to share information about you, we will discuss this with you first and answer any questions that you have.

Copies of letters

As a patient you also have the right to receive copies of all letters that are sent between health professionals about your treatment and care. This will hopefully increase your involvement and help you better understand your own healthcare. We will discuss this at your first appointment.

Contact details

The Health Psychology Department is based at North Tyneside General Hospital. However appointments are available at North Tyneside, Wansbeck and Hexham General Hospitals.

Your initial appointment letter will state when and where you will be seen. If you need to discuss this further or have any further enquiries, please contact us:

Telephone 0191 293 4193

You can contact us:

Monday to Wednesday 8.30am - 4.30pm

Thursday and Friday 9am – 2pm

An answering machine is available outside of these hours, please leave us a message. Please note messages left on Friday after 2pm will be responded to the following week.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

PIN 495/V3

Review date: October 2022

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