



Northumbria Healthcare
NHS Foundation Trust

Clinical Health Psychology in Diabetes Care

Issued by the Clinical Health Psychology in Diabetes Team



What is clinical health psychology in diabetes care?

This service focuses upon supporting people with the emotional impact of diabetes. We offer a service for people with diabetes from 16 years and upwards. Members of the team are all clinical psychologists.

How can we help?

Psychologists are part of the specialist diabetes team. We know that living with diabetes can present many challenges, which are difficult to cope with. These challenges can impact dramatically on your daily life and your diabetes care.

We can help you if you are:

Having difficulty coming to terms with having diabetes

- Suffering from depression or low mood as a result of the impact of diabetes on your life
- Anxious about living with diabetes
- Fearful of future complications related to your diabetes
- Living with complications related to your diabetes
- Having difficulty managing your treatment regime
- Fearful of hypoglycaemic (low blood glucose) episodes
- Fearful of needles
- Having eating difficulties, for example under or over eating, related to or having an impact upon the management of your diabetes
- Having relationship issues related to or having an impact upon the management of your diabetes

What can I expect at my appointment?

Appointments usually last up to 50 minutes.

At your first appointment, we will ask you some questions about how you have been feeling and what has been happening in your life. This is to try to understand and agree together, possible ways to help you move forward. It can sometimes take two or three appointments to complete an initial assessment.

Once complete, we will discuss with you whether time with a psychologist could be helpful, how many sessions might be of benefit to you and what the focus of these will be. Sessions are usually fortnightly (every two weeks) but again, this will be discussed with you.

Sometimes just one or two sessions can be enough for people to feel they have had what they needed to feel better. Other times we see people for 6-8 sessions and then review progress.

Confidentiality

Most of what you discuss with us will be kept confidential. As we are part of the diabetes team however, we ask permission to share important elements of our work together with other team members. This is to make sure you receive the best care.

If there were other circumstances in which we would need to share any information about you, we would discuss this with you first.

Letters

We will write a letter at the end of the initial assessment and at the end of our time together, which will summarise some of the things we have talked about. This letter will be sent to you, the person who referred you to us, and your GP. You are entitled to a copy of all letters concerning you. We will discuss this with you and you can tell us if you would like to receive copies of these letters at your first appointment.

Contact details

If you need any further information please contact us:

Health Psychology
North Tyneside General Hospital
Rake Lane
North Shields
NE20 8NH

Tel: 0191 293 4193

Office hours are Monday to Friday, 9am-5pm. If we are not available to take your call, please leave a message on the answer machine and someone will get back to you.

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: 07815 500015

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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