

CLINICAL PSYCHOLOGY SERVICE FOR CHILDREN'S DIABETES

Information for Parents, Carers and Patients

Patient Information Leaflet



May 2019

What is a Clinical Psychologist?

A Clinical Psychologist is someone who has studied child development, and who understands the links between thoughts, feelings and behaviours. They use this knowledge to try to understand the difficulties that children and young people with diabetes and their families may be having, and to suggest different ways of trying to help.

What can a Clinical Psychologist help with?

A Clinical Psychologist may be able to help with all sorts of difficulties related to diabetes. Below are some examples of the types of problems that they might be able to help with:

- Coping with the demands of treatment
- Helping you to make decisions about your treatment
- Managing fear of needles
- Managing difficult feelings, such as sadness, fear or anger, which are related to your diabetes
- Supporting parents to manage their child's behaviour which may be difficult in relation to diabetes management
- Worries about the impact of having diabetes upon your life
- Feelings of being different to other children of the same age

About the Service

The Paediatric Diabetes Clinical Psychologist works with the Diabetes Team at the hospital, including Doctors, Specialist Nurses, and Dietitians. You might see the Clinical Psychologist alongside other members of the Team at Diabetes Clinic, Annual Review Clinic, or on the Children's Ward. You can also ask to be seen for an appointment separately, which can be for young people, families or parents.

How do I get an appointment?

If you would like a separate appointment, you can either ask the Psychologist directly, or ask any other member of the Diabetes Team to refer you.

If a member of the Diabetes Team thinks it would be helpful for you or your family to meet with the Clinical Psychologist, they will discuss this with you all and ask your permission for the Clinical Psychologist to send you an appointment. The Clinical Psychologist will send details of your first appointment to you by post. Sometimes they will arrange an appointment with you or your family when you are at clinic or on the wards.

Will I have to wait to see a Clinical Psychologist?

The Clinical Psychologist will aim to offer an initial appointment as soon as possible following the referral (usually around 2-4 weeks from referral). The Psychologist offers appointments two days per week but will try to be as flexible as possible with

appointment times. These are usually held in the Children's Outpatient Department of Tameside General Hospital, but can also be at other locations by agreement (e.g. school).

You may also be referred to your local Child and Adolescent Mental Health Services or other services, if you are having difficulties which are not specifically related to Diabetes.

What should I expect?

The first appointment usually lasts about one and a half hours. The Clinical Psychologist will talk to you about the current difficulties as you and your family see them, and about your family life in general. They may also ask questions about your family's history, your early development, and about your experience of school. This will help them to build up a complete picture of you and the difficulties you are facing. You will also be able to ask any questions you may have. At the end of the first session, we will try to plan together the next steps to help address the difficulties you have identified.

Do Clinical Psychologists see children and young people separately from their parents?

This will always be done in discussion with young people and their parents. Depending on the age and confidence of the child, it can sometimes be helpful to see children separately. Older children and teenagers will be offered the opportunity to be seen on their own if they wish.

Are sessions confidential?

Confidentiality and consent will be discussed with you at your first appointment and you will have the opportunity to ask any questions that you may have.

We work as part of your medical team, and therefore letters are exchanged between members of the team so that we can provide you with the best quality care. Copies of letters are also sent to your GP and Community Paediatrician or School Nurse.

However, if there is information that you do not want to be shared with the rest of your medical team you can discuss this with your clinician. There may be information that you share with us which we have a duty to share with others, but this will be discussed with you.

Contact details

The Clinical Psychologist can be contacted directly by telephone on 0161 922 4546. This telephone number has a voicemail option. The main diabetes department is open Monday to Friday between 9am and 5pm and can be contacted on 0161 922 5262.

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی یف ایہ تہا پڑتے یا بڑتے نا پائےن، تاہلے انورہ کئے اٹھنیک ہلڈٹ ڈیمور ساہے ڈیلیفونے یوگاایوگ کارن 0161 331 5149/5150 ایہ نامبارے، تہن تارا آپنیکے ساہیا کرتے پارہے۔

آپو آہا آہ ماہیتی پانہی ڈ نامبار ہاڈی لہی تو ڈیا ڈہی، آہاڈی ڈ ڈیٹا ڈیمارو 0161 331 5149/5150 لائبر پل ہاڈی ہاڈی تو آہ آپو ڈرہ ڈہے ڈہے۔

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آٹھنک ہیلٹھ ٹیم کے ساتھ ٹیلی فون نمبر 0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

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