Clinical Psychology in Paediatric Diabetes

This service is provided to children/young people and their parents across the Saolta hospitals group (UHG, PUH & MUH) who are under the care of the Paediatric Consultant Endocrinologist. Some other complex endocrine conditions are also referred in as part of their healthcare needs. A Clinical Psychologist works on the psychological issues associated with diabetes with the aim to reduce distress and improve wellbeing and health outcomes.

What can the Clinical psychologist help with? Some examples are,

- Supporting the child/young person with adjustment to having diabetes and the impact on the family.

- Supporting parents in caring for their children/young person in the context of the daily demands of having diabetes.

- Supporting child/ young person to live with and manage their diabetes.

- Help child/young person to see their diabetes as part of their identity and not all of it.

- Help a child/young person explore difficult emotions that can be linked to diabetes and the impact this has on diabetes management.

- Support child/young person in dealing with anxiety or low mood that may be linked to having diabetes.

- Significant life changes related to diabetes care e.g. transition to a pump, taking on more responsibility for diabetes management and moving to the young adult service.

How can I see the Clinical Psychologist?
The child/young person can be referred by the Paediatric Diabetes team. All other endocrine conditions referrals are made by the Consultant. First appointments typically last 1/1.5 hours. Parents, child/young person will be seen together initially and then the child/young person can be seen on their own. The psychologist will want to understand the impact that diabetes is having on child/young person's life. This information will be used to decide if further appointments will be helpful and who needs to be involved. The psychologist will only become involved if it is seen as helpful and this will be discussed at the first appointment. Intervention is individual or in groups.