



Paediatric Psychology

Children, Young People and their Families (CYPF) with health conditions experience four times more psychological distress than their healthy peers. The Paediatric Psychology Service aims to meet the psychological needs of children and their families in the context of their physical illness, with the primary purpose of improving psychological outcomes, health outcomes, overall wellbeing and quality of life for patients. The Paediatric Clinical Psychology Service aims to deliver an accessible, efficient and effective service in close collaboration with the consultant paediatricians and other members of the paediatric team, incorporating international best practice standards.

Paediatric Psychology Service provides a psychology service to children under the care of a consultant paediatrician at University Hospital Galway who present with psychological issues directly related to their medical conditions. This includes in-patient, out-patient, direct and in-direct work as well as systemic work with families, staff and allied agencies that support young people in the course of their daily lives.

Referrals are accepted from the Paediatric Department Team in collaboration with the patients Consultant Paediatrician. Common support provided includes:

- Support and management of the impact of a diagnosis on the child and family
- Coping with or adjusting to a medical condition
- Coping with a complex treatment regime
- Support for procedural distress
- Promoting adherence to treatment and improving the uptake of medical treatment
- Psychological support for complex decision-making in relation to surgical and medical interventions
- Psychological management of pain or symptoms
- Assessment and intervention regarding medically unexplained symptoms
- Coping with acute physical illness or injury.
- Consultation with paediatric team members including provision of a psychological formulation of presenting issues with a view to promoting positive patient engagement in their medical care.
- Joint working and collaboration with multi-disciplinary team colleagues to provide coordinated best practice interventions
- Signposting of services or supports
- Development of psychoeducational materials for patients and families