



Patient Information-

Psychology in Cystic Fibrosis Paediatric Services, GUH

Why is there a clinical psychologist working as part of the CF paediatric team?

Having access to a psychologist is considered a standard part of CF care. The clinical psychologist is part of the CF multidisciplinary team. Like all of the CF team members, the psychologist aims to help improve wellbeing and health outcomes. The psychologist recognises that CF can affect a child and their family in a variety of ways, and offers the opportunity to discuss issues which may arise when a child and family are living with CF. Examples of when psychology input may be useful include:

- At diagnosis of CF – the psychologist can help parents with the adjustment period that often comes after receiving a diagnosis of CF for their child.
- Helping a child and family to manage their CF treatments e.g. to carry out physio exercises regularly/learning how to swallow tablets
- Supporting a child who is anxious about medical procedures
- Checking and informing the understanding the child has of CF, in an age appropriate manner
- Where there are life changes related to CF care e.g. transition to adult CF services, change in treatments
- Assessment of mood/behaviour problems in the child/young person which may or may not have something to do with CF, and providing necessary support or onward referral information where needed
- Supporting the mental health of parents – this is in recognition that CF can bring extra challenges to parents. Providing follow-up psychological support and, where appropriate, onward referral for further supports
- Helping children and young people identify their strengths and resilience, and how this will help them manage any demands that arise a part of their underlying health condition.

How can I see the clinical psychologist?

The psychologist will aim to meet with all CF inpatients. The psychologist will meet all children and their parents/carers at their annual assessment, and will also link in with children and their families at clinics, even if just briefly, to encourage the child/young person to talk about their feelings about CF. At this point, you may decide that you would like to make further appointments with the psychologist.