

Respiratory Psychological Services

Service information for patients in hospital

Why do we have an inpatient Respiratory Psychology Service?

Living with a respiratory condition can lead to many difficult feelings, these feelings can be heightened for some people when they are admitted to hospital. They may struggle with feelings such as low mood, worry, anger and fear. Sometimes people become overwhelmed by these feelings. How you are feeling can also impact your physical health. It is common for people find it hard to cope whilst they are on the ward and some people can feel better once they are home.

What do we do?

Our service will offer you an opportunity to talk with someone trained and experienced in working with people whose physical condition causes them distress. Our team works alongside respiratory nurses, physiotherapists and doctors.

Some examples of problems we can help with include:

- Feeling anxious or having panic attacks which impact on your treatment such as physiotherapy.
- Low mood or feeling upset due to being in hospital and having difficult treatments and/ or seeing others unwell.
- Coping with adjustment, change and loss e.g. feeling angry
- Coping with uncertainty whilst you're in hospital and having worries or fears about the future.
- Adjusting to your diagnosis and loss of confidence e.g accepting you may require oxygen therapy.

What to expect if you are referred to our service

Your first appointment with Respiratory Psychology

If you are happy to be seen by our service, after your referral we will arrange to visit you on the ward. This will be an opportunity to introduce you to our service and discuss the support you need. We are aware it can be difficult to find a confidential space on the ward and this is important to us so we will take this into consideration when meeting with you.

This might be your first time talking to someone about your feelings. We understand that this may feel daunting. We will make sure to go at your own pace to enable you to feel comfortable. During the first visit we will ask questions about areas such as your emotional wellbeing, physical health, family support and your hospital admission.

Talking therapy

It may be we recommend talking therapy. If this is with our service, we may offer follow up appointments with you on the ward and/or there may be the option of appointments at our outpatient clinic once you have been discharged. This may include family members and/or carers if this is something you would like.

Self-help

We will consider different resources you can use to help support your emotional wellbeing and respiratory condition. We are able to provide you with self-help material, should you request it.

Our team

Our team consists of a Clinical Psychologist, a Systemic Psychotherapist and an Assistant Psychologist.

We mainly offer appointments on the ward on Wednesdays and Thursdays between 8am - 4:30pm.

How can I be referred to the CHFT Respiratory Psychology Service?

If you are currently a patient on any of the Respiratory Wards (5A,5B,5C,5D) at Calderdale Royal Hospital and feel you require some support with the psychological difficulties related to your respiratory condition, you can discuss a referral to our service with your nurse/doctor/physiotherapist.

For more immediate support

Respiratory Psychological Services are unable to provide immediate 24 hour support. To receive urgent support you can request to see the Mental Health Liaison Team through ward staff. e.g. if you are having thoughts of harming yourself or ending your life.

If you have any comments about this leaflet or the service you have received you can contact :

Your referrer who will put you in touch with
Respiratory Psychological Services

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych
informacji w innym formacie lub wersji językowej,
prosimy skontaktować się z nami, korzystając z ww.
danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"