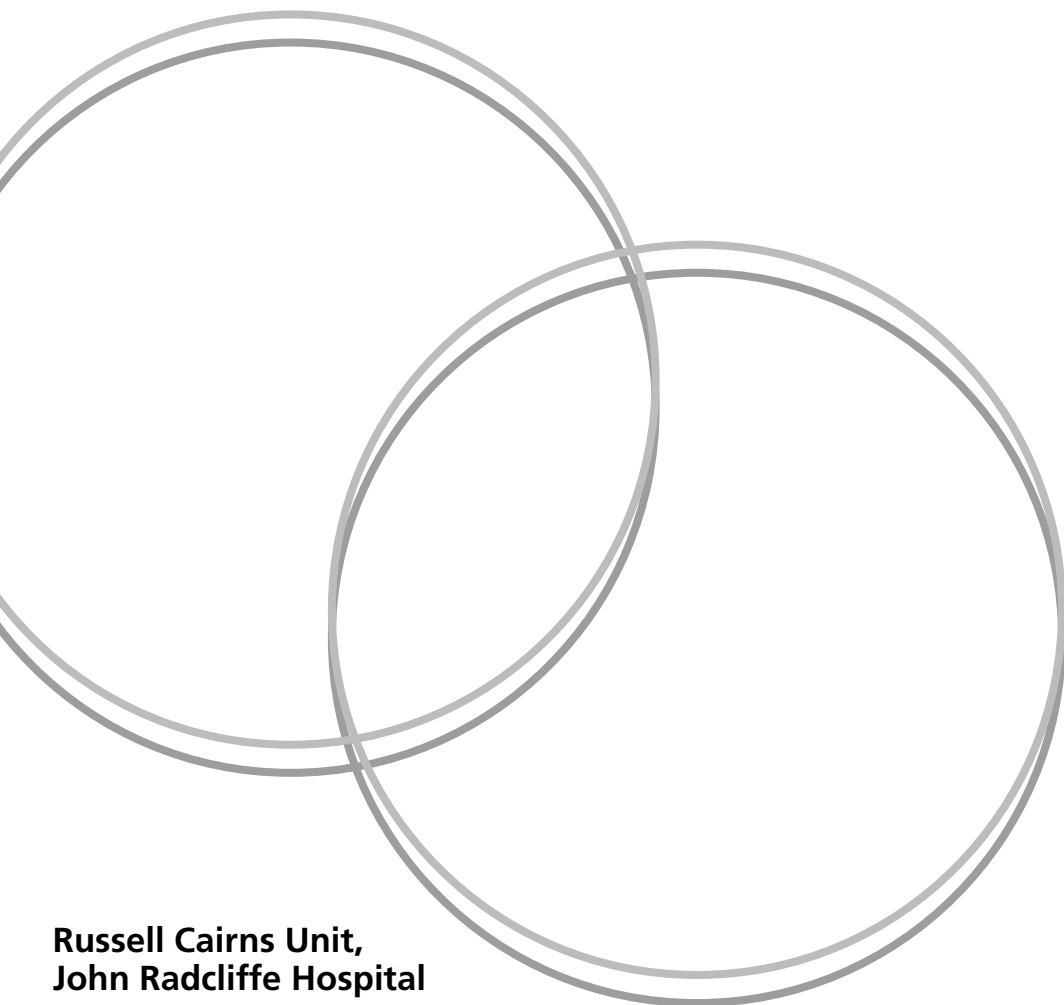




Oxford University Hospitals
NHS Foundation Trust

Specialist Surgery Psychology Service

Information for young people



Russell Cairns Unit,
John Radcliffe Hospital

What is the Specialist Surgery Psychology Service?

We are a specialist Clinical Psychology service based in the Russell Cairns Unit, in the West Wing of the John Radcliffe Hospital. We are part of the Trust-wide Psychological Medicine service.

Our team provides a service to young people (and their families) who see doctors from the specialist surgery departments. These include:

- the Oxford Craniofacial Unit
- the Spires Cleft Centre
- the Neurofibromatosis Type 2 Service
- a number of other specialist surgical and trauma teams.

As Clinical Psychologists, we want to help you get as much as possible out of life and make sure that your medical condition (and the hospital appointments that go with it) doesn't get in the way of the things that are important to you.

Our work with you may include the following:

- an opportunity to talk through a particular worry or concern about how you're managing at school or home
- psychological therapy if you need help adjusting to a visible change to your looks or body, as well as dealing with other issues (such as managing uncertainty, coping with the responses of other people, self-confidence and feeling good about yourself).
- supporting you and your family with decision-making about surgery
- preparing you and your family for an operation
- working with you and your family to help you cope with your medical condition and the impact this has on the wider family
- working with other doctors in the hospital, your school, or other people involved in your care (if required)

- carrying out assessments to help us understand how you're getting on at school or college and if there is anything you might need more support with (such as concentrating or remembering instructions).

What is a Clinical Psychologist?

Clinical Psychologists can offer you and your family support at whatever stage of treatment it may be needed. We are available to for you to talk to and can help you with any worries you might have about living with a medical condition, especially if this affects the way you look or how your body works. We will work with you to help you do the things that are important to you and overcome any barriers that may get in the way of your goals.

Clinical Psychologists are not medical doctors. We do not carry out physical examinations and we do not prescribe medication.

What should I expect at the appointment?

Your appointment with the Clinical Psychologist has been organised in response to psychological concerns being raised by you, your parent or carer, or by another member of the team involved in your care (which they will have discussed with you).

During your appointment, you will be able to talk to the Clinical Psychologist about how life is going at the moment and any particular concerns or problems that have been causing worries. Your parents/carers and other family members can also talk with the Clinical Psychologist.

Your Clinical Psychologist may ask questions to help build up a shared understanding of how these difficulties developed and what may be keeping them going.

Before coming to your appointment, it would be helpful to spend some time thinking about what your goals are for the session, so you can get the most from your appointment. Everyone's goals are different, but might include coping better with particular situations, understanding your emotions, or strengthening your family relationships.

At the end of your appointment, you and your Clinical Psychologist will decide together whether it would be helpful to arrange further sessions, or any other types of follow-up care that may be needed.

Oxford University Hospitals NHS Foundation Trust is a teaching hospital. This means you might be seen for your appointment by a Clinical Psychologist in Training. They will be working under the supervision of a qualified Clinical Psychologist.

How long will the appointment last?

This can vary. A first assessment usually lasts between 60-90 minutes, with additional therapy sessions lasting 50-60 minutes.

The sessions may be longer if you have been invited to complete assessments of your learning, memory or concentration. The Clinical Psychologist will discuss this with you and your parents/carers in advance, so you can plan your visit.

What should I bring with me?

If you are being invited for cognitive assessment and you need glasses for reading, please bring these with you.

Other family members (or a close friend) are always welcome to come with you to the sessions.

At the start of your appointment, the Clinical Psychologist will talk with you about how you would like to divide up the time. You may want to talk on your own, or might want your parents/carers to stay with you. Your parents/carers also may want time with the Psychologist, while you take a break in our waiting room.

Further information

Please visit the hospital website for further information about the support the Specialist Surgery Psychology Service can provide:

Website: www.ouh.nhs.uk/psychologicalmedicine/services/cleft

How to contact us

Postal address

Specialist Surgery Psychology Service

Russell Cairns Unit, Level 3, West Wing

John Radcliffe Hospital

Headley Way

Oxford, OX3 9DU

Tel: **01865 234 264**

01865 234 714

01865 226 908

(answerphone available: please leave your name, date of birth and medical records number (MRN) in your message)

Email: **russellcairns@nhs.net**

The unit is open Monday to Friday, 9.00am until 5.00pm.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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