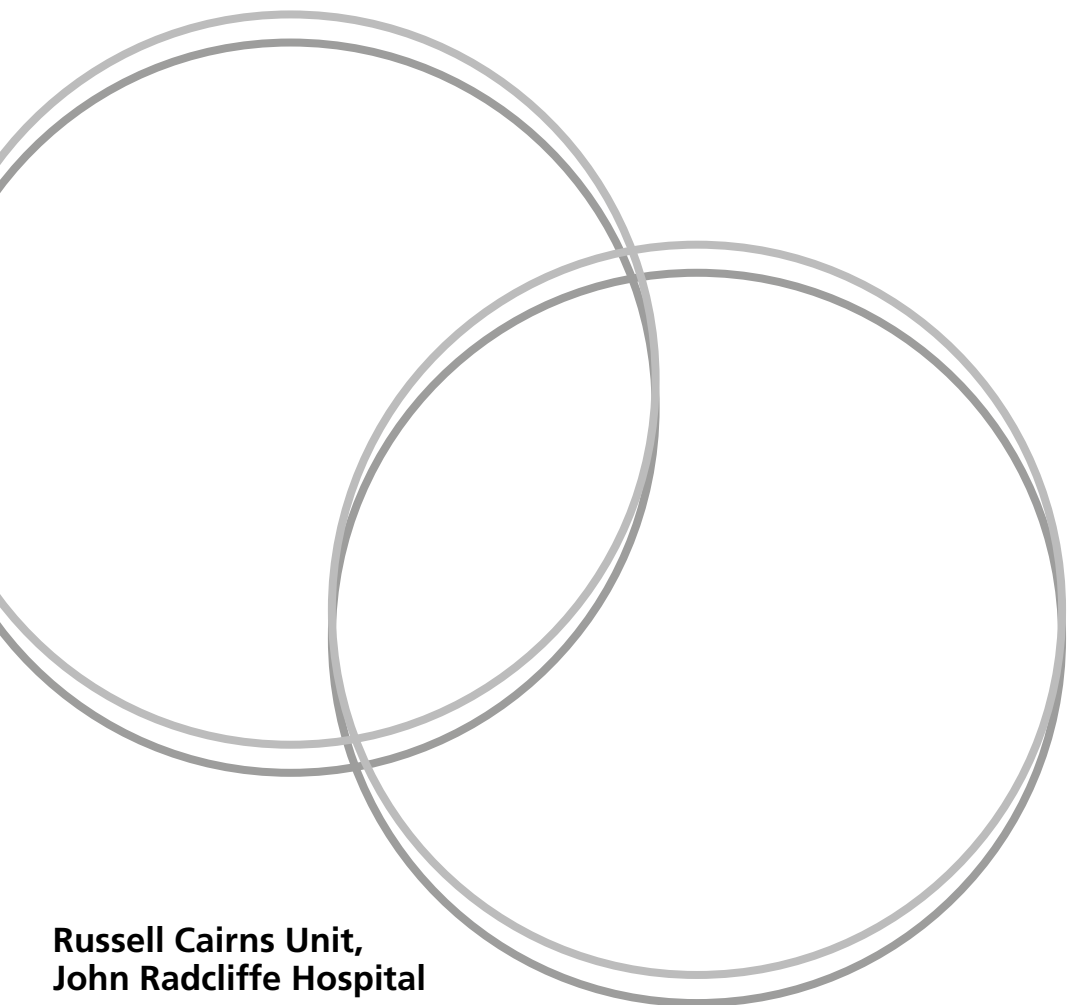




Oxford University Hospitals
NHS Foundation Trust

Specialist Surgery Psychology Service

Information for parents and carers



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 children (and their families) who have medical conditions or injuries which require input from 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.

These teams are among a small number of highly specialist surgical departments in the UK.

As Clinical Psychologists, we are interested in reducing the impact of your child's medical condition/s on both them and their family.

Our work with children, young people and their families under the care of these teams may include the following:

- advice about how to manage day to day emotional problems or worries associated with your child's health condition
- psychological therapy to help with adjusting to a visible change in appearance, as well as adjustment to medical conditions (such as managing uncertainty, coping with the responses of other people, self-confidence and self-esteem).
- supporting your child and their family with decision-making about surgery
- preparing your child and their family for surgical procedures
- working with you and your child to help them adjust to their medical condition and the impact this has on their wider family
- working with other medical colleagues, your child's school or nursery and child services (if required)
- carrying out developmental and cognitive assessments to help understand your child's progress and learning.

What is a Clinical Psychologist?

Clinical Psychologists can offer your child and your family support at whatever stage of treatment it may be needed. We are available to discuss the emotional impact of living with conditions that affect how your child's body might look or work. We will work with you and your child; to help you all cope with these changes and to improve your shared quality of life.

Clinical Psychologists have extensive training and experience in working with children, adults and families. They are specialists in dealing with a wide range of emotional issues. This is done through assessment, talking therapies and one-off consultations.

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

What should we expect at the appointment?

Your child's appointment with the Clinical Psychologist has been organised in response to psychological concerns being raised by you, your child, or by member of staff from the multidisciplinary team involved in their care (which they will have discussed with you).

During the appointment, you, your child and their family will be able to talk to the Clinical Psychologist about how life is going at the moment and particular concerns or problems that have been causing worry. The Clinical Psychologist may ask questions to help build up a shared understanding of how these difficulties might have developed and what may be keeping them going.

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

At the end of your appointment, you and the 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 your child might be seen for their 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 your child has been invited to complete a developmental or cognitive assessment. The Clinical Psychologist will discuss this with you in advance, so you can plan your visit.

What should we bring with us?

If your child is being invited for a cognitive assessment and they need glasses for reading, please bring these with you.

Other family members (or close friends) are always welcome to come with you and your child to the sessions. It may also be helpful for us to meet with you on your own, either whilst your child waits outside or at a separate appointment.

The Clinical Psychologist will discuss how to divide up the time at the start of the appointment, so that everyone has a chance to speak with the Psychologist, either on their own or together, depending on their preferences.

Website

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 child's 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.

Authors: Dr Helen Care, Dr Rachel Woolrich, Dr May Quarmby, Dr Matthew Hotton, Dr Patrick Kennedy-Williams (Clinical Psychologists)
Dr Louise Dalton, Consultant Clinical Psychologist and Service Lead

July 2021

Review: July 2024

Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

