

University Hospitals of Leicester and Leicestershire Partnership NHS Trusts
...Working together to provide better healthcare

The Paediatric Clinical Psychology Service for Diabetes



Department of Paediatric Psychology
Artemis House
c/o Westcotes House
Westcotes Drive
Leicester. LE3 0QU
Telephone: 0116 295 2959

Some people will need someone to help them
to go through this leaflet.

If you need help to understand this leaflet or would like it in a
different language or format such as large print, Braille or audio,
please ask a member of staff.

What is paediatric clinical psychology?

Our service works with young people aged from 0 to 19 years, who have diabetes, and their families. We recognise that psychological support is an essential part of routine diabetes care. We know that coping with diabetes can be challenging and distressing at times and we offer support to help you to adjust to the changes that it can bring. At the end of the day, having diabetes means having to pay attention to things that most young people don't have to think about. We offer support and advice in clinics, as well as the opportunity to meet young people individually or with their families. Young people over 16 years can consent to their own treatment.

Our aim:

We are passionate about helping young people and their families live well with diabetes by helping them to make sense of any difficulties that they might be experiencing, and supporting them towards living happy lives.

What does a paediatric psychologist do?

Our role is to listen to your concerns and try to find a helpful way forward. Some of the problems that we can help with are:

- o Understanding, coping and growing up with diabetes
- o Worries about treatment, needles and blood sugar monitoring
- o Learning to be the boss of your diabetes
- o Dealing with feelings related to diabetes like feeling different
- o How diabetes affects family life
- o Difficulty sticking to the treatment plan

Talking to a psychologist can help you to understand what is going on and find new ways of coping.

What will happen if I am referred for an assessment?

First appointments can last up to an hour and a half. Generally, we will talk to the family together at first. We may also ask to speak to the young person separately. We will talk to you about your concerns and how we may be able to help. We may ask you questions about how you are getting on with you diabetes, the impact that it may be having on you, how you are feeling, what is going well for you and what is not going so well. There will be no physical examination and we do not prescribe medication, although with your permission we may refer you to someone who does. We may also ask permission to speak with other relevant people such as school teachers. Information discussed during appointments will be kept confidential within certain limits, which will be explained in the appointment.

What might happen next?

After our first appointment, we can decide together what to do next:

- o You might decide that you do not need to see us again
- o You might prefer help from a different service
- o We might identify some goals for working together and arrange to meet for further appointments

Further appointments might involve us working with the child or young person on their own, or sessions just with parents, or sometimes families together. With permission, we may also work together with other people such as doctors and nurses.

Please talk to us if you would like to know more. Tel: 0116 295 2959