

Renal psychology service



Information for patients

Department of Psychological Services



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Information for service users

This leaflet describes the Renal Psychology Service and answers some commonly asked questions.

Why might someone see a Renal Psychologist?

Living with a renal condition and its treatment can bring about many different thoughts, feelings and responses. These may include distress, worry, anger, resentment or feeling down, and might include wanting to avoid hospital appointments and/or difficulty in taking your prescribed medication. Whilst these are normal reactions to living with a renal condition, they can sometimes become difficult to manage. Talking to a psychologist can help reduce the impact the thoughts, feelings and responses have on you.

What can a Renal Psychologist help with?

Renal Psychologists specialise in helping people cope with and adjust to the emotional stresses of living with a renal condition. To make your difficulties more manageable we can:

- Talk through any decisions you are finding it very hard to make about your renal treatment options (e.g. regarding transplant and/or dialysis)
- Work with you to manage any fears that are preventing you from having your renal treatment
- Help you cope with symptoms such as anxiety and depression that are a result of living with your renal condition
- Help you cope with symptoms such as anxiety and depression that are affecting your renal condition or its management
- Work with other members of the Renal Team to help support you psychologically

These are just a few examples. It's okay if we have not included the difficulties you are experiencing.

How can I be referred to the Renal Psychology service?

If you think you would like to see a Renal Psychologist, talk to your healthcare professional within the Renal Team.

The Renal Psychology Service is small and sometimes there is a waiting list. Please be assured that we will see you as soon as we can.

Please remember that if you are referred, this is for an initial assessment. It is an opportunity for you and the Renal Psychologist to think together about whether further appointments would be helpful.

The first appointment

Your first appointment will be an initial assessment appointment. We will usually ask you to talk about your current situation and what has brought you to us. This may include any difficulties or concerns you have, the impact of these things on you and those close to you, and any other issues that seem relevant. The Renal Psychologist may spend more than one appointment with you gathering this information. This is to help us to get to know you and to better understand your current situation and how you are managing, so that we can think with you about what would be helpful. The outcome of the assessment might be psychological therapy in our service, support from another service, or both or neither of these. You can ask any questions you might have during the appointments.

Outpatient appointments usually last up to an hour, but can be shorter if this is too much for you. If we see you as an inpatient, it will probably be a shorter appointment, depending on how you are feeling.

What if I need to be seen urgently?

The Renal Psychology Service is not an emergency service and will not be able to see you right away. Please contact your GP if you feel that your situation is urgent. If you cannot contact your GP and you need to be seen urgently, go to A&E.

Do I have to talk about everything with the Renal Psychologist?

The Renal Psychologist will ask you questions about your current situation and the concerns / difficulties related to your renal condition. To help get a good understanding of you and your difficulties, the Renal Psychologist will also ask you about issues other than your renal condition. These could include: your usual ways of coping with difficult things, other current stresses in your life, and family relationships. You do not have to answer all of the questions if you would prefer not to talk about a particular issue: please let the Psychologist know this and they will respect your decision.

Where will I be seen?

The Renal Psychology service is based at the Northern General Hospital, Sheffield. Outpatient appointments are at Sorby Outpatients in a private room. We can also see people on inpatient wards or dialysis units at the Northern General Hospital.

What should I do if I cannot attend an appointment?

Please contact the Renal Psychology Service on the number below as soon as you can. We will try to rearrange your appointment at a more convenient time for you.

If you no longer want an appointment with the Renal Psychologist, please let us know as this will enable us to see someone else in that time.

How to contact the Renal Psychology Service

Renal Psychology Service

Sheffield Kidney Institute
Renal Sorby Outpatients
Northern General Hospital
Herries Road
Sheffield, S5 7AU

Tel: **0114 226 6932**

If you have any concerns about the Renal Psychology Service, you can contact:

The Service Manager

Department of Psychological Services
Sheffield Teaching Hospitals NHS Foundation Trust
G04, 3rd Floor Nurses Home
Northern General Hospital, Herries Road
Sheffield, S5 7AU

Tel: **0114 226 6929**



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