

information. The first appointment usually takes about 1½ hours. Follow-up appointments last for one hour.

The psychologist will arrange to meet with you again if you think this will be helpful. They will talk to you about how you are progressing and may suggest different things, which you or your family can do between sessions.

Confidentiality

The psychologist will keep most of the things you and your family tell them confidential (private). They will write a letter to the person who asked them to see you and your doctor to tell them a bit about what has been difficult for you and what they will do to try and help.

Who to contact

For more information contact:

Dr Dite Felekki, Clinical Psychologist
Paediatric Diabetes Office
James Paget University Hospitals NHS Foundation Trust
Lowestoft Road, Gorleston
Great Yarmouth, Norfolk NR31 6LA
Tel: 01493 453880



communication for all

The hospital is able to arrange for an interpreter to assist you in communicating effectively with staff during your stay through INTRAN.

If you need an interpreter or a person to sign, please let us know.

If you require a large print version of this booklet, please contact PALS on
01493 453240

Clinical Psychology Service for Paediatric Diabetes



Information for Parents / Carers

A clinical psychologist is someone who is trained to understand how children and young people think, feel and behave.

The role of the psychologist is to listen to everyone's concerns and help children, young people and their families cope with difficulties that can come from having diabetes and receiving treatment. They will then try to understand their situation and help families to make positive changes.

About the service

The psychology service is there to help children, young people and their families where the child or young person has type 1 diabetes and there are difficult feelings involved.

The psychologist works with the rest of the diabetic team at the hospital including doctors, nurses and dieticians. You may see the psychologist at diabetic clinics alongside other members of the team or on the children's ward.

How do I get an appointment?

If you would like an appointment just ask your consultant or clinical nurse specialist to refer you.

What can the psychologist help with?

A clinical psychologist can help people with all sorts of difficulties. Below are some of the more specific problems that they might be able to help with:

- coping with treatments that you feel worried about
- supporting you to live with and manage your diabetes
- strong emotions such as sadness, fear or anger
- fear of needles
- helping you make decisions about your treatment
- worries about how having diabetes affects your life
- dealing with feelings related to your diabetes like feeling different
- problems getting on with others

- worries about school
- how diabetes affects family relationships
- difficulties sticking to your treatment regime

Where is the psychologist based?

Psychology appointments take place mainly at the Newberry Clinic on Lowestoft Road in Gorleston, Great Yarmouth. The psychologist also sees children and young people who are staying in hospital. If necessary, they can arrange to visit some families at home.

Appointments are available on Tuesday afternoons or Wednesday mornings. You may be seen for one session or could be seen for weekly or fortnightly sessions for several months depending on need.

What happens next?

If one of the doctors or specialist diabetic nurses thinks it would be helpful for you or your family to meet with a psychologist, they will speak to you and your family about this and then ask the psychologist to send you an appointment. The psychologist will send details of your first appointment to you by post. Sometimes they will arrange an appointment with you or your family when you are at the clinic or on the wards.

What should I expect?

The first time the psychologist meets with you they may see your family together or talk to you and members of your family on their own. They will talk to you and your family about things like your development, your diabetes, school, what you do during the day, how you have been feeling and things that are going well. This will help them to gain a clearer picture of how things have been for you.

They will then use this information to decide if further appointments will be helpful, and talk with you and your family about how you can work together to help. They might also ask you to complete some diaries, or questionnaires to gain extra