
Clinical Psychology Service

Paediatric Cystic Fibrosis Service: Information for parents and carers

The Clinical Psychologist is available to provide support for all children and their families affected by Cystic Fibrosis.

The aim is to get to know children and families early in order to prevent greater problems in the future. We are, therefore, happy to meet with anyone who has any concerns.

Issues that a Clinical Psychologist can be involved with include:

- Coping with the diagnosis
- Discussing the illness with other family members
- Introducing new treatments
- Eating and feeding difficulties
- Co-operating with treatments
- Relationships within the family
- Peer relationships and self- esteem
- School difficulties
- Supporting siblings and other family members
- Life changes (for example: changes in health, growing up, transition to adult services)
- Coping with chronic ill health
- Planning for the future
- General worries or anxieties

Support for children and young people with Cystic Fibrosis:

It is not unusual for children with any chronic illness to experience difficulties. It is important that they have the opportunity to discuss these difficulties and anxieties outside their family or peer group settings.

Frequently asked questions

What's the difference between a Psychiatrist and a Psychologist?

A Psychiatrist is a medically qualified doctor with an additional qualification in Psychiatry. Their training is focused on mental illness. A Clinical Psychologist has a degree in Psychology, followed by a doctorate in Clinical Psychology. Their training focuses on understanding normal development, as well as dealing with difficulties in adjusting to different circumstances. For example: coping with a chronic illness such as cystic fibrosis.

Would we need to come and see a Psychologist separately from our other appointments?

Not necessarily. This would be up to you to discuss with the psychologist. Sometimes you might prefer a separate appointment where you can concentrate on the issue.

Do Psychologists ever come to the home?

Occasionally, if it is felt to be more appropriate or helpful to the young person and family to be seen in the home then this can be arranged. The individual needs of your child and family can be discussed in a one-to-one meeting with the Psychologist.

Do you see children separately from their parents?

This would always be done in full discussion with parents. Depending on the age and confidence of the child, it can sometimes be helpful to see children on their own. Older children and teenagers will be offered the chance to be seen on their own.

Does it mean I'm a failure if I ask to see the Psychologist?

No. It shows you are sensitive to your child's psychological well being.

It is increasingly recognised that children with a chronic illness and their carers experience problems from time to time and that they benefit from psychological support.

Are the contents of the sessions confidential?

Yes. However, the Psychologist works as part of the Cystic Fibrosis Team, and therefore it may be useful to share some information with the team. If you or your child feels that they do not wish for a specific piece of information to be shared, you or they are entitled to say so. The exception is if we feel that your child's health (mental or physical) is at risk. We would of course consult with you before sharing information with another professional.

Would the Psychologist want to meet the whole family?

Sometimes it can be helpful to meet with all members of the family together. Siblings and fathers can sometimes feel left out. However, there is no obligation to include all family members. The Psychologist would discuss with those attending whether it might be helpful to include other family members.

How to access the psychology service:

If you think it may be helpful to meet with a Psychologist there are a number of ways that this could be arranged. You can talk to a member of the Cystic Fibrosis team when you come to clinic and they can put you in touch with the Psychologist. The Psychologist will also be available during most Thursday clinics and you can ask to meet with them during your routine clinic appointment.

The psychologist can be contacted directly on 01223 349293 or by email:
ruth.easby@addenbrookes.nhs.uk

Dr Ruth Easby, Clinical Psychologist.

Cystic Fibrosis Secretary: 01223 216020/256291

External contact information

Cystic Fibrosis Trust: www.cftrust.org.uk

CF Trust

11 London Road

Bromley

Kent

BR1 1BY

Telephone: 020 8464 7211



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking Helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



Document history

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