

Please search for the following websites. Or, use your phone camera to scan the QR code which will take you to the website.

The Clinical Psychology Department: for more information about our service and patient information leaflets on various psychological difficulties. Telephone: 01744 646 864 (9am-5pm Mon-Fri)



The Katie Piper Foundation: services for survivors of burns and people with scars from traumatic incidents



Dan's Fund for Burns: services for survivors of burns, including online support and forums.



NHS Talking Therapies: a free talking therapy service for adults. See the website to find your local service or speak to your GP who can refer you.



For urgent mental health support: call the Mersey Care NHS helpline 0800 051 1508 (open 24/7). If out of this area search online for your local 'NHS urgent mental health helpline'. If yours or someone else's life is at risk or are unsafe call 999 or go to A&E immediately. **If you just need to talk**, any time of day, call 116 123 to talk to Samaritans, or text 'SHOUT' to 85258 to contact the Shout Crisis Text Line.

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Marshalls Cross Road,
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Clinical Psychology on the Burns Ward

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Why does the burns centre have a Clinical Psychologist?

A burn injury impacts an individual physically but it can also have a psychological and emotional impact.

The psychological impact of a burn injury will be different for each individual. How an individual copes after a burn injury can be influenced by many things, including:

- what is happening in their life at the time of the injury,
- any previous health/emotional health difficulties,
- and any significant or stressful life events they have experienced.

The Clinical Psychologist supports the medical team, patients and their families with planning and managing the psychological and emotional recovery from a burn injury.

The National Burn Care Standards for the UK recommend that all burns centres across the country are able to provide psychological support to individuals who have had a burn injury, as part of their care if required.

What psychological impact can a burn injury have?

Below are examples of some of the difficulties some people face following a burn injury:

- Feelings of anxiety, low mood, stress and upset.
- Pain management e.g. during dressing changes.
- Sleep difficulties.
- Managing upsetting and distressing thoughts e.g. thinking about the events that led to the burn injury.
- Concerns about the appearance of the burn injury and scars.
- Planning for discharge and any worries that someone might have about going home.
- Acute stress reactions to traumatic events e.g. flashback (distressing memories of the event that feel real) and avoidance (of thinking about the event or the emotions associated to the event).

Will I see a clinical psychologist on the ward?

When you first come to the ward the nursing staff will ask you questions about your psychological wellbeing – this is called a psychosocial screening. The ward team may provide further information to you around concerns raised during this screening. They will also share concerns with the Clinical Psychology team.

The Clinical Psychologists will review your emotional and psychological needs with the ward team. They will meet with you on the ward if the ward team are concerned about your psychological wellbeing, if you ask to meet with them or if you share any of the difficulties listed earlier in this leaflet.

While on the ward, the Clinical Psychologists can offer brief support and will speak to you about how you can receive on-going psychological support as an outpatient, if this is required. We have an outpatient psychology service that provides therapy to patients after they are discharged from the ward.

How often you see the psychologist on the ward will depend on how you are feeling and coping after your burn injury. You may not see the psychologist at all or you may see them several times during your hospital stay. You will decide with the psychologist how often you feel you need to receive support. Family members may also receive support from the psychologist to help them to cope with what has happened.

How can I get to talk to the clinical psychologist?

Whilst you are on the ward, if you feel that you would like to talk to the clinical psychologist you can tell a member of the burns unit care team who will pass the message on. The psychologist will then come and visit you on the ward.

Following your discharge from the inpatient unit you will probably come back to the hospital to go to the dressing clinic or the scar clinic. If you have been worried about how you are coping at home following your burn injury you can talk to the burns care team about this. The care team can then make a referral to clinical psychology on your behalf. You will then be contacted by the Clinical Health Psychology Department at St Helens Hospital and who can offer on-going psychological support.