

Confidentiality

We will let the rest of the team know that we have seen you, but we will not tell them what you have said without talking to you first.

We do have a legal responsibility to keep you safe, and because of this, the only time we would have to discuss our sessions would be if we were worried that you were at risk of any harm.

Contact Details

Either speak to any member of staff on the Paediatrics/Burns unit or phone us on:

01296 315040

You can ask to speak to the Clinical Psychologist or the Social Worker.

Alternatively email us at:

**BurnsPsychoSocialTeam@
buckshealthcare.nhs.uk**

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

Author: Maathu Navaneethan
Issue date: September 2016
Review date: September 2019
Leaflet code: PCPS-002
Version: 2

www.buckshealthcare.nhs.uk

**Follow us on Twitter:
@buckshealthcare**

The Paediatric Clinical Psychology Service - Burns

Patient information leaflet for children and families

If you require a translation or an alternative format of this leaflet please call the Burns Unit on 01296 315040

Safe & compassionate care,

every time

Who we are

The Clinical Psychology service in Paediatric Burns supports children and young people who have suffered burn injuries. The service supports, inpatients, outpatients and their family during this difficult time.

What does a Clinical Psychologist do?

Clinical Psychologists are trained in:

- child development,
- how children and young people think and learn,
- how children and families cope with difficulties and work with parents/carers who are involved with the child and others who may also be affected. It is often the adults who experience more active distress as a result of your child's burns injury.

The Clinical Psychologist will talk to you about any worries, fears or your experiences. They are able to work with you and your family to try and help you find ways of coping, as well as helpful ways forward. They also work closely with nurseries, schools, colleges and any other professionals involved with the family.

Working with a Clinical Psychologist

Burn injuries may be very distressing to children, young people and their families. Sometimes it can be difficult to cope either when on the ward or at home. At these times it may be helpful to talk to someone like a Clinical Psychologist.

Children and young people may be seen because of:

- Experiencing distressing memories of the injury
- Difficulties in adjusting to the effects of the burn
- Worries about scarring and appearance
- Distressing or upsetting treatment
- Sleeping and eating difficulties.
- Difficulties in coping with changes in appearance.
- Worries about going back to school.

Similarly, parents/carers may have worries about:

- Their children's health, future, development and school
- Relationships with other children
- Problems with their children's behaviour
- Feelings of guilt or responsibility about what has happened
- The impact of the injury on the relationships within the family.

What help may the Clinical Psychologist offer?

This will depend on the children, young people and their families. It may involve talking to the family as a whole or working with the children, young people or parents on their own. The frequency and duration of the sessions varies according to need.