



Patient Information-

Psychology in Cystic Fibrosis (CF) Adult Services, Saolta Hospitals

Why is there a clinical psychologist working as part of the CF team?

Having access to a clinical psychologist is now considered a standard part of CF care. Like all of the CF team members, the CF psychologist aims to help improve wellbeing and health outcomes. CF can be a difficult condition to manage with a significant treatment burden. The psychologist will have an understanding of the psychological effects that CF and its treatment can have. There is no 'one size fits all' and people want different things from seeing a psychologist. Some people want to develop strategies to cope when they are feeling a particular way, and other people simply want to talk through their difficulties. Examples of when psychology input may be useful include:

- Talking about your feelings: Living with CF can bring many different feelings, both for you and those close to you. These may include low mood, anxiety and resentment. These feelings are very understandable, but at times may be overwhelming
- Goal-setting and improving your quality of life: The treatment burden of CF can impact on your quality of life, and can get in the way of you doing what is important for you: talking with a psychologist can help you explore what is important to you, and help you make meaningful changes
- Learning better coping strategies
- Coping with treatment
- Making decisions about transplant and coping with the transplant process
- Dealing with worries or fears about things such as treatment, being in hospital and the future
- Managing issues with eating and body image.

Who is the service for?

This service is available to all adults connected to the CF service in University Hospital Galway/Merlin Park University Hospital. The psychologist will meet all patients at annual assessment, in order to carry out a mental health screening, and to check in as regards emotional wellbeing and overall coping. The psychologist is also available at some routine clinics. At this point, you may decide that you would like to make further appointments with the Psychologist.