

Psychological support when your child has long term ventilation needs

Clinical Psychology Service/
Children's Airway and Home Ventilation
Information for Patients, Parents & Carers

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What is a clinical psychologist?

Clinical psychologists have special training to understand why people feel and act the way they do. They believe that children/teenagers and families can feel and cope better by talking about difficulties and practicing new skills. They do not do physical examinations or give medicine.

They know that coping with long term ventilation (LTV) can be hard for families at times. Your journey to this point is likely to have been scary and difficult at times, and may have included some shocks. Clinical psychologists offer help for you and your family to understand and manage these changes and challenges. What you tell the psychologist during appointments will be kept private, unless the psychologist is really worried about you or someone else because of what you tell them.



An LTV psychologist aims to:

- help families to live well with LTV, and manage the changes that they face on the journey.
- help families understand and manage any emotional problems they might be having.

Who can see an LTV psychologist?

Any children or teenagers (age 0 to 19) having treatment can be supported by a psychologist.

Family members can also be supported by a psychologist for any difficulties or concerns linked to a young persons' LTV needs. This includes families within our service, living in Leicester, Leicestershire, Rutland, Coventry, Northamptonshire, and beyond.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How can an LTV psychologist help?

The psychologist listens to and supports children/ teenagers and their families (including siblings) to help them find a way forward, and cope with and understand LTV and the changes and challenges that come with this. This includes helping families with:

- understanding and managing some of the feelings that are common for families and young children/ teenagers with LTV, including worry, anger, guilt and other difficult feelings.
- coping with changes that occur due to LTV.
- worries about changes, treatment, needles and/ or surgeries.
- upsetting memories of past treatment or time in hospital.
- talking about how LTV has impacted the family and how you can thrive in your new roles.

How will the LTV psychologist make contact?

A psychologist will phone or write to you (or chat to you on the ward) offering an appointment. If you would like to attend an appointment, this can be done via video, telephone, or face-to-face. The psychologist will talk to you about your concerns and how they can help. They will discuss with you what to do next which could include:

- arranging more meetings to work on some agreed goals, if you and the psychologist feel this will be helpful.
- agreeing for the psychologist to refer you for other support that would be more helpful.
- agreeing that you and your family members do not need support from a psychologist or any other service at present.

How do I speak to the LTV psychologist?

If you think it would be helpful for you or one of your family members to see a psychologist, please ask any of the ward staff or a member of the LTV team to refer you.

Contact details: 0116 258 6694 (Monday to Friday, 9am to 5pm). This is not an urgent response service. If you need urgent advice, please contact your GP or 111, or call 999 or attend the Emergency Department.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk