

Useful Websites

Changing Faces

www.changingfaces.org.uk

Dan's Fund Charity (Adult Burns Support Group)

<http://www.dansfundforburns.org/>

Further Links

<http://www.britishburnassociation.org/links>

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 main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. 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.

www.buckshealthcare.nhs.uk

If you require a translation of this leaflet please call
01296 315040

Author: Maathu Navaneethan

Issue date: Dec 2012

Review date: Dec 2015

Leaflet code: CPBU-001

Version: 1

The Burns Unit Clinical Psychology and Social Work Team

Patient Information Leaflet

Clinical Psychology

The Clinical Psychology service in Burns supports adults who have suffered burn injuries both as inpatients and outpatients; it also supports their families during this difficult time.

What does a Clinical Psychologist do?

Clinical Psychologists are health professionals who have been trained to apply their psychological knowledge in practical ways to help people with personal, emotional and health-related problems.

The Clinical Psychologist will talk to you about any worries, fears or your experiences. They are able to work with you and those around you to try and help you find ways of coping, as well as helpful ways forward.

Reactions you or those close to you may experience after a burns injury

Everyone reacts differently and some people may not experience any emotional distress. However, others may have some upsetting thoughts, feelings and experiences after a burn injury.

The Clinical Psychologist can help you with reactions such as the following:

What support could I get from the Burns Team Social Worker?

Our team Clinical Social Worker could help you with the following:

- Employment issues
- Housing (including care homes and nursing homes)
- Finances
- Advice and help with welfare benefits
- Organising discharge planning meetings
- Referrals to appropriate Social Services departments, care Management
- Referrals to external agencies

Social Work - Contact Details

Either speak to any member of staff on the Burns unit or our Clinical Social Worker on:

01296 315040

Alternatively email us at:

BurnsPsychoSocialTeam@buckshealthcare.nhs.uk

Clinical Psychology - Contact Details

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

01296 315040

You can ask to speak to the Clinical Psychologist or the Assistant Psychologist.

Alternatively email us at:

BurnsPsychoSocialTeam@buckshealthcare.nhs.uk

Social Work

The Burns Unit Clinical Social Worker is employed by the Burns Unit to support patients, their family and or carers about any matters of concern that are not medical. This can be identifying practical support for example information about Social Services or discussing strategies in relation to concerns about how to explain to a child why a parent or grandparent is in the Burns Unit.

The Social Worker is also available to discuss general queries that are causing you concern even those that you may feel are trivial or unimportant.

- Tearfulness or sadness
- Feeling tense, panicky or nervous
- Shock, disbelief at what has happened, feeling numb, unreal, isolated or detached from other people
- Feelings of guilt or self-doubt
- Anger or irritability
- Distressing or recurrent thoughts about the circumstances of the injury
- Flashbacks or pictures of the injury suddenly coming to mind
- Nightmares

Some people can manage these concerns themselves. They might do this by getting support from friends and family. They might talk through worries with others, or do enjoyable activities, keep distracted from upsetting thoughts, relax, and take time to recover.

Any upsetting thoughts, feelings and experiences may also fade over time. Sometimes however, peoples' upsetting thoughts, feelings and experiences continue, or come up at a later date and this is when psychological support can be helpful.

It is also not uncommon that those close to you, i.e. partners/relatives/carers can be affected by the injury and can also benefit from psychological support.

What support could I get from the team?

The Burns Psychology Team at Stoke Mandeville Hospital would firstly carry out an assessment.

An assessment involves talking with the Clinical Psychologist about your concerns and experiences in order to think about what support or therapy (treatment) might be helpful.

Psychological therapy involves talking and is based on your individual needs. Therapy aims to help you make sense of your experiences and reduce emotional distress.

What should I do if I have concerns?

If you are concerned about any of the psychological issues that can occur after a burn injury and think you would like to get some help from the Psychology Team:

1. Speak to a member of staff when you come for an outpatient appointment.
2. Ask any member of staff if you are staying on the Burns Unit.

You can be called by telephone or contacted via letter depending on your preference, to be invited to have an initial session, or you may be visited in the Burns Unit by a member of the Psychology Team.

Where will I be seen? And who will know?

You will be seen in a quiet and confidential room; there is a therapy room in the Burns Outpatients area here at Stoke Mandeville Hospital. It is also possible to arrange telephone sessions if this is more convenient for you.

We will let the rest of the team know that we have seen you, but we will not tell them what you 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.