



Burns Psychology Service inpatient information leaflet

A burn injury can be difficult and traumatic. It is common to have a range of feelings such as low mood, anxiety, shock, or sadness. Sometimes these feelings can also affect your sleep or cause nightmares. Often these psychological symptoms improve soon after injury however sometimes this could take a little longer.

We want to make sure we are looking after your psychological health as well as your physical recovery. During your admission, the team will ask you about your feelings about the burn. If you think you need some further help you might be referred to the Burns Psychology Service.

What is the Burns Psychology Service?

The Burns Psychology Service can help you identify the difficulties you need help with and offer support as to how to cope.

Common difficulties

- Feeling depressed, anxious or angry due to your burn or aftercare
- Coping with an uncertain future
- Coping with how your condition affects your relationships
- Being worried about the way you look
- Coping with how your changed body feels or functions
- Coping with adjustment, change and loss
- Coping with side-effects of treatment
- Coping with how your condition affects your sexuality
- Coping with how your condition affects your self-esteem and your identity
- Thinking about returning to work

We are unable to provide guidance on mental health difficulties which started before the burn injury or mental health crisis. If you need help with these difficulties, please talk to your burns team and they can refer you to the appropriate help and support.

Note keeping

If you meet with a psychological professional, they will make a summary note in your clinical hospital records. These records are accessible to other appropriate healthcare team members involved in your care.

Which of your patient records do we have access to?

We have access to your University Hospital Birmingham clinical records, which are held electronically. We also might have access to some mental health and GP records, under the shared care record agreement.

Who do we communicate with about your psychological care?

Your meetings with a member of the Burns Psychology Service are confidential and only routinely communicated with other healthcare professionals involved in your direct care to support your recovery e.g. the UHB burns team and if appropriate your GP. There may be times where we share your information outside of this remit e.g. if we are responding to risks such as any potential harm to you or others.

If you have any questions about the content of this leaflet, please contact the Clinical Health Psychology Department on 0121 371 4455.

Burn injury support

Healthtalk: Provides information in both written and video form about burn injury and recovery.
www.Healthtalk.org

Dan's Fund for Burns: Dan's Fund provides emotional, practical, and financial support for adult burn survivors across the UK. Provides a moderated weekly online burn support live chat/ zoom every Wednesday 07:30-21:00. It also offers befriender services to offer peer support for people with burn injuries.
<https://dansfundforburns.org/>

The Katie Piper Foundation: The Katie Piper Foundation can provide rehabilitation support to burns survivors. As well as this, they can provide support to family members or carers. It also offers free counselling sessions around burn related injuries.
<https://katiepiperfoundation.org.uk/>

Changing Faces: Changing Faces provides self-help information on coping with visible difference. They work to transform understanding and acceptance of visible difference, and campaign to reduce prejudice and discrimination.
<https://www.changingfaces.org.uk/>

Face-It @ Home: Information and self-help psychological support for living with visible difference including burn injuries. Useful coping strategies for adapting to living through burn recovery.
<https://faceitonline.org.uk/about/>

Accessibility

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