



## Cancer Psychology Service Assessment and Treatment Information

### What is this leaflet about?

Following your Initial appointment with the psychologist, they may have recommended that you compete a further assessment with a member of the team and consider treatment options with us. This leaflet explains what to expect in the process.

### What is the role of psychologists working with cancer patients?

The psychologist you meet will discuss with you the difficulties you raised at your initial telephone appointment and check with you that your needs remain the same. Some of the difficulties a psychologist can help with are:

- coping with a sense that your future is uncertain
- coping with how cancer affects your relationships
- managing the demands of home and family life while caring for yourself
- feelings of depression, anxiety and anger
- feeling unhappy about the way you look
- coping with adjustment, change and loss
- coping with pain, discomfort, fatigue and treatment side-effects
- coping with how cancer affects your sexual functioning
- coping with how cancer affects self-esteem and sense of self.

Seeing a psychologist is like seeing any other health professional; it is an opportunity to talk with someone trained in psychological well-being about the issues you face. You can think together about different and perhaps more effective ways of coping with these challenges and concerns about having cancer.

### What will happen at the assessment appointment?

Having already had an initial telephone call, the first assessment appointment is an opportunity for you to get to know the psychologist, who may be a different team member from the person you spoke to in your initial telephone discussion. They will discuss the problems you would like help with in more detail, and to see if you would like to meet again. The appointment will usually last about 50 minutes. You can attend on your own or bring someone with you. The assessment appointment will normally be at one of our hospital sites, or alternatively we can offer a virtual appointment. If you have a preference of whether your appointment is at a hospital site or held virtually, please discuss this with the psychologist in your initial telephone discussion or with our administrator.

After the first meeting you will agree together whether to meet again, how often and for how many sessions. You will normally be offered up to six appointments, after which your next steps would be reviewed. Appointments are usually arranged in normal working hours and held on a regular basis. You can decide at any time that you no longer need an appointment, but please do let us know so that the available time can be given to another patient.

Some patients have found it particularly useful and supportive to share experiences with others going through similar difficulties, so group sessions are also offered on occasion. The psychologist will talk to you about the type of therapy they can offer you and about your preferences.

### **Department address and contact information:**

Cancer Psychology Service, University Hospitals Birmingham NHS Foundation Trust

Telephone: 0121 371 4455

email: chpadministrators@uhb.nhs.uk

Please use this table to note the appointment time down:

### **Your psychologist:**

#### **Appointments:**

Day/date:	Time:	Place:

### **Accessibility**

To view this information in a different language or use the text-to-speech reader visit [www.uhb.nhs.uk](http://www.uhb.nhs.uk), click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille or audio please email [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk).



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