

The Role of Clinical psychology

Clinical psychologists offer a flexible range of skills, which include individual assessment, psychological formulation and direct treatment or intervention. The focus is on reaching a psychological understanding or explanation of how cardiac illness is affecting the person's behaviour, thinking and feelings. This explanation is used to guide effective intervention and rehabilitation.

Clinical psychology can help when:

1. The patient appears to be experiencing psychological distress that is significantly impeding rehabilitation and medical care, e.g.
 - Severe anxiety affecting patient's ability to engage in rehabilitation
 - Depression affecting the patient's ability to engage with exercise /lifestyle changes or medication adherence
 - Patient is scoring 10 or above on the PHQ9 or GAD 7
 - Patient is presenting with *NEW* problems with cognitive impairment or memory loss after a cardiac event i.e. not remembering instructions, forgetting to take medication

Note: *we do not accept patients if already attending or have been referred to another mental health service*

What will the Clinical psychologist do?

- 1 Arrange a time to see the patient to assess and formulate the problem in detail. Partner/relatives (if appropriate) can be included.
- 2 Provide evidence based advice and time limited intervention as appropriate.
- 3 Give advice and support to cardiac team and patient's general practitioner on the psychological management of the patient, if required.
- 4 Referral on to other services such as CMHT, Social work as appropriate.

Who can refer to clinical psychology?

This service is available for patients with cardiac illness who are eligible to attend cardiac rehabilitation.

Referrals can be made by Cardiologists/surgeons and any health professional working in the cardiac rehabilitation team. Heart failure nurses can refer if patients meet referral criteria for cardiac rehabilitation.

How do we refer?

Referral forms are available on request and at cardiac rehabilitation centres.

Contact Details

Please send completed referral forms to Susan Donnelly or Lynn Barr at Cardiac Rehabilitation, Glasgow Royal Infirmary, 84 Castle Street, Glasgow, G4 0SF

Susan.Donnelly@ggc.scot.nhs.uk

Lynn.Barr@ggc.scot.nhs.uk

Tel: 0141 211 4009



**CARDIAC
REHABILITATION
CLINICAL PSYCHOLOGY
SERVICE**

REFERRAL INFORMATION

FOR STAFF

