

Renal Unit Patient Information



The Information Standard

Certified Member

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Psychosocial Support in Chronic Kidney Disease

Introduction

This leaflet is for people who have chronic kidney (renal) disease and their families who require emotional support. You may be just thinking about your treatment options, you may already be having dialysis or have had a transplant. There are different sorts of support available for you and these are described below.

Online Support:

www.facebook.com/KidneyBuddies

This page provides a forum for kidney patients and their families to talk to and support each other.

<https://www.facebook.com/Dorsethealthcoaching>

This page provides psychological support resources for all people living with long-term medical conditions and their families.

Please bear in mind that you will be disclosing your personal details if you post on the site/s.

Psychological Support Team (Tel: 01305 254653)

This service is available to patients, who are encouraged to self-refer. Please contact the above number and leave a message and we will get back to you. We offer:

- Telephone/email support
- Individual 'problem-solving' session/s (1-2 sessions: Various locations)
- Individual counselling sessions (6-8 sessions: Various locations)
- Psychological assessment (1-2 sessions; DCH or Poole only)
- Psychological therapy (DCH or Poole only)
- Signposting to community services

Social Work Support

Specialist renal social workers are available if you require help with managing your affairs. This may include help with childcare, housing, organising financial support and/or future employment and training opportunities. Carer and family needs can also be assessed. If you feel you would like to speak to one of our team of social workers, please contact them on 01305 255217.

Intensive Support Team

Some patients and families require more intensive support, possibly from more than one member of the clinical team. The Intensive Support Team consists of nurses, doctors, dieticians, social workers, occupational therapists and the clinical psychologist. The team meets on a monthly basis to discuss the all the patients' needs. If we think that you will benefit from this service, we will discuss this with you and ask for your consent to be 'admitted' to the register. We can then plan your care as a whole team. You may not need to meet all of us but you will be provided with a key worker and a named consultant if necessary. The team collaborates with all the hospital and community services involved in your care and ensures that you are accessing the care that you and your family need. This service is for patients who:

- Have complex psychosocial needs (for example, mental health issues, physical or learning difficulties and/or no family support)
- Are moving from paediatric into adult services
- May have safeguarding/protection issues
- Are unexpectedly diagnosed with kidney failure and are under 50 years old
- Are having significant difficulty coping with dialysis

All the patients on this register are identifiable on our electronic records system (Emed) so the whole renal team will be aware. When you no longer require intensive support, you will be discharged from the register but you will remain under the care of your usual team. If you think you would benefit from the support of this team, please speak to a renal clinician.

Advance Care Planning

All patients with long-term medical conditions are advised to plan their future care together with the medical team. Advance care planning (ACP) decisions can be then recorded and witnessed on a document that you keep with you so that it is available to other services as necessary, for example, the emergency services. You are encouraged to discuss your ACP with your family and friends and you are free to change your mind at any time. For further information, please ask your nurse.

<http://www.nhs.uk/Planners/end-of-life-care/Documents/Planning-for-your-future-care.pdf>