

Clinical Health Psychology- Referral Pathway and Interface with Other Services

Introduction:

Clinical Health Psychology consists of a number of separate specialist services. They are usually individually commissioned and therefore there is not a single CHP pathway, but a group of separate services in locations across Sussex. The referrals routes sit within their commissioning bodies. All work to their specifically commissioned service agreements (therefore the majority are not open to self-referral or GP referral).

For example – a person with persistent pain in Brighton & Hove would be referred into the usual MSK Central pain pathway in order to access pain psychology. Clinical Health Psychology team members are unable to take referrals from outside of these pathways.

The map below outlines what Clinical Health Psychology services offer and how they interface with other generic mental health services which are more broadly commissioned

What is Clinical Health Psychology?

The services comprising Clinical Health Psychology Services work with psychological issues which

- Contribute to the development of a physical health problem,
- Maintain or exacerbate a physical health problem or
- Arise as a consequence of living with a physical health problem.

In contrast to mental health provision serving those with physical health problems, CHP services use an MDT model This can take the form of: Employing our own MDT; being embedded within the Commissioning Service's MDT, or working alongside the condition-specific MDT.

What do the different Clinical Health Psychology Services offer.

Our Service Model includes:

Assessment and therapy: Direct assessment, formulation &, where appropriate, evidence-based therapeutic interventions for patients, individually or with couples, families, carers or in groups.

1. Work in multidisciplinary hospital teams: this differs according to individual service specifications but may involve consultation, advice, reflective practice, and supervision of psychological work undertaken by MDT colleagues. Such work includes working jointly with other MDT professionals as well as formal teaching and training of staff in the application of psychological principles to improve health care.

Examples might include: Promoting awareness of the distress continuum and the appropriate clinical pathways to access, the application of cognitive-behavioural therapy principles to practice, and the teaching of communication skills.

2. Work at Clinical Service, Directorate or Trust level to develop policies, procedures or interventions that enhance the quality of psychological and physical care given to patients and staff - e.g. management of staff stress and promoting well-being.
3. Research and evaluation.

What are the services currently offered by CHP across Sussex?

1. CHP Pain Management Services Central
2. CHP Pain Management Services East
3. CHP Neuropsychology Services:
 - i. CHP Neuropsychology Worthing
 - ii. CHP Neuropsychology Donald Wilson House
 - iii. CHP Non Epileptic Attack Disorder Service
 - iv. CHP Long term conditions Neurological conditions Hastings and Bexhill
4. CHP Major Trauma service Royal Sussex County Hospital Brighton
5. CHP Critical Care Psychology Services Eastbourne District General Hospital and Conquest Hospital
6. CHP Diabetes and Cardiology Service PRH and Diabetes Royal Sussex hospital
7. CHP Diabetes and Cardiology Conquest Hospital Hastings
8. CHP Occupational Health Psychology SPFT and SCT
9. CHP Breast Cancer Service: risk reducing Mastectomy
10. CHP HIV and Sexual health Brighton and Hove
11. CHP Female Sexual Function and Penetration Disorders Clinic Brighton and Hove

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