

Clinical Health Psychology Community Neurological Rehabilitation Service

Referral Criteria

Who are we?

The Clinical Health Psychology Community Neurological Rehabilitation Service is run by Dr Ben Papps who is a Consultant Clinical Neuropsychologist and Head of Clinical Health Psychology for Hampshire Hospitals NHS Foundation Trust (HHFT), and includes:

- Two part-time Registered Clinical Psychologists (Dr Astri Ablitt and Dr Philippa Beckwith)
- One full-time Assistant Psychologist

Trainee Clinical Psychologists studying for their Doctorate in Clinical Psychology at Southampton University are also on placement with the Department. They see patients and conduct clinical work under supervision from the fully qualified staff.

Who is the service for?

We accept referrals for adults living in the community who are experiencing psychological difficulties related to an acquired neurological condition.

To be eligible for the service, patients must fulfil criteria 1, 2, AND 3

1. **Have an adult-acquired neurological condition of the central nervous system (brain and spinal cord).**

For example:

- Brain injury evidenced on scans/LoC/PTA
- Stroke
- Parkinson's Disease
- Multiple Sclerosis
- Motor Neuron Disease
- Epilepsy
- Meningitis
- Brain tumour
- Huntington's Disease
- Hypoxic brain damage

2. **Experience psychological issues which are caused by, or contribute to, the physical health problem described above. These include those who are experiencing:**

- Difficulty adjusting to their condition and/or its symptoms
- Mood difficulties such as anxiety and depression associated with the neurological problem
- Cognitive difficulties e.g. memory, concentration, executive skills
- Personality and/or behaviour change e.g. disinhibition, impulsivity, anger

3. **The psychological issue is having a significant impact on their work, social and/or domestic life.**

Where possible, we try to prioritise people:

- with conditions that are degenerative in nature e.g. Motor Neuron Disease
- whose psychological distress is impacting young children

Who do we exclude?

We do not work with:

- People under 16 or under 18 if they are still in full time education - please refer to Child Services
- Those with severe challenging behaviour including problems with physical aggression
- People with a primary mental health problem unrelated to their physical health condition - please refer to CMHT
- People with active suicide risk
- Those who are actively abusing drugs and/or alcohol. Please refer to local drug and alcohol services
- People with dementia - please refer to Older Adult CMHT who will also assess those with dementia under 65
- Those with a congenital condition such as cerebral palsy or spina bifida
- Those with headache / migraine as a primary diagnosis

- Those with confirmed or suspected 'functional' neurological conditions although we offer a time-limited group-based course for those with a formal diagnosis of Functional Neurological Disorder made by an HHFT Neurologist

What area do we cover?

We accept referrals for people living across Hampshire and parts of west Berkshire including Tadley to the north; Alton and Bordon to the east; Romsey and Chandlers Ford to the south, Stockbridge, Bishops Waltham and Alresford (see HHFT website). Patients with a North Hampshire GP are currently funded by Southern Health to be seen by Dr Elaine Cray who runs a separate service to ours, not outlined here.

Who can refer to the Clinical Health Psychology Service?

Any health care professional can refer to the service, including GPs, OTs, physios, consultants, nurses, SALT, psychologists, IAPT workers, social workers etc.

We do not take self-referrals or referrals from family members.

How to refer to our service?

An electronic referral form can be accessed via the Trust intranet under 'Forms' (trust intranet – forms – 'for staff working at Winchester and Andover' – online forms – health psychology – health psychology service referral) or requested from the department: hh-ft.clinicalhealthpsychologyservice@nhs.net or *tel: 01962 824351*.

A referral to the service can be sent via email (as detailed above) or in a letter and posted to:

Clinical Health Psychology Service, Mail Point 42
Royal Hampshire County Hospital
Romsey Road, Winchester
Hampshire SO22 5DG

What will happen next?

The referred person will be offered a screening appointment within 4-8 weeks of a referral being received. This is offered to assess suitability for the service and to ensure that we are the best service to help them. This appointment takes approximately one hour.

After the screening appointment, the patient will either be placed on a waiting list for individual or group therapy or signposted to another more suitable service, depending upon their needs.

What do we do?

We offer a range of support tailored to the individual's needs. This includes:

- Neuropsychological assessment and rehabilitation
- Individual therapy
- Couples work
- Group work
- Staff training

Where do we work?

We see most patients at the Royal Hampshire County Hospital Outpatients Department. We are unable to offer home visits at the current time.