

## ***Teenage and Young Adult (TYA) Cancer Clinical Psychology Service Guidelines for Referrers***

The TYA Cancer Clinical Psychology Service for Wessex and the Channel Islands is based at Southampton General Hospital.

### **Services offered:**

- Assessment and psychological therapy for young people (inpatients and outpatients) with cancer, and their families
- Joint-work with other health professionals in supporting young people to manage their psychological distress
- Advice, consultation, training and supervision for the wider multi-disciplinary team regarding young people's psychological care

### **Some examples of the issues the Clinical Psychologist might work with include:**

- Difficulties with adjusting to a diagnosis of cancer
- Difficulties coping with complex treatment regimes or isolation
- Depression, anxiety, panic or a phobia associated with cancer care
- Working alongside mental health services to manage pre-existing mental illness (e.g. depression or anxiety or psychosis) that may be impacting upon cancer care and coping
- Psychological issues around death and dying
- Body image/appearance and self-esteem issues (e.g. after body-altering surgery)
- Survivorship issues (e.g. anxiety about the future, returning to work or education)
- Health anxiety (e.g. extreme fear of cancer returning)
- Coping with changes to sexual functioning
- Relationship issues
- Psychological distress that threatens engagement in treatment, activities of daily living or important relationships

### **Referral Criteria**

- Young people must have been diagnosed with cancer between the ages of 16 and 24 (Young people can be referred up until their 25<sup>th</sup> birthday).
- Young people must be under the care of an adult medical consultant. However, the Clinical Psychologist can be involved in planned transitions from paediatric services.
- It is important that the young person agrees to being referred to the Psychology Service.
- Family members may only be seen as part of work with the young person.
- The Psychology Service is unable to offer an emergency service. In case of an emergency mental health referral, please contact Liaison Psychiatry (for inpatients) or GP/ Crisis team (for outpatients).

## The Referral Pathway

Referral to be made to Psychology on eQuest or via a paper eQuest form emailed to [wendy.spencer@uhs.nhs.uk](mailto:wendy.spencer@uhs.nhs.uk)

**Referrals screened by Psychologist**  
(Referral reviewed, review medical notes, speak to referrer/ team for additional information)

### Assessment Offered

- Outcome measures
- Review of presenting difficulties
- Consider if now is the right time for therapy
- Risk assessment
- Plan for further work (if appropriate)
- Goals
- Letter to patient (copied to GP and referrer)

### Signposted to other more appropriate service

- Letter to patient (copied to GP and referrer)
- Discharge from psychology service**

### Indirect work with Team Offered

- Consultation/ advice
- If appropriate follow up with letter to patient (copied to GP and referrer)

### Therapy Offered

- Outcome measures

### Therapy not indicated

### Therapy Completed

- Outcome measures
- Service Evaluation
- Discharge letter to patient (copied to GP and referrer)

**Discharge from psychology service**

**Signpost to other more appropriate service**

**Discharge from Psychology Service**

*For more information or to discuss a referral, please contact:*

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