



Great Ormond Street Hospital for Children NHS Foundation Trust: Information for Families

## **The Bone Marrow Transplant (BMT) Psychology Service: information for families**

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This information sheet from Great Ormond Street Hospital (GOSH) explains how the BMT Psychology can help you and your family before, during and after bone marrow transplant (BMT).

### **What is the role of a Clinical Psychologist in the BMT team?**

#### **Before the BMT**

Before your child has their BMT, we aim to meet with you during one of your pre-BMT visits to talk through the procedure and any worries you or your child may have. We have found that having the chance to meet with you beforehand and prepare for treatment like this can help the family to cope better.

This may include thinking about how you plan and prepare for being on the ward, what information you give your children and how you can look after yourselves during this time too.

#### **During the BMT**

During your child's time in hospital, we can arrange to visit you on the ward if you have concerns about how you or your child are managing during transplant. At this time, we might work with your child around issues such as difficulties managing procedures, low mood, anxieties and problems around feeding and sleeping. We can also meet you before discharge to plan going home.

#### **After the BMT**

If there are problems after your child's transplant then we can continue to offer support to your family. This may include helping you settle back into family life at home or helping your child settle at school

### **Who are Clinical Psychologists?**

Clinical Psychologists work with children and their families to help them cope with their medical condition.

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This document must be read in conjunction with all Great Ormond Street Hospital NHS Foundation Trust Policies and Procedures.



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We listen to your concerns and work with you to help identify solutions. We can also offer emotional support to you, your child and your family. We are not medical doctors and do not prescribe medication or do any physical examinations.

The Psychologists who work with the Bone Marrow Transplant (BMT) team are part of a wider team of Psychologists who work in Oncology, Haematology, Immunology and Palliative Care.

### Who do Clinical Psychologists see?

We can see anyone in the family, including the child or young person who is undergoing the BMT, any brothers/sisters, parents and wider family members.

We can work with individuals, couples and families all together.

### When can a Clinical Psychologist help?

We understand that a child's illness or condition can affect the whole family in a variety of ways and that having a BMT can be particularly stressful.

Some examples of what we can help with include:

- Managing the physical and emotional feelings caused by the medical treatments and their effects for example, low mood, side-effects, pain or anxiety with procedures
- Managing stress
- Coping with being away from home and being in hospital.
- Planning and thinking about the future.
- Finding ways to juggle illness and everyday life
- Answering questions asked by the child and others about their illness
- Providing parents with support to deal with behavioural difficulties
- Managing relationships with family, friends and other professionals
- Coping with uncertainty and difficult news
- Bereavement support

### Are our discussions confidential?

As Clinical Psychologists, we have strict rules about confidentiality. The talking we do with you is private and only key Information is shared with the professionals involved in your care.

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## **Great Ormond Street Hospital for Children NHS Foundation Trust: Information for Families**

If we have concerns about the safety of you or others in your family then we have a duty to share this information.

### **How do you contact us?**

Ask a member of the staff team to make a referral to Psychology or ask to speak to a Psychologist in the BMT team on 020 7829 8896.

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