

Why have I been referred to a psychologist?

The Bariatric Surgery Psychology Service understands that Bariatric Surgery can be a difficult process. You will be asked to make changes to your diet and activity levels and breaking old habits can be tough. Bariatric surgery can also affect your mental health, relationships and body image. The Psychology Service can help you with these challenges, and also help you get the most from Bariatric Surgery.

Who will I see from the psychology service?

Our team includes Clinical Psychologists, Clinical Associates in Applied Psychology and Health Psychologists. They are all health care professionals and are trained to help people who are experiencing problems related to their physical health. Psychologists' training includes an undergraduate degree and a post-graduate degree.

Psychologists working in the NHS must be registered with the Health and Care Professionals Council (HCPC). They may also be members of the British Psychological Society (BPS) or the Association of Clinical Psychologists. These are organisations which set national standards for training and practice.

What will the psychology appointment involve?

You will see a psychologist for an assessment before you have surgery. A psychological assessment takes around 50 minutes. The psychologist will ask about your eating habits, mental health and social support system, and other areas of your life relevant to bariatric surgery. You will also be asked to complete routine questionnaires. The assessment is based on national guidance and evidence from research on Bariatric Surgery. The goal of the assessment is to help you get the most from surgery. We may ask you to complete or attend mental health treatment before having surgery. This will make it more likely that you will have a good outcome from surgery.

When you have had your surgery, the bariatric psychology team can also offer you time-limited therapy to overcome any problems related to your surgery. These can include disordered eating, changes in mental health, body image problems or relationships difficulties. The psychologist will offer you an assessment to work out if this is the best service for you or if another service would better meet your needs. A plan will be made and evidence-based therapies will be used to help you overcome these difficulties.

Is what I discuss in appointments confidential?

Our service is part of the larger team in the Bariatric Surgery Service. An important part of our job is helping this wider multi-disciplinary team to understand the challenges patients face and how they are coping.

We will write a summary of our discussions with you in your medical notes. We will also write a letter to your GP to describe our meeting. If there are details that you prefer not to have recorded, please discuss this in your appointment.

If you tell us that you are at risk of hurting yourself or someone else, we *must* share this with your team to help to keep you safe.

Cancellation

While we make every effort to avoid this where possible, there is always a risk that your appointment may be cancelled at short notice. This is due to reasons which are beyond our control. We realise that this can cause distress and inconvenience, but in the event that your appointment is postponed, you will be offered a new date as soon as possible.

Keeping your Appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Public Transport and Travel Information

Bus details available from:

Lothian Buses on 0131 555 6363 www.lothianbuses.co.uk

Traveline Scotland on 08712002233 or www.travelinescotland.com

Train details available from:

National Rail Enquiries on 03457 484 950 or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need.

Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech impaired?

Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hour answer service).

Interpretation and Translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing in patient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.

Contact details

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