

Renal Services

Clinical Psychology Service – The Emotional Impact of Kidney Disease

Here in the Renal Service we recognise that when somebody is experiencing kidney disease it can have an impact in how we feel emotionally as well as physically. Our Clinical Psychology Service offers support to renal patients, as well as any of their friends and family who are affected by the impact of this illness. It is very common to experience feelings of upset and distress at any time throughout the kidney journey, whether that is shortly after diagnosis, or many years later.

The Impact of Kidney Disease

Kidney Disease can impact on all aspects of life, including, most commonly:

- Work
- Relationships
- Energy levels
- Motivation
- Plans for the future
- Eating & Drinking
- Spontaneity

The Psychology Service regularly receives referrals for patients who are finding it difficult to cope with some of these areas. The most common referrals include:

- Feeling worried
- Feeling low in mood
- Being scared about kidney treatments
- Relationship difficulties
- Not wanting to do anything
- Frustration about not being able to do the things you want to
- Sleep difficulties
- Decision making about renal treatments



Patient Information

Ideas that may help

Some patients tell us that some of these ideas have helped them in the past:

- Try to remember that these difficulties are common and understandable responses to have kidney disease;
- Try to talk to your Renal Consultant or Specialist Nurse to help with information about the Kidney Disease;
- Try talk to others about how you are feeling so that you are not trying to cope all alone;
- Try to meet other renal patients who understand what you are going through;
- Try to do something each day that you enjoy so that life isn't all about the kidney disease.

Renal Clinical Psychology Service

If you would like further support please ask for a referral to the Clinical Psychology Service. This is a flexible service offering help for any issues related to kidney disease. The service is based at UHCW and provides care to any renal patient across the who service including pre-dialysis, all forms of dialysis, transplant recipients and donors, palliative care, young adults as well as friends and family members. For a referral please ask any member of the Renal Team or self-refer.

If you have any other questions, please contact the Renal Service Clinical Psychology Service by calling 024 7696 8270.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7777 and we will do our best to meet your needs.

The trust operates a smoke free policy.

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