

Renal Services

Clinical Psychology Service – The Emotional Impact of Kidney Disease

Here in the Renal Service we recognise that Chronic Kidney Disease can affect emotional health as well as physical health. Our Renal Clinical Psychology Service offers psychological input and support to renal patients to help adjust to the emotional stresses and strains that can happen as a result of having Chronic Kidney Disease.

It is very common to experience feelings of upset and distress, whether shortly after diagnosis, making decisions about treatment, 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

Referrals

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



Patient Information

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

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;
- Talk to your Renal Consultant or Specialist Nurse to help with information about the Kidney Disease;
- Share with others about how you are feeling so that you are not trying to cope all alone;
- 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 issues related to kidney disease. The service is based at UHCW and provides care to renal patients across the whole service including pre-dialysis, all forms of dialysis, transplant recipients and donors, and supportive care. For a referral please ask any member of the Renal Team.

If you have any other questions, please contact the Renal Service Clinical Psychology Service by calling 02476 968288

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.

Patient Information

The trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History	
Department:	Renal Services
Contact:	28288
Updated:	May 2022
Review:	May 2024
Version:	5.2
Reference:	HIC/LFT/813/09