

Neurosciences

Neuropsychology Service Information

What is Neuropsychology in Neurosciences?

Clinical Psychologists in this service specialise in the area of Neuropsychology. This is the study and understanding of the links between a person's brain, thinking skills (also called cognition), emotions and behaviour. Within Neurosciences at UHCW, our expertise is in assessing and helping people with changes in these psychological (non-physical) areas that can occur as a result of brain injury and other neurological conditions (e.g. Stroke, Epilepsy, Multiple Sclerosis, Parkinson's Disease etc.).

Why have you been referred?

It is likely that because of a brain injury or neurological condition there may have been some changes in your emotions, behaviour or thinking skills, such as memory or concentration. For example, you may have been feeling worried or anxious, getting agitated or angry or been forgetting things.

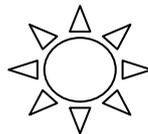
Benefits of Neuropsychology

We understand that the thought of having an appointment and talking about the changes and difficulties that you may be having might be anxiety provoking. However, other patients and families tell us that the benefits include gaining a greater understanding, feeling supported and feeling more equipped to deal with what has happened and the changes in your life what is going on.

What can we help with?

Cognitive changes

(E.g. memory, concentration and reasoning skills)



Emotional changes

(E.g. feeling worried, anxious, irritable or low in mood. Changes in intimacy and relationships. Coping with pain)

Behaviour changes

(E.g. being more impulsive or more laid back, getting angry or frustrated more quickly).



What can be done to help with the problems?

The type of help offered will depend on your particular circumstances and the difficulties that you have been experiencing, but they may include:

- Cognitive rehabilitation (e.g. plans and strategies to help with memory, attention and concentration)
- Behavioural support programmes (e.g. ways to help you and people around you deal with strong feelings, develop new skills and strategies)
- Talking therapy (e.g. to help you understand how you feel, why and what you can do to improve your self-esteem, mood and confidence)
- Information / Education / self-help materials.
- Helping friends, family and staff to understand changes and what might help.

The appointment: What will happen at the first appointment?

- You will have the opportunity to ask questions
- You will be seen by a Psychologist or Assistant Psychologist who will explain what will happen in the appointment
- The appointment will usually last about 1 to 1.5 hours
- You will be asked about any changes you have experienced and any worries and difficulties you may be having
- You will be asked some background information
- You may be asked to complete some questionnaires and assessments
- A plan of action will be discussed with you. This will include what will happen next and the details of any future appointments.

At future appointments you may be asked to complete some additional assessments that look at your cognition (e.g. memory and attention) and how you have been feeling. This is called a Neuropsychological Assessment. After these assessments are complete, the Psychologist will give you feedback and advice.

The appointments themselves can be tiring and you may experience a range of emotions. This is to be expected and we welcome you to discuss this further if needed.

Who can attend a Neuropsychology appointment?

It is usually okay if you want someone to come with you to the appointment (e.g. a family member, friend or carer). The Psychologist may also ask for some time to speak to you or your relative alone.

Patient Information

Where you might be seen:

We work in a variety of settings. These include the Outpatients Department in the Wisdem Centre, the Neuro Rehab Day Unit (RDU), Wisdem Centre and Inpatient Wards (mainly W41, 42, 43) at University Hospital (UHCW), Clifford Bridge Road, Coventry, CV2 2DX.

When you have an appointment with us, you will be sent a letter and it will tell you where the place of your appointment will be.

Confidentiality and sharing information

Confidentiality is extremely important to us, and your Neuropsychological information will be treated in the same way as your other medical information and notes. We are likely to send a copy of any relevant letter or report to the person that referred you (as long as they are a known professional) and to your GP. A report may also be sent to other people involved if your medical care would benefit (e.g. Occupational Therapist or Medical Consultant). We will always discuss the report with you and ask if there is anyone else you would like it to be sent to.

If you need more urgent emotional support, you can contact:

Your GP

Mental Health Matters: 0800 616 171 (Telephone emergency support line)

NHS111: 111

Samaritans: 08457 909090

Free from mobiles: 116123

Saneline: 0845 767 8000

Improving Access to Psychological Therapy (IAPT): 02476 671090

BACP (www.bacp.co.uk): Find a Counsellor

BPS (www.bps.org.uk): Find a Psychologist

Further Information

- What is a Neuropsychological assessment? (UHCW leaflet)
- Psychological Testing: A Test Takers Guide. British Psychological Society
- www.headway.org.uk or call 0808 800 2244

Patient Information

Useful information

If you have any questions about the service please contact:

Ms Deborah Sheehan, Neuropsychology Secretary Tel: 02476 965217

Dr Louise Price, Clinical Psychologist, Head of Neuropsychology and Physical Health
Tel: 02476 965217

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact Deb Sheehan on 02476 965217 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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