

Paediatric Diabetes/Clinical Psychology

Clinical psychology service for children, young people and their families living with diabetes in Coventry and Rugby

The clinical psychology service is a service to help children, young people and their families cope with some of the difficulties and challenges that living with type 1 diabetes can bring. The service is available to children and young people aged 0 to 17 years of age who receive their diabetes care at University Hospital Coventry and Warwickshire (UHCW) or Hospital of St Cross, Rugby.

We know that children and young people living with diabetes and their families often feel worried, sad, angry, or frightened about managing diabetes. Working with a clinical psychologist can help you understand why you feel the way you do and may help you find new ways of coping.

Living with diabetes is demanding and means you need to think about things other people your age without diabetes do not need to think about, such as:

- Remembering to give yourself insulin
- Remembering blood tests
- Watching what you eat
- Working out how much insulin to give
- Managing high and low blood sugar numbers

Remembering to do all this can make you feel stressed, cross, fed up and miserable. Sometimes you might not bother with injections, blood tests



Patient Information

and healthy eating which means you end up with high or low blood sugars. Sometimes diabetes can make you feel so worried that you end up doing too many blood tests and worrying a lot about low and high blood sugars. You may feel worried about needles and injections, or you may be struggling to adjust to having diabetes and fitting it in with your life.

Stress

Stress can make it harder to control blood sugar numbers which can then make you feel even more stressed and worried. Stress means that adrenaline is released into the body which can make you feel tense, uptight and even panicky. A psychologist can help you manage stress in a helpful way.

You certainly don't need to be mad, bad, or sad to see a psychologist. Seeing a psychologist can help you live successfully with diabetes, for example, by teaching you coping strategies.

Who is the psychologist?

The psychologist in the team is Dr Teresa Madurai and the service can be accessed through a member of the diabetes team making a referral or you can self-refer and request an appointment yourself.

How do I request an appointment?

To request an appointment, you can ask one of the members of the diabetes team to refer you, fill out a self-referral form (available in clinic in Coventry and Rugby) or telephone the diabetes team on 024 7696 7230. Interpreters can be arranged if you or members of your family do not speak English.

What to expect

Appointments usually last about an hour and you can be seen on your own or with your family.

What happens after the appointment?

- Another appointment might be arranged

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- You might decide that you do not need another appointment
- You might be referred to a different service to help you
- Your GP will be sent a brief letter to inform them that you have been seen by the service

Confidentiality

What you talk about is confidential (private) unless there is concern about your safety or the safety of others. Sometimes it is useful to share information with family, school, or members of the diabetes team so they can help too. This sharing of information is always discussed with you first.

Further Information

For more information, please contact the Diabetes team on **024 7696 7230**.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 7230 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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Document History

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