

Who is the CF Team Psychologist?

Dr. Audrey Matthews, Chartered Clinical Psychologist, works with the CF team four days a week (Monday - Thursday). When possible, she is also available for Friday CF clinics. If you would like to speak to Audrey, please ask one of the CF Team at your next clinic appointment or call the CF Office on 0131 537 1762.

Alternatively, you might wish to call Audrey directly on 0131 537 3779. She can meet with you at clinic, on Ward 54, or for a separate appointment in her office on the first floor of the outpatients building. She can also arrange to speak to you by telephone.

If you have any further questions about the CF Clinical Psychology Service, please do not hesitate to ask any member of the CF Team or contact Audrey directly.

Scottish Adult Cystic Fibrosis Service

Clinical Psychology Service

Scottish Adult Cystic Fibrosis Service
Ward 54
Western General Hospital
Crewe Road South
Edinburgh
EH4 2XU

Western General Hospital
Edinburgh

What is a Clinical Psychologist?

Clinical Psychologists have been trained in a wide range of psychological therapies to help people of all ages who are having emotional difficulties. They work with individuals to try to understand their circumstances and discuss ways to manage or overcome any problems.

Coping with Cystic Fibrosis

We know that coping with cystic fibrosis, in addition to the usual stresses in life, can be especially hard at times and that a little extra help and support is sometimes needed to get through a difficult period. It is for this reason that the CF Team has a dedicated Clinical Psychologist to help with issues such as:

- body image concerns
- difficult feelings or worries about CF, treatments or hospital admissions
- eating problems
- family or relationship difficulties
- family planning concerns
- finding it difficult to carry out treatments or take medication as advised.
- finding it hard to undergo certain procedures (e.g. blood tests)
- low mood
- low self-esteem
- pain management
- sleep problems
- transition concerns

The Clinical Psychologist is also involved in the assessment process for lung transplant and available to support patients throughout the transplant journey.

We understand that difficulties relating to CF may also arise for our patients. Our Clinical Psychologist can offer information about appropriate community or specialist services available to help with these issues.

How confidential is information shared with the Clinical Psychologist?

Like all health professionals working in the NHS, our Clinical Psychologist has a duty to keep patient information private and to share with colleagues, on a need-to-know basis, only information that is relevant to planning patient care. A brief summary of each psychology appointment is recorded in the medical notes. If there are concerns that somebody is at serious risk of harm, the Clinical Psychologist, like other members of the CF Team, has a professional and legal responsibility to discuss this with relevant others.