

Healthier Communities,
Outstanding Care



Sherwood Forest Hospitals
NHS Foundation Trust

Clinical Psychology – Stroke

Information for patients



What is a stroke clinical psychologist?

A stroke can cause emotional changes (low mood, anxiety) or changes to thinking and memory (cognitive difficulties).

On the ward, clinical psychologists work with people with a range of psychological, emotional, cognitive, and behavioural difficulties following a stroke.

What do we do?

We aim to reduce psychological distress by helping you to cope with the effects of stroke, as well as promoting wellbeing. We sometimes do this on an individual basis (talking therapy) and sometimes by working with the team.

Where appropriate, we also offer cognitive testing (pencil and paper exercises) that help to identify your strengths and difficulties to assist with your rehabilitation.

We also offer support and consultation to families and the wider team.

How?

We will meet with you to ask about your difficulties after your stroke. We may check your orientation (what day and date it is, where you are), and ask about your sleep, appetite, and mood.

We may ask about your current coping strategies and gather information from you about your health, work, and relationship history to learn more about you.

We will also ask you about any goals you would like to work towards while in hospital, for example, to improve low mood or manage anxiety, and we will discuss manageable steps towards achieving them.

Following your assessment, we develop an understanding of your difficulties and consider ways in which we can support you. This may be the offer of talking therapy, joint work with other therapists or introducing coping strategies, for example, to support with low mood, anxiety, or adjustment after your stroke.

We may also offer recommendations to your family or the team in supporting you in hospital and beyond.

Clinical Psychology availability:

- **Dr Eirini Kontou (Clinical Psychologist)** works on the ward on Wednesdays and Thursdays.
- **Dr Hayley Sapsford (Clinical Psychologist)** works on the ward on Tuesdays.
- Occasionally, we have trainee clinical psychologists on placement, supervised by the clinical psychologists.

We receive referrals to our service from ward staff. If you or your family think it may be helpful for you to see us, please let a member of staff know.

Contact details

King's Mill Hospital Stroke Unit (Ward 53-54)

Telephone: 01623 672265



Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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