

might be helpful.

Psychological therapy involves talking and is based on the difficulties the child with the burn injury and/or members of the family may be experiencing. Therapy aims to help you make sense of your experiences and reduce emotional distress. Therapy may be offered to your child, or a member of the family, or family members together.

## Who works in the Psychology Team?

The Psychology Team is made up people who are trained to provide a range of psychological therapies.

## Contact details

For further information or if you have any questions about a referral that has been made please contact:

The Department of Clinical Psychology (Health)  
(01722) 336262 ext. 2105.

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If you need your information in another language or medium (audio, large print, etc) please contact the Customer Care Team on 0800 374208 or email: [customer.care@salisbury.nhs.uk](mailto:customer.care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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information

Salisbury **NHS**  
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# Department of Clinical Psychology (Health)

**This leaflet gives some information  
about the psychological issues  
some people experience  
following a burn injury**

**Information for parents or carers**

**Department of Clinical Psychol-  
ogy (Health)  
01722 226262 ext 2105**

**Salisbury NHS Foundation Trust**

## Reactions experienced after a burn injury

All people react differently and some people may not experience any emotional distress. However, there are some common experiences that people can go through after a burn injury.

A child with a burn injury may experience:

- poor sleep
- nightmares
- anxiety (feeling scared or worried)
- fear and/or worry about staying in hospital or coming to hospital for appointments
- feeling self-conscious about the appearance of scars and/or fitting in with their peers.

The parents, carers or other family members of a child with a burn injury may experience:

- feelings of guilt and blame
- sadness
- worry or fear about something similar happening again
- concern about scarring and the impact on the child
- concern about how the child will cope (at home, at school, or amongst their peers).

Some people can manage these concerns themselves. They might do this by getting support from friends and family.

They might talk through worries with others, or do enjoyable activities, relax, and take time to recover. These concerns may also fade over time. However, for some people these concerns continue or come up at a later date and psychological support can be helpful.

## What should I do if I have concerns?

If you are concerned about any of the issues that can occur after a burn injury and think you would like to get some help from the Psychology Team:

1. Speak to a member of staff when you come for an outpatient appointment.
2. Ask any member of staff if your child is staying in the hospital.

The staff member you talk to may ask you to fill out some brief screening questionnaires and with your help, will complete a referral form. The referral form will be sent to the Department of Clinical Psychology (Health).

You will be invited to attend an appointment in the Department of Clinical Psychology (Health), or visited in the Burns Unit by a member of the Psychology Team.

## What support could I get from the team?

The Psychology Team at Salisbury District Hospital would firstly carry out an assessment.

An assessment involves talking with a member of the psychology team about your concerns and experiences in order to think about what support or therapy (treatment)