

## Referrals/enquiries

You may speak to any member of the CPRS team or bedside nurse who will make a referral.

You may also email:

**[colorectalpsychology@rch.org.au](mailto:colorectalpsychology@rch.org.au)** and the clinical psychologist will get in contact with you.

Please note that the clinical psychologist only works part-time from Monday to Wednesday.



## Other RCH supports

### Child Life Therapy

A pre-admission visit may be arranged by Child Life Therapy to help children better understand their stay and what may happen to them while in hospital: [https://www.rch.org.au/ept/services/PreAdmission\\_Visits\\_Educational\\_Play\\_Therapy/](https://www.rch.org.au/ept/services/PreAdmission_Visits_Educational_Play_Therapy/)

### Comfort Kids

Comfort Kids coordinate pre-operative medications to decrease anxiety, and work with the Child Life Therapy Team. They have a list of coping resources on their website: <https://www.rch.org.au/comfortkids/>

### Be Positive (B+) kids

This is a child's guide to hospital to help them find out more about the hospital and what happens here. <https://www.rch.org.au/be-positive/>

**The Royal Children's Hospital Melbourne**  
50 Flemington Road Parkville  
Victoria 3052 Australia  
[www.rch.org.au](http://www.rch.org.au)



## Information for families

# Colorectal and Pelvic Reconstruction Service

# Psychology Support

Email: [colorectalpsychology@rch.org.au](mailto:colorectalpsychology@rch.org.au)  
Tel: 03 9345 6979

## Colorectal and Pelvic Reconstruction Service (CPRS) Psychology Support

CPRS Psychology Support for children and their families is not just for when things become too hard to manage.

We want to support you and your child as early as is needed. This might be when you start to notice your child worrying a little bit more or becoming more irritable, refusing to do activities they used to enjoy, or having a tough time at school because of their condition.

Getting support early on may often be more beneficial than when things become harder to manage.

### Areas of support – some examples

- 1) Talking about how you feel about your child's diagnosis and treatment, including worries about the future.
- 2) Parental and sibling support related to your child's condition, including how to explain procedures and hospitalisation.
- 3) Managing procedures such as bowel washouts and anal dilatations.
- 4) Ongoing anxiety in your child about medical procedures and surgery.

## CPRS Psychology Outpatient Support

Outpatient psychology support is available for children and their parents. Clinic appointments by the CPRS Senior Clinical Psychologist may be via telehealth or face to face.

Support is offered that is short-term, 4-6 sessions. Assistance is also provided to facilitate psychology support in the community, if required.

Outpatient appointments are held:

- Monday 9am – 2pm
- Tuesday 9am – 2pm

Brief phone consults are also available for families who would prefer to briefly discuss their concerns instead of/prior to clinic appointments.

### What to expect

Sessions run for 50 mins. The initial session aims to gain an understanding of your child/family and your concerns. This can be on your own, followed by another appointment with your child.

Our psychologist will ask if they may contact your child's kinder or school, and may request that you complete brief emotional and behavioural questionnaires.

When required, other CPRS team members, such as Stomal Therapists or Clinical Nurse Consultants may attend some of the appointment if this is related to psychological outcomes.

## CPRS Psychology Inpatient Support

Inpatient ward sessions are available with our psychologist if you/your child would like to talk through any concerns about your child's diagnosis or your child's emotional wellbeing related to their admission or condition.

### Adjusting to your child's diagnosis

If your newborn has recently been diagnosed with a colorectal condition, you will receive a visit from our psychologist whilst on the ward to introduce themselves as part of the CPRS team.

We offer routine psychology support in the first few months of your journey to check how you are coping. Our psychologist may provide phone support or telehealth appointments, once you are settled at home.

Some parents might find it helpful to talk about their experience from birth and expectations of their child's condition and future surgeries.

