


Information about the
**Complex Mesh Clinical
Psychology Service**



The Complex Mesh Surgical Service - Scotland
Clinic K
The New Victoria Hospital
Grange Road
Glasgow, G42 9LF

What is a 'Clinical Psychologist'?

Clinical Psychologists are trained to have an expert understanding of how people think, feel and behave. We use this to help people cope with difficult situations, feelings, and, or experiences.

Although Clinical Psychologists will often work with people who have been given a diagnosis of a mental health condition (e.g., depression), our role is not to diagnose or to decide that there is anything 'wrong' with an individual. Instead, our goal is to support individuals with any issues they may find difficult.

Why is there a Clinical Psychology Service in the Complex Mesh Surgical Service?

Crucially, Clinical Psychology is not here because we believe people being assessed within the Complex Mesh Surgical Service will have major psychological problems. However, we recognise that mesh for pelvic organ prolapse or mesh for incontinence has the potential to result in exceptional challenges that people may not ordinarily face. Trying to cope with difficulties alone can be difficult and does not always work.

Our role within the Complex Mesh Surgical Service is to provide support to individuals for any mesh-related difficulties they may encounter. We recognise that in addition to the expert care of your physical needs, having good social and psychological support is an important part of your overall wellbeing.

Who can be seen in the Complex Mesh Clinical Psychology Service?

Our aim is to meet with as many people in the Complex Mesh Surgical Service as we can. This allows us to introduce ourselves, as well as assessing whether you have any concerns relating to mesh that we could address together. We do this by:

- Offering an initial appointment with a Clinical Psychologist before your assessment by the multidisciplinary team (MDT)
- Attending MDT clinic appointments

We also offer appointments to anyone who requests support at any stage in their assessment or treatment whilst they are within the Complex Mesh Surgical Service.

What kinds of issues can Complex Mesh Clinical Psychology help with?

Whilst no two people will have exactly the same experience, the kinds of issues Clinical Psychology can support with include:

- Decision making in relation to treatment or surgery
- Preparing for treatment or surgery
- The experience of treatment or surgery
- Coping with the impact of physical problems associated with mesh
- Coping with the impact of mesh removal surgery
- Confidence and self-esteem
- Low mood and anxiety
- Relationship difficulties

Sometimes people will come to us with difficulties unrelated to mesh. If this happens, we will try to support you to access services that better meet your needs.

What support is provided by Complex Mesh Clinical Psychology?

If there are mesh-related difficulties that you would like help with, we offer individualised support for people who are being seen within the Complex Mesh Surgical Service. This can include:

- One off discussions or suggestions
- Individual appointments (by telephone, NHS Attend Anywhere, or face-to-face)
- Joint working with other professionals (e.g. surgeons, physiotherapists, GPs)
- Signposting to other services

How do I access the Complex Mesh Clinical Psychology Service?

If you would like our support, you can let us know by speaking to us (i.e., in our appointment before the MDT clinic appointment, or in the MDT clinic appointment), by telephoning our secretary (see 'Contact Us') or telling another member of the Complex Mesh Surgical Service.

Once you have done this, we will write to you to confirm that we have added you to our waiting list. The length of wait depends on the number and urgency of other referrals. Please note that we are only able to accept referrals for people who are being seen within the Complex Mesh Surgical Service.

What happens in the first appointment?

The first appointment will usually last around 50 minutes. These are usually held via telephone or NHS Attend Anywhere, but we can also offer face-to-face appointments when requested. We understand that it can be difficult to speak about mesh and the impact this has had, and it is common to feel nervous before this appointment.

The aim of our first appointment is to gain a clear understanding of the impact of mesh and any difficulties you may have experienced. We will talk things over with you, ask some questions, and may complete some questionnaires together. We might use time in this session to explore why the issues have arisen, and begin to think about how to approach these. We will also spend time thinking about upcoming MDT clinic appointments, and any worries or concerns.

How many appointments will I need to attend?

The number of appointments or other forms of support from Complex Mesh Clinical Psychology may depend on the difficulties. We will discuss this in our first appointment. If you do have further appointments, we can try to co-ordinate these with other hospital appointments, and we have the option for remote therapy via telephone or NHS Attend Anywhere for ease of access.

Will our conversations be confidential?

Everything we discuss will be confidential unless there are concerns about someone's safety. However, some relevant information may be shared with the Complex Mesh Surgical Team, where this would be helpful for your treatment. We will discuss this with you before sharing information. Psychology notes are stored electronically on your patient file. Your referrer and GP will receive written updates about your psychology support, to inform them of your care. If you have any questions about this, please ask your Clinical Psychologist.

Contact us

To request or ask about support from the Complex Mesh Clinical Psychology Service, please contact our secretary on 📞 0141 232 7955.

Urgent Support

If you are struggling with low mood and cannot wait to speak to someone, please contact your GP for advice, or call NHS24 on 📞 111.

The following organisations can also offer an immediate 'listening ear':

Samaritans 📞 116 123

(free 24-hour helpline)

Breathing Space 📞 0800 83 85 87

(free helpline, 6pm to 2am weekdays, 24 hours at weekends.)

