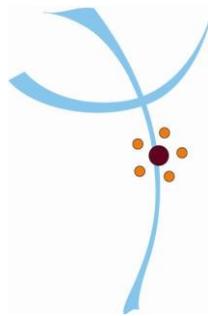


## What about confidentiality?

Everything you say to us is confidential and we will normally only disclose information to professionals involved in your care with your consent. Summary information is stored on an electronic system which can be accessed by other professionals involved in your care. You will always see any written correspondence between professionals within our team.



The only time we may have to break your confidentiality is if you tell us something that makes us concerned about your safety or the safety of someone else.

In this case we would always discuss this with you first if possible.

## What next?

If you are interested in meeting with us and have not yet been referred, please talk to your respiratory physiologist, doctor or nurse specialist and they can refer you.

Your medical care will not be affected in any way if you decide that you do not want to pursue this sort of help.

Whittington Health 



Breathe easy, sleep easy

## CPAP SUPPORT SERVICE

Clinical Health Psychology (CHP)

Whittington Hospital

Tel: 020 7527 1538

[cim-tr.WhittingtonCHP@nhs.net](mailto:cim-tr.WhittingtonCHP@nhs.net)

Dr Sarah Lunn  
Respiratory psychologist  
[sarahlunn@nhs.net](mailto:sarahlunn@nhs.net)

### **What is the CPAP Support Service (CSS)?**

You may have been offered the CPAP intervention and be wondering how we could help. As part of the Whittington Hospital Respiratory Medicine team, we understand that people may find it difficult to incorporate a CPAP machine into their lives.

It is common for people to feel discomfort, frustration or even shame about using the CPAP machine. You may be experiencing difficult side effects with the CPAP mask, have certain ideas about what using a CPAP machine might mean, or lack the confidence to use the machine on a regular basis. Some people find using the mask very stressful for a number of different reasons.

### **How can I benefit from meeting with this service?**

We can talk with you about your experience with CPAP so far and how this impacts on your life and/or relationships.

We can then help you by:

- Providing you with a space to carefully think about your CPAP machine and decide if you really want to learn to use this.
- Helping you to build new skills/expand on your current resources to help you feel more confident in using your CPAP machine.
- Giving you a space to explore what a CPAP machine means for you and what might make it easier for you to use it.
- Giving you a chance to become more familiar with the CPAP, in a space where you remain in control at all times.

### **Does this mean my physiologist or doctor thinks my problems are 'all in my mind'?**

No - certainly not! Seeing a respiratory psychologist from the CSS does not mean your respiratory team or we think your problems are in your mind. You are simply taking a very positive step in trying to reduce the impact of your sleep apnea on

your health, your well-being and your quality of life.

### **What will happen when I see the respiratory psychologist?**

You may wish to come to the first meeting on your own, or you are welcome to bring a friend(s) or relative(s) with you.

We will then discuss whether this service (or another service) may be helpful to you and you can think about whether you would like to give this a go. Some people benefit from just one or few sessions, others may prefer a longer period of working together. Interpreters can be arranged if you need.

The key thing to remember is that **you choose what you do/don't talk about** at all times. Once you've met with us you can then decide if you think this service could work for you and, if yes, we can then arrange some more sessions.