



**Heartlands Hospital**  
Part of University Hospitals Birmingham  
Bordesley Green East  
Birmingham B9 5SS

**Direct line: 0121 424 1807**  
**Fax: 0121 424 3229**



<http://allergyandimmunology.heartofengland.nhs.uk>  
[uhb-tr.immunodeficiency@nhs.net](mailto:uhb-tr.immunodeficiency@nhs.net)

#### Consultant Immunologists

Dr A P Huissoon – 0121 424 0185  
Professor M T Krishna – 0121 424 1807  
Dr R Baretto – 0121 424 1807/0185  
Dr A Ekbote – 0121 424 1807/0185  
Dr O Mohamed - 0121 424 1807/0185  
Professor A Richter – 0121 371 4375  
Clinical Nurse Specialists  
Hayley Clifford – 0121 424 2648/Mob: 07791 403635  
Anne Beasley – 0121 424 2308  
Jason Borges – 0121 424 3594/2403  
Eddie Locquiao – 0121 424 3594/2403  
Silvy Mathews – 0121 424 2403  
Louise Samuel – 0121 424 2308

#### Allergy Dietician

Toni Osborne – 0121 424 0651  
Immunology Clinical Psychology  
Dr Nicola Wilson 0121 424 0185

#### Specialist Registrars

Dr W Bermingham – 0121 424 0185/1807  
Mohammed Omer Elhaj - 0121 424 0185/1807  
Dr L Mutlu – 0121 424 0185/1807  
Dr K Sooriyakumar – 0121 424 0185/1807  
Dr A Shields – 0121 371 4375

#### Secretaries

Diane Macilwraith- 0121 424 0185  
Margaret Pritchard – 0121 424 0185  
Zubaidah Reynolds – 0121 424 1807  
Stella Spurrier – 0121 371 4375

## Immunology Psychology at University Hospitals Birmingham

The Immunology Psychology Service Pilot across Heartlands Hospital and Queen Elizabeth Hospital Birmingham began in August 2021. The Service is provided by a Clinical Psychologist (Band 8A) employed by Birmingham and Solihull Mental Health Foundation Trust for two days per week. The initial phase of the pilot included integration within the medical team, including establishing the role of psychology within such a service and a referral pathway. Since establishment of the service and referral pathway 28 patients have been referred to Immunology Psychology. Of those referrals, 27% were offered an assessment and further input was not required or referred on to alternative services for appropriate intervention/support, 48% were offered some form of psychological therapy within Immunology Psychology, 15% declined service input, and 7% are awaiting input at time of writing. The focus of therapeutic work has been varied, including adjustment to diagnosis, low mood and anxiety about health/future/mortality, emotional difficulties related to impact of health on roles and responsibilities, and fatigue. Patients accessing the service for therapy have been asked to complete some questionnaire based outcome measures and a patient satisfaction questionnaire to evaluate the service further.

Alongside the individual patient work the psychology provision has also been working with the Immunology Multi-Disciplinary Team (MDT) in developing the wider Service's ability to support patients' psychological needs. This has been facilitated via teaching sessions for the MDT, attendance at MDT meetings to discuss patient needs, and provision of psychology consultation/advice sessions. The MDT have also completed a survey regarding confidence supporting patients' psychological needs which will be reviewed annually. The Psychology post has

also been working with the wider Adult and Paediatric Immunology Service to establish a Transition Pathway for young adults moving into Adult Services.

**Dr Aarn Huissoon, Clinical Service Lead:** The first 10 months of the pilot Immunology Clinical Psychology Service provided by Dr Nicola Wilson has had an immediate impact on our patients and the clinical team. The nurses and doctors are more attuned to our patients' concerns and needs, and feel more confident discussing these issues with the patients and at MDT meetings. From their own feedback, individual patients are clearly benefitting from their sessions. Formal reviews of outcomes over the next 2 years will help to support the case for continuing this service beyond the pilot period.

During our recent patient webinar we highlighted the new service. Nicola had a live discussion with a patient, who described how they had benefitted from their psychology sessions. This item was very well received on patient feedback after the event. We are currently exploring ways of screening for mental health problems routinely in our clinics. We are delighted (and more than a little bit proud) to be able to provide this flagship service in our Immunology clinic, and look forward to seeing it develop further in the coming years.

08 July 2022.