Advice note on Assessment & Management of Psychological Distress in Complex Asthma

(For use in a fully assessed and monitored patient as part of a difficult asthma service)

Background

The complex relationship between psychosocial factors and asthma is well recognised. There is growing acknowledgement that the presence of anxiety and depression affects asthma control (e.g. DiMarco et al. 2010) and psychosocial variables are implicated in the morbidity and mortality of asthma (SIGN 2003). The variable quality of research in this area, however, has meant that clear guidance on appropriate assessment and treatment is lacking. The literature supports the need for proper assessment of the complex psychosocial factors involved and evaluation of evidence-based therapeutic interventions (Smith et al. 2007).

Within GG&C area, it is recognised that there is a lack of specialist psychology and psychiatry support for patients with complex asthma, however this should not prevent the need for appropriate screening of psychological factors and referral on to the services that are available at present.

The following are local options for accessing psychology and psychiatry services:

N.B. contact individual services for further information on referral process and service priorities.

**Glasgow – Child Service**
Royal Hospital for Sick Children
Clinical Psychology Team – 0141 201 0644
Paediatric Liaison Psychiatry Team – 0141 201 0869/0228

**Glasgow Liaison Psychiatry Service – Adult Service (18-65 years old)**

Western/Gartnavel – 0141 211 2131
Southern/Victoria – 0141 202 2422
Royal Infirmary – 0141 211 4417

There is limited outpatient psychiatry and psychology provision within the general hospitals. Written referrals for out-patients will only be considered for respiratory patients who are under the care of a Consultant at the Western/Gartnavel or Southern/Victoria. There is no out-patient psychiatry provision at the Royal Infirmary or Stobhill. Limited Clinical Psychology outpatient provision exists at the Western Infirmary and Royal Infirmary.

**Lanarkshire – Adult Service**
Clinical Health Psychologist for Long Term Conditions – 01236 712564
Referrals can be accepted for patients under the care of a Consultant at Monklands/Coatbridge area.
Additional Information

Patients may be able to access primary care mental health services, through their own General Practitioner.

Future Developments – it is hoped that a Psychosocial Training for Clinical Nurse Specialists working in Chronic Conditions, currently being piloted in Edinburgh, will be rolled out to the GG&C area.

Refs

Prepared by West of Scotland Difficult Asthma Group
Clinical Lead: Dr Kim Kirkwood, Clinical Psychologist
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