

# 10 minutes to Better Recognition : Physical Illness in Psychiatry

## A Quality Improvement Project

### Caradon Community Mental Health Team

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Cornwall Partnership  
NHS Foundation Trust

## BACKGROUND

The interplay between mental and physical health is frequently discussed in multidisciplinary team meetings. However, limited time and varying levels of understanding among professionals often hinder structured learning in this area.

## AIM

This project aimed to develop and deliver concise, accessible teaching modules to enhance awareness and confidence among healthcare professionals in recognising the overlap between physical and mental health conditions.

## METHOD

A series of 10-minute, bite-sized teaching sessions were designed and delivered online via Microsoft Teams from end of January to June 2025 by a psychiatry trainee.

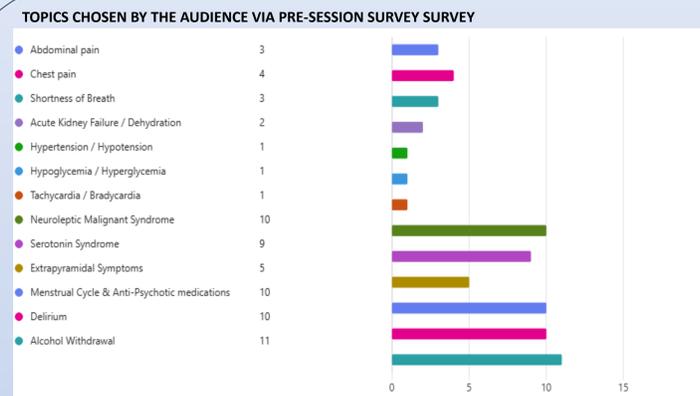
The **target audience**: A multidisciplinary group including nurses, OTs, psychologists, social workers, and medical secretaries.

A **pre-session email survey** was sent to determine audience preference of timing and topics.

Each session focused on **key symptoms**, clinical **red flags**, and **management tips**, supplemented by a **one-page summary sheet**.

**Post-session feedback survey** was distributed to participants to gather their views on the quality and relevance of the sessions.

## RESULTS



Qualitative feedback revealed consistent themes of **clarity**, **conciseness**, and **practical relevance**.

Participants valued the **short, focused delivery**, **accessible format**, and opportunity for discussion, describing the sessions as “**concise and well-informed**” and “**clear and well-organised.**”

Suggestions for improvement included:

- **Extending session duration & increasing frequency of sessions.**
- **Providing pre-session topic outlines.**

## CONCLUSION

- This quality improvement initiative demonstrates that brief, structured sessions can successfully address knowledge gaps in the physical–mental health interface across multidisciplinary teams.
- Ongoing refinement of session length and preparatory resources may further strengthen their impact.
- The format also served as a valuable training opportunity for doctors, enabling them to build confidence and competence in teaching and presenting.

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