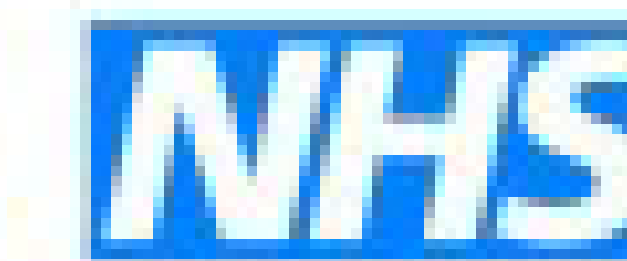




BRIDGING BODY AND MIND: A COLLABORATIVE PHYSICAL HEALTH CURRICULUM FOR PSYCHIATRISTS

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INTRODUCTION

To address gaps in physical health teaching for psychiatric doctors, we hypothesised that a structured programme delivered collaboratively across trusts would improve confidence and knowledge in managing acute and chronic medical conditions.

BACKGROUND

Psychiatric doctors frequently encounter physical health issues with their patients, yet ongoing training opportunities are limited. Feedback from trust resident-senior forums highlighted a need for teaching on medical emergencies and chronic disease management.

METHOD

A curriculum was developed covering 12 core topics, including medical emergencies in psychiatry, cardiovascular health and integrated care. Sessions are delivered bi-monthly within the trust's continuing professional development programme for higher trainees and consultants, with additional invitations to core trainees and IMTs. Teaching is led by resident doctors and consultants in adult medicine, with feedback provided for portfolios. Teaching materials can be offered for review by a psychiatry trainee beforehand to ensure relevance to mental health settings and discuss further. Attendance is encouraged at teaching through induction and circulated invites.

CONCLUSIONS

High engagement and positive feedback demonstrate the need for ongoing physical health teaching in psychiatry. This programme exemplifies how cross-trust collaboration can address learning gaps and could be replicated in other regions to enhance patient safety and clinician confidence.

RESULTS

Sessions have been well attended, with on average 85 staff (range 67–110), including both resident doctors and consultants.

Feedback has been overwhelmingly positive, citing sessions as “practical”, “relevant”, and “useful” for out-of-hours support. Participants valued guidance on identifying alarming signs, understanding hospital expectations from referrals and insight into likely treatment for their patients. One staff member noted they would “reach for these slides during on-calls” as an additional available resource.

It was also highlighted that there could be misconceptions between hospital and psychiatric teams regarding available tools and resources. This shows the importance of shared understanding to improve patient care.

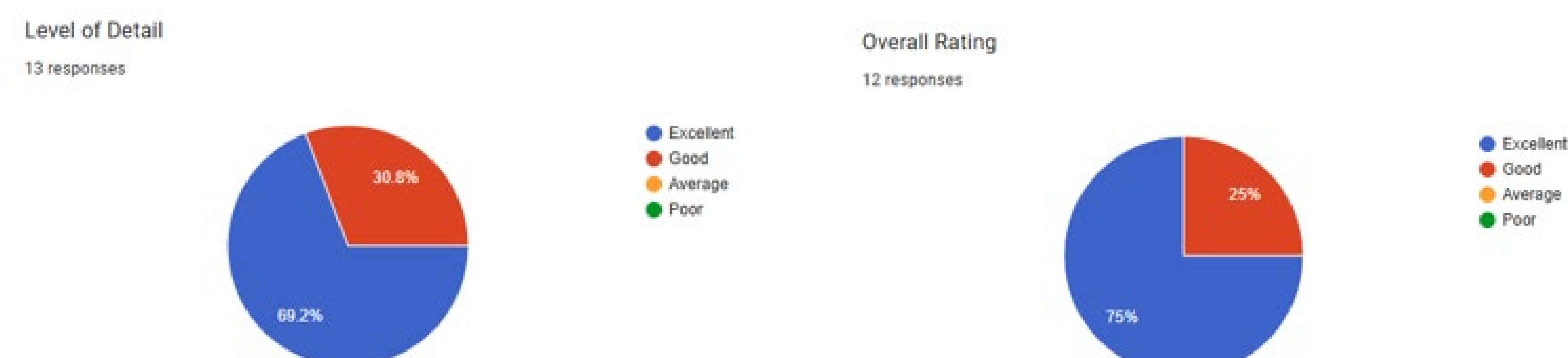


Figure 1: Initial Session Feedback

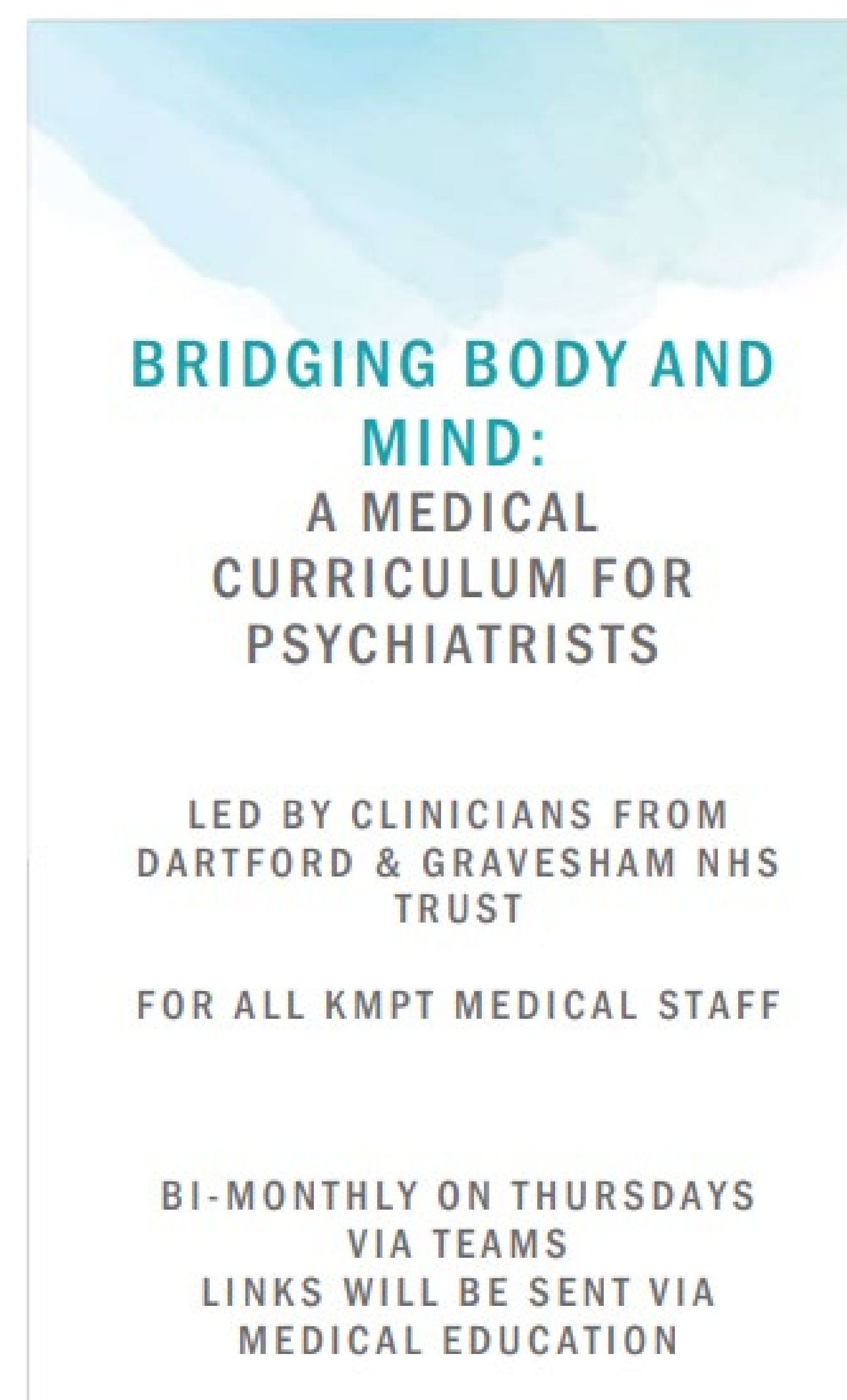


Figure 2: Programme Advertisement



CONTACT INFORMATION

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No declarations of interest to declare.
No funding was provided for this programme. Speakers were provided with feedback from attendees and potential portfolio assessments only.
The teaching programme was approved by the postgraduate medical education team with Kent and Medway Mental Health NHS Trust.