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Background

- Promoting mental health awareness and competence among general health staff is one of the key functions of the Tower Hamlets RAID Psychiatry Liaison Team.
- In 2014, Barts Health NHS Trust and East London Foundation Trust included mental health awareness in the preceptorship programme for newly qualified nurses and midwives in the acute hospital.
- The training aimed to improve mental health awareness among nursing and midwifery staff, as well as aiming to improve staff ability to care effectively for people with mental health problems on acute wards.
- This action was in response to the growing acknowledgement that a high proportion of people admitted to general wards suffer from mental health problems.
- After 12 months, the programme was evaluated with the aim of establishing whether it had achieved its aim of improving staff confidence and competence in responding to mental health presentations.

Participants

- 149 newly qualified adult nurses, neo-natal nurses and midwives were included in the initial service evaluation.
- A further 119 students have been trained since.

Methods- Activity

The training programme included:

- Anti-stigma training
- Awareness of the problem of 'overshadowing'
- The role of acute staff and the role of mental health staff
- Education around common mental health disorders
- Mental state examination procedure
- Risk assessments
- Reflective practice on care

Methods- Evaluation

- Pre/post evaluation of knowledge, attitude and confidence after each session.
- Each student's evaluation was done on the same sheet in order to allow for any changes to be matched to the participant.
- Anonymous questionnaires administered 6 months post-training assessed knowledge, attitude, confidence and whether there had been any changes to practice
- 2 focus groups with 14 participants explored the same domains using a semi-structured interview schedule.
- Findings were analysed using thematic analysis and themes were triangulated between the 3 areas of evaluation.

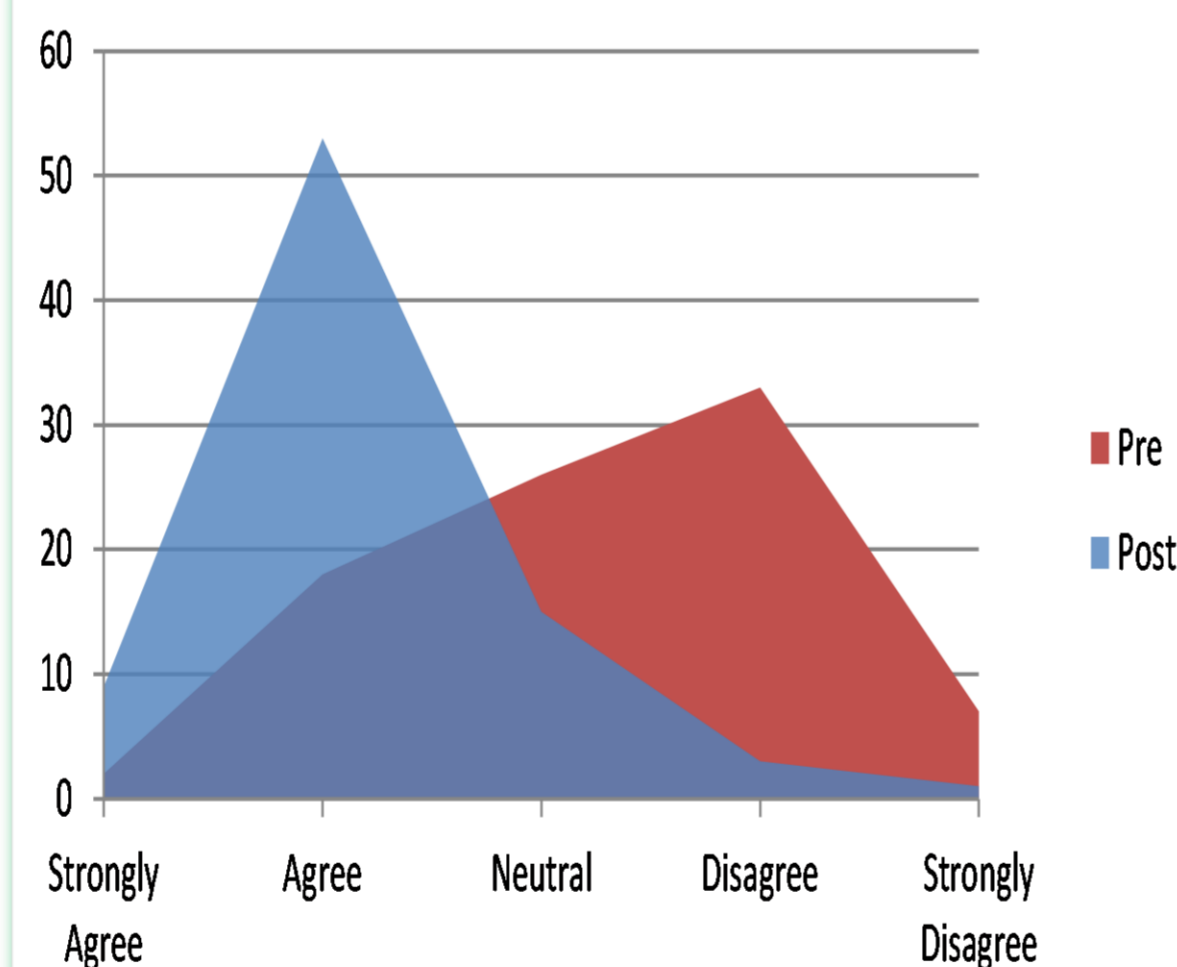
Results – qualitative themes 6 months post training

Themes

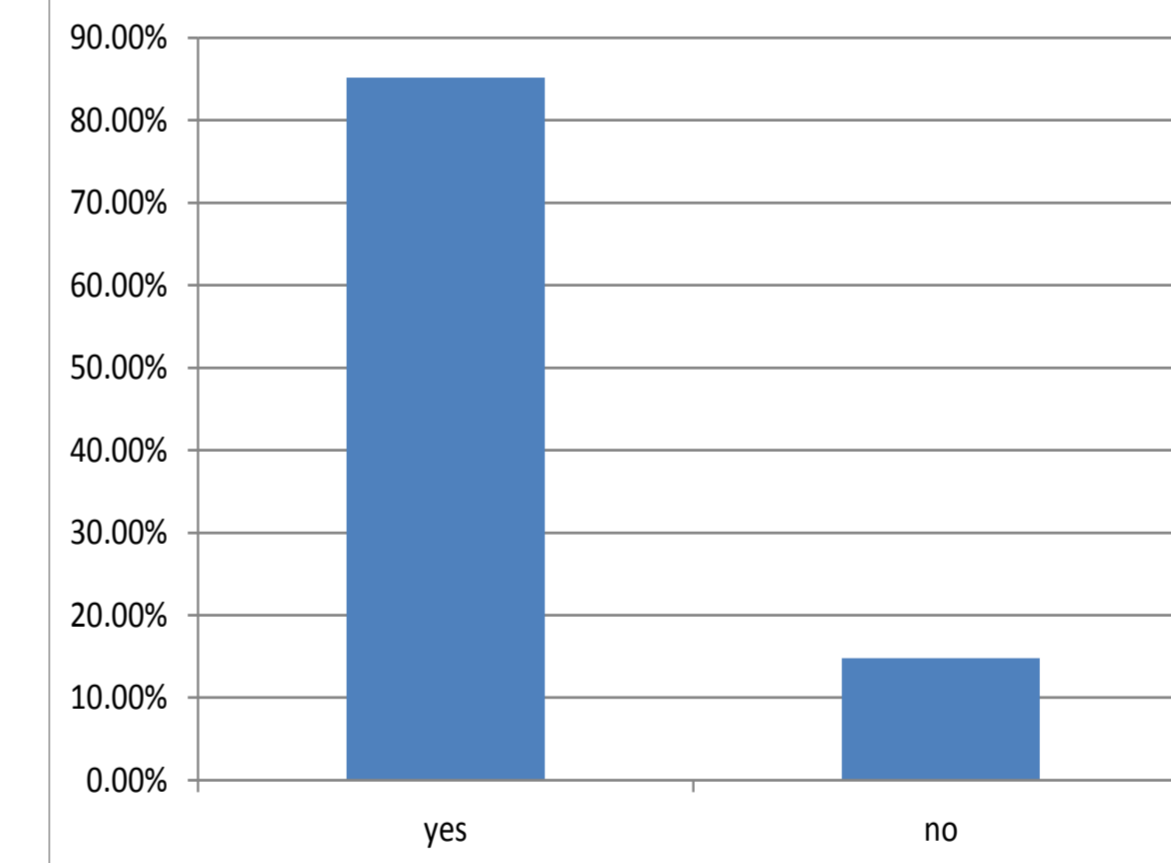
- Person-centred care – increase in empathy
- Confidence – trusting own judgement
- Decrease in stigma – mental health as part of their role
- Recognition of need – asking questions around mental health
- Management of care and behaviour – supporting the person

Results from questionnaires from training sessions and 6 months post training

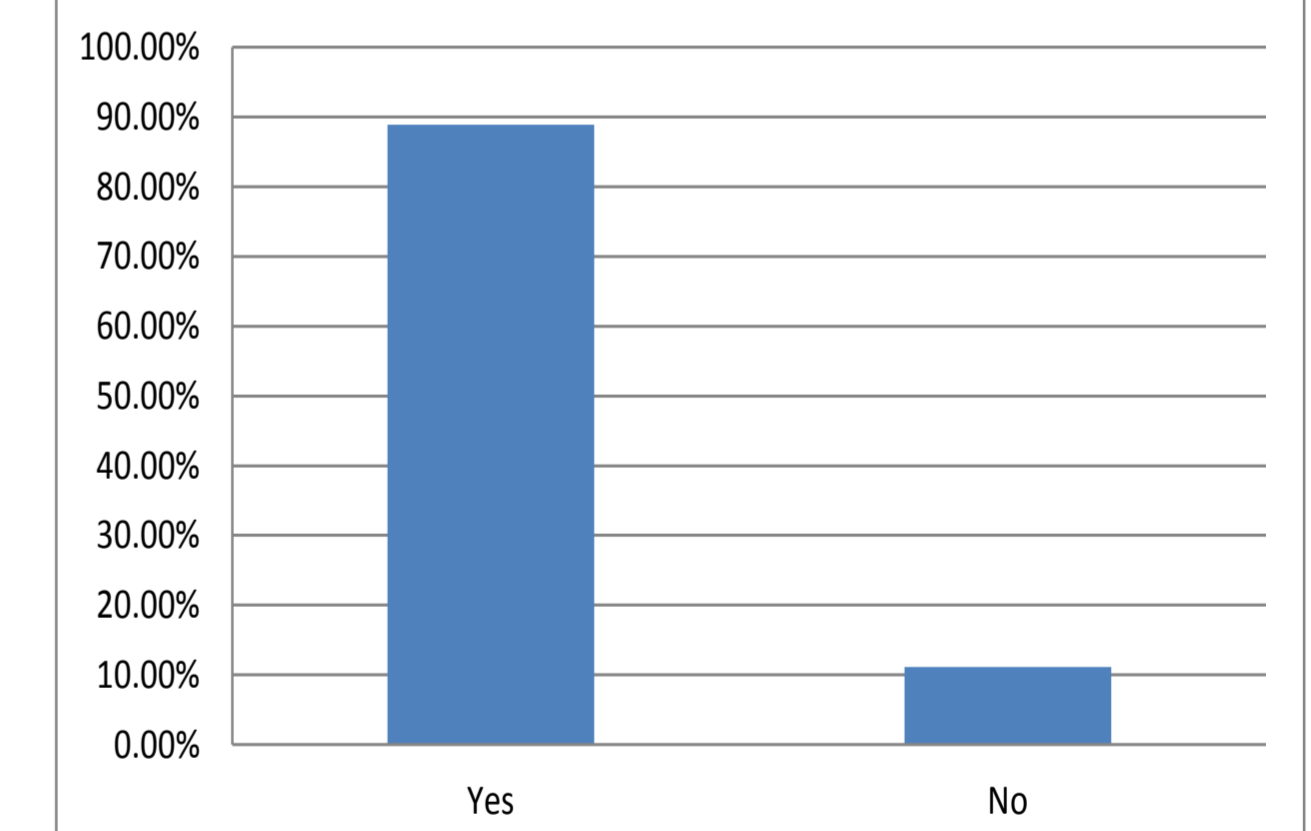
Q6 I feel confident understanding and assessing a person who may have mental health problems



Q 4 Did the MH Awareness help you care for a person with mental health problems



Q 7 Following the mental health training did you approach your patient care differently?



Quotations

"I would know how to ask patients about their mental health and how to respond if they raised a concern"

"Realising that looking after a mental health patient doesn't always mean dealing with a difficult one"

"I would know how to ask patients about their mental health and how to respond if they raised a concern"

Conclusions- summary & future directions

- Training increased staff confidence in supporting people with mental health problems in acute settings
- Staff reported a change in practice with an increase in confidence in providing person-centred care
- Further areas of training required – legal framework in mental health, assessment skills, and managing behaviour that challenges
- Staff requested regular mental health training

References

1. Department of Health (DoH) (2011) *No health without mental health*, UK Gov, London.
2. Hardy S & Huber J (2014) 'Training practice nurses to care for people with severe mental illness' in *Primary Health Care*, Vol 24, nr 3.
3. Tadros G, Salama A, Kingston P, Mustafa N, Johnson E, Pannell R & Hasmi M (2013) 'Impact of an integrated rapid response psychiatric liaison team on quality improvement and cost savings: The Birmingham RAID Model', *The Psychiatrist*, Jan, Vol 13, Issue 1, pp 4-10