

King's Health Partners

Mind and Body Education Project Report 2015/16



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Introduction to Mind and Body education and training at King's Health Partners

King's Health Partners (KHP) are committed to joining up mental and physical healthcare, education and research.

The mind and body are inseparable, and **mental and physical health conditions are often connected**. The average life expectancy for someone with a long-term mental health illness is much shorter than for someone without, often due in part to smoking, obesity, diabetes, or alcohol misuse. Likewise, people with long-term physical health conditions are more likely to experience mental health conditions.

Despite this, health services continue to separate care into physical and mental health, and often fail to share patient information. At King's Health Partners we are working to overcome these barriers by **treating the whole person**.

We are committed to delivering education and training to help our staff provide joined up and evidence-based mental and physical healthcare to our patients and service users.

Our Mind and Body education programme aims to support all of our staff to understand the links between mental and physical health and feel more confident, empowered, and able to provide joined up care for all of a person's health needs.

In 2015, we carried out a review of our existing training offer and of the requirements of our staff (please click here for the [full](#) and [summary versions](#)).

The review identified exemplary training practices in certain areas, significant need in others and an overall need to provide training a more joined up way.

Staff survey highlights: *Only 36% had received training on Mind & Body*
 Only 58% were confident in caring for Mind & Body
 89% wanted more training on Mind & Body

This laid the foundations for the work outlined in this report, as we aim to organise and expand current training provision for mental and physical health, capitalising on our unique position as providers of both acute and mental healthcare services.

Project Overview

1. Development of a Strategic Model

The initial focus was on creating a Mind and Body training matrix to organise existing training, guide development of new training, and assist staff in accessing training.

2. Mapping of Existing Training

Existing training that met the criteria of being interprofessional, open to all King's Health Partners staff, and covering mental and physical health was mapped onto the strategic model.

3. Support and Expansion of Existing Training

Resources were provided to deliverers to existing training, such as IMPARTS, to support and expand current provision.

4. Development of New Training Packages

New training opportunities were designed and delivered to meet gaps in provision identified by the strategic model and training mapping exercise.

1. Development of a Strategic Model

The Mind and Body Training Matrix was designed to provide structure to training opportunities focusing on interacting mental and physical health within King's Health Partners. Information on target audience and learning outcomes was included to assist trainers and trainees in the effective use of and access to these opportunities.

LEVEL	TARGET AUDIENCE	OUTCOMES
1	All clinical and non-clinical staff	Awareness of the risk and prevalence of physical and mental health comorbidity Awareness of where to find further information and support
2	Clinical staff who may provide care to patients with, or at risk of, physical and mental health comorbidities	Recognition and assessment of physical and mental health comorbidities, referral if necessary Ability to collaborate interprofessionally
3	Clinical staff who regularly provide care to patients with, or at risk of, physical and mental health comorbidities Named staff member	Assessment, management, and treatment of physical and mental health comorbidities Instigate and lead interprofessional collaboration across primary/secondary care, acute/mental health Trusts, and other healthcare interfaces

2. Mapping of Existing Training

Existing training within King’s Health Partners that met certain criteria was mapped out in line with the Mind and Body Training Matrix (see table below).

Key criteria:

- Available to all King’s Health Partners’ staff
- Addressing mental and physical health concurrently
- Focused on patient/service user journeys and experience
- Interprofessional and multi-disciplinary, where possible

Level	Training Course	Supplier	Target Audience
1	Mind & Body Healthcare (e-learning)	KHP Learning Hub	All staff, clinical and non-clinical
1	Happier@Work – Improving Staff Well-being	KHP Learning Hub	All staff, clinical and non-clinical
1	Mind & Body: The interface between physical & mental health in children and young people	KHP Learning Hub	All staff, clinical and non-clinical
1	Alcohol and Physical & Mental Health	KHP Learning Hub	All staff, clinical and non-clinical
1	IMPARTS Seminar Series – half-day	IMPARTS	Students, researchers, clinicians
2	Mind & Body Clinical Skills Course – 1-day	IMPARTS/Mind & Body	Doctors, nurses, and AHPs
2	Anticipating Behaviour that Challenges – half-day simulation training	Maudsley Simulation	General and mental health clinicians, security & ward staff
2	Mental Health Crisis in the Emergency Department – half-day	Maudsley Simulation	General and mental health clinicians
2	Medically Unexplained Symptoms: Assessment & Management – 1-day	Maudsley Simulation	Medical, Psychiatry, GP trainees, and nurse specialists
2	Managing Stress	SaIL Centre	General and mental health clinicians
2	Taking Care – Essential skills for looking after yourself, your colleagues and your patients	SaIL Centre	General and mental health clinicians
2	FIREMAPP Training – half-day	KCH PGME Centre	General and mental health clinicians
2	IMPARTS Training for Clinical Teams	IMPARTS	Clinical Teams using IMPARTS
3	Meeting the Health Needs of People with Learning Disabilities – 1-day	Maudsley Simulation/ Estia Centre	All health and social care professionals
3	Simulation Workshop At the Mental Physical Interface, SWAMPI – 1-day	Maudsley Simulation	All health and social care professionals
3	SWAMPI: Children & Young People – 1-day	Maudsley Simulation	All paediatric/CAMHS professionals
3	Perinatal Mental Health – 1-day	Maudsley Simulation	Physicians, psychiatrists, nurses, midwives, AHPs, and social care
3	IMPARTS Teaching Module – 5-day	IMPARTS	Medical, nursing, and APHs

(This table includes the new training packages designed as part of this project)

The majority of training highlighted originates from [Maudsley Simulation](#), [IMPARTS](#) (Integrating Mental and Physical Healthcare: Research, Training & Services), and the [KHP Learning Hub](#). These entities focus heavily on training accessible to both mental and physical healthcare professionals across King’s Health Partners, while also evaluating and improving the training provided and its impact.

This exercise recognised the wealth of existing training focusing on one side of the mental physical interface, i.e. aimed at either working with mental health needs in physical healthcare or vice versa. Of particular note were Dementia and Delirium training throughout GSTT, simulation training on 'healthcare skills' at the SaLL Centre, and training to manage medical deterioration and emergencies in psychiatric settings at SLaM.

Furthermore, it was highlighted that Inductions, Mandatory Updates, and Study Days should be encouraging an awareness of the clinical relevance of interacting mental and physical health, and associated training opportunities.

3. Support and Expansion of Existing Training

Existing training courses from the mapping exercise were highlighted to receive support with funding, recruitment, and delivery.

IMPARTS 5-day Teaching Module

Funding from the Mind and Body Education Project, alongside recruitment and course delivery support, allowed IMPARTS to train over 40 nurses and allied health professionals from varied services across the partners. This intensive 5-day training module, accredited by KCL, focuses on interacting mental and physical health needs of patients and ran on 3 occasions throughout the year.

An e-learning resource was launched on the KHP Learning Hub to complement the training and assist with continued learning and support. Delivery capacity was built through new facilitators, with over 20 individuals capable of delivering the course.

Feedback was highly encouraging with significant increases in confidence and knowledge following the training, as well as reports from participants that they had taken their experiences and learning back to their workplaces.

IMPARTS ½-day Seminar Series

The IMPARTS Seminar Series, focusing on developments in integrating mental and physical health, was funded and supported to run on 3 occasions throughout the year. These sessions were attended by over 200 members of staff from across King's Health Partners, with subject matter ranging from technology at the mental physical interface, to service user experiences of IMPARTS in clinical practice.

Feedback was highly positive, particularly in relation to topics presented, speakers, and relevance to clinical work.

Maudsley Simulation

The Mind and Body Education Project worked closely with Maudsley Simulation to develop and improve recruitment for simulation training courses focusing on mental and physical health needs with an interprofessional, cross-Trust approach. This resulted in nearly 500 participants from partner organisations attending courses.

There were numerous collaborations between Maudsley Simulation and services, departments, or CAGs to meet specific training needs, along with increased visibility for Maudsley Simulation within King's Health Partners.

4. Development of New Training Packages

The design and delivery of new training was undertaken to address gaps highlighted by the mapping of training onto the Mind and Body Training Matrix, specifically brief introductory training and skills-focused courses other than simulation.

1-day Mind & Body Clinical Skills Course

In close collaboration with IMPARTS and SLaM Liaison Psychiatry Services, a new 1-day skills course to address mental and physical health needs was run on 4 occasions throughout the year. On 3 occasions the course focused on adult healthcare, and on 1 occasion children and young people were the focus.

The course used role-play, group work, and didactic teaching to train 118 healthcare professionals from across King's Health Partners. Recruitment was carefully balanced to ensure interprofessional, multi-disciplinary, and cross-Trust groups for training. Capacity building was a key target as 8 course facilitators were involved.

Feedback demonstrated statistically significant increases in confidence and knowledge, while qualitative feedback focused on improved communication skills, understanding of person-centred care, and the value of shared learning with other professions and disciplines.

1-hr Clinical Team Training

A brief, team-based training resource that can be flexibly delivered was highlighted as key to reaching clinical teams and overcoming challenges of release time. This was notably

lacking from previous reviews of Mind and Body training and therefore a focus of this project.

The initial approach of designing a 1-hr training session that could be rolled out across the partners using a train-the-trainer method as an introduction to Mind and Body proved inappropriate. It became clear that such training would be more effective if it could be focused specifically on the needs of the team being trained.

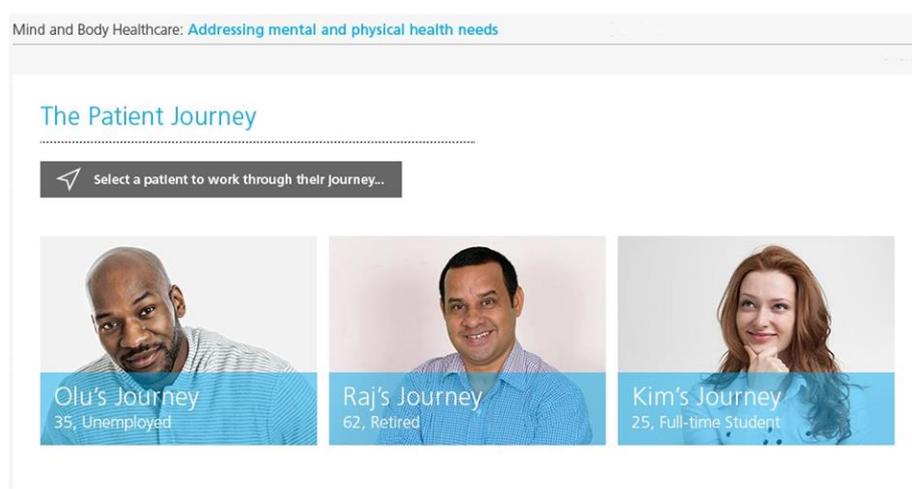
Consequently, the Mind and Body Education Project collaborated again with IMPARTS to build upon and learn from their model of [Training for Clinical Teams](#). This approach that was delivered across services such as Dermatology, Transition CHD, and Hand Therapy, proved to be highly useful with feedback highlighting the use of information and skills learned in clinical practice and patient care.

Furthermore, it became clear that there was a role for signposting support in matching clinical services that have identified a training need with individuals or teams that are able to meet that need. This was an approach that worked successfully for A&E, Rheumatology and Pain services from the partners.

Mind and Body Healthcare e-learning

An e-learning package was highlighted as an alternative method through which to deliver introductory training to Mind and Body healthcare issues. In consultation with the [KHP Learning Hub](#), and in partnership with [onclick](#), the 'Mind and Body Healthcare: Addressing Mental and Physical Health Needs' resource was created and launched.

The resource consists of 3 modules; Module 1 - Introduction, terminology, myth busting, attitude challenging; Module 2 – Patient Stories covering a range of experiences and conditions (see image below); Module 3 – Clinical pathways and further training.



This resource underwent a rigorous review process and was specifically designed to focus on patients/service users, and complement other Mind and Body training resources. Further patient stories can be added to Module 2.

Further achievements

Mind and Body Conference 2016

In close collaboration with the King's Health Partners Communications Team and [Positive Practice in Mental Health](#), this project was able to organise a [King's Health Partners Mind & Body Conference](#) (slides available via link).

This was a brilliant opportunity to showcase the excellent work happening within the partner organisations currently, as well as provide introductory Mind and Body skills sessions for the 100 delegates in attendance. It was encouraging to have contributors from throughout the partners, as well as external speakers from the King's Fund, local CCGs, and Sheffield Health and Social Care.

This diversity of speakers facilitated the vital sharing of information and networking between local leaders in Mind and Body work, as well as allowing the day to focus on entire patient journeys through healthcare systems, for both mental and physical health needs.

Visibility and Branding

Throughout the year the project engaged in numerous activities to raise the visibility of Mind and Body work within King's Health Partners including:

- Mind and Body Education webpage on the King's Health Partners website
- Numerous bulletin and internal communications articles
- Securing a mailing list of over 300 staff interested in Mind and Body training
- Use of Mind and Body branding on appropriate training opportunities
- Presentation to KHP Joint Boards, Mind and Body Board, CAG Leads, and Health Education England South London events

Summary

The Mind and Body Education Project delivered considerable success within the financial year 2015/16 across all four strands of the scheme. This ranged from devising strategy to organise and pull together excellent existing practice, to the support of existing training courses, and development of new packages.

Next Steps

The Mind and Body Education Project looks forward to being included as an integral part of a relaunch of the Mind and Body agenda within King's Health Partners. This includes a regular reporting slot at the quarterly Mind and Body Programme Board, chaired by Matthew Patrick (Chief Executive, SLaM) and Nick Moberly (Chief Executive, KCH). Progress will also be supervised quarterly by the Mind and Body Education Committee, and monthly by the Mind and Body Operations Group.

Education and training will be an integral part of any future grant applications aimed at the Mind and Body agenda within King's Health Partners.

Further information

For further information about the contents of this report please contact chris.attoe@kcl.ac.uk

King's Health Partners Academic Health Sciences Centre (AHSC) is a pioneering collaboration between King's College London, Guy's and St Thomas', King's College Hospital and South London and Maudsley NHS Foundation Trusts. To find out more about the Mind and Body programme at King's Health Partners visit www.kingshealthpartners.org/mindbody