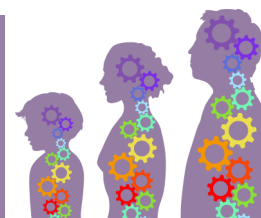




# mind & body

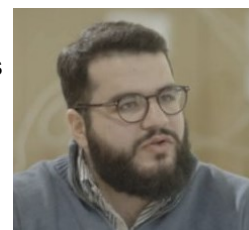


## Complete our Education & Training Survey

We are re-launching a [workforce survey](#) to gather staff views on our current Mind & Body training opportunities, and what we should offer in the future. The survey first ran more than two years ago, with interesting findings outlined in a report on the [Mind & Body Education and Training webpage](#). We are now conducting the same survey to help us to see where we have been improving and where we need to continue focusing our efforts, ensuring that we stay on the right track. We want to hear directly from local staff about what training opportunities you have received, your experience of these resources, and your ideas on how you can be better supported to provide mind and body care. The survey takes just 20 minutes, and can be found [here](#).

## Mind & Body Blogs

Zac Hana, a Mind & Body Champion and medical student, has written a [blog](#) about the impact that his physical health condition had on his mental health. He describes how his condition affected his ability to travel, study and work, and how this affected his emotional wellbeing. Zac also describes how even now his medical education does not sufficiently cover the links between mental and physical health and urges the importance of delivering effective mind body care to those that need it. You can read Zac's blog [here](#).



## Mind & Body Champion in Focus



My name is Kahra and I am a Physiotherapy Assistant on Guy's Critical Care Unit working to mobilise patients who are critically ill. One of the most common barriers to trying to get a patient back up to their baseline level of mobility is that they "don't feel up to it" or they have a low mood. I have also noticed how often people report being unable to get up, when physically they are able, but their perception and mood stops them from being able to try. We now know lots more about how exercise, moving and having a level of independence positively impacts our energy levels, mental fitness and physical capabilities. This is particularly true in critical care. Post Intensive Care Syndrome is something which can be classified by a range of conditions suffered by intensive care survivors which can affect their physical and mental health. Being part of the Mind & Body Champions Network has allowed me to share my passion with others and also be involved in work to improve staff health and wellbeing. I enjoy learning and sharing with my team ways they can better look after themselves whilst doing the amazing job they do to look after patients.

## Attend our Mind & Body Clinical Skills Course

Are you interested in interprofessional training to increase your knowledge and skills in providing integrated mental and physical healthcare? Attend an upcoming Mind & Body [Clinical Skills Course](#). Participants will follow two patient journeys through the acute and mental healthcare systems. Upcoming dates are **Monday 24 September and Monday 15 October**, from 9am—5pm at the King's College London Strand Campus. It is free to all clinical staff from King's Health Partners and local health and care groups. **To register, or for more information, please contact [mindandbody@slam.nhs.uk](mailto:mindandbody@slam.nhs.uk).**

## Updates to Champion's involvement guide

In May, we shared with you a guide describing a range of activities for Mind & Body Champions to get involved in: increase **awareness** of, to **advocate** for, to **practice** in our day-to-day roles, and to be a local **leader** for mind and body care. You can find this framework on our [Champions website page](#).



## Online learning resources

The King's Health Partners Learning Hub hosts a wealth of Mind & Body resources, from [mind and body care in children](#) and young people, or [people with intellectual disabilities](#), to skills for [collaborative care planning](#), and [giving brief advice on stopping smoking](#). All Mind & Body Champions must [complete our Mind & Body e-learning](#) to receive their badge. Once you complete this, please email us so we can send out your badge to you!



## New course on integrating care

IMPARTS have launched their first Massive Open Online Course. The free interactive online course, titled 'Integrating care: depression, anxiety and physical illness', will launch on **10 September** and is open to everyone, including clinical and non-clinical staff. [Sign up for the course](#).

