



## Mental health and wellbeing training for practice nurses

The Charlie Waller Memorial Trust (CWMT) is a charity which raises awareness of depression and fights stigma so that people stay mentally well and get the help they need. One way they do this is by providing training to health care professionals in identifying and supporting those with depression.

CWMT recognised the role of practice nurses in looking after the mental health and wellbeing of the patients in their care and commissioned a survey to find out their training needs. Dr Sheila Hardy delivers a 'train the trainer' programme in mental health and wellbeing for practice and community nurses that she authored. The programme was developed in partnership with Health Education North Central East London, an academic health science network and four NHS trusts. It is accredited by the Royal College of General Practitioners (RCGP) and endorsed by the Royal College of Nursing (RCN). This training was updated by Sheila in 2017 on behalf of Health Education England.

Sheila can train healthcare professionals from interested organisations to teach the following five individual modules either as a series or standalone:

### **Module 1: Mental Health Awareness**

The module has been designed to give practice nurses a good understanding of the various mental health issues that they will meet in primary care. This includes screening and support for depression and anxiety, medications used in mental illness, and local services for people with mental health problems.

### **Module 2: Behaviour Change**

A large part of the practice nurse role is to support patients to change unhealthy behaviours. This module teaches nurses how to use evidence based approaches of behaviour change to help and support their patients to set appropriate goals and actions to improve their health.

### **Module 3: Physical Health in Mental Illness**

People with mental illness can die up to 20 years earlier than the general population. They have a higher risk of cardiovascular disease and other physical health problems. This module covers best practice guidance in carrying out physical health checks and how to use the appropriate tools (these are free to download from a website designed for practice nurses).

### **Module 4: Wellbeing**

Helping people to avoid stress reduces both physical and mental health problems. This module offers the practice nurse practical advice and techniques that they can use with their patients to prevent stress in everyday life.

### **Module 5: Co-morbidities - using a psychological approach**

People with long-term conditions are more at risk of developing depression and anxiety than the rest of the population. This in turn affects the outcomes of their physical condition. This module looks at common co-morbidities and offers the practice nurse guidance to deliver care using a holistic approach.

Included in the programme are [seven e-Learning sessions](#) (go to mental health awareness and select practice nursing).

1. Managing alcohol misuse in primary care - a guide for practice nurses
2. Managing drug misuse in primary care - a guide for practice nurses
3. Medication for mental health problems in primary care: a guide for practice nurses – part one
4. Medication for mental health problems in primary care: a guide for practice nurses – part two
5. Your patient's journey
6. Care planning - a guide for practice nurses
7. Specific mental health conditions: a guide for practice nurses

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