



Supporting Mental Health for Adults with Long-Term Conditions

Short Course | Level 6 / Degree Level

Duration:

6 months

Notional study time:

300 hours

Delivery:

Interactive Blended Online Learning

Course assessment:

2000 word assignment (40%)

10 minute PowerPoint presentation (60%)

Credits:

30 at Level 6

Find out more and enrol:

Contact our team for more information, and to discuss your individual needs.

Via our website:

educationforhealth.org

Call:

01926 836835

Email:

contact@educationforhealth.org



This course provides an overview of common mental health conditions encountered in primary and community care settings, considering risk factors for their development as a co-morbidity in people with long-term physical health conditions. It includes the evaluation of evidence around pharmacological and non-pharmacological interventions in mental healthcare and the tools available to identify mental health conditions and provides additional focus on supporting patients from vulnerable groups. The course is grounded in person-centred strategies to equip healthcare professionals to have conversations around mental health as part of their treatment of patients with long-term physical health conditions. **This course has been co-produced in partnership with NHS England and experienced nurses working in a range of primary care, community, and specialist Mental Health roles. It is designed to support the needs of the primary care and community workforces, and would be appropriate for all healthcare professionals involved in care planning as part of the multi-disciplinary team.**

Knowledge and understanding**Successful learners will typically be able to:**

1. Critically analyse common mental health conditions encountered in primary and community care settings, considering the risk factors for their development as a co-morbidity in people with long term conditions.
2. Evaluate the evidence for first line pharmacological and non-pharmacological interventions in mental healthcare and consider the implications of treatment.
3. Demonstrate understanding of the ways in which long-term conditions can intersect or interact with mental health conditions.
4. Demonstrate awareness of high-risk behaviours that can be associated with mental health conditions and a range of referral pathways for these behaviours.

Skills & Attributes**Successful learners will typically be able to:**

1. Demonstrate understanding of person-centred strategies to promote mental health and wellbeing in people with multiple long-term conditions, including those from vulnerable groups.
2. Critically appraise the use of tools available to identify mental health conditions, including anxiety and depression, in people with long term physical health conditions.
3. Critically reflect the role of the multi-disciplinary team in the planning and delivery of care, and the importance of shared decision-making with the patient, their families, and carers.