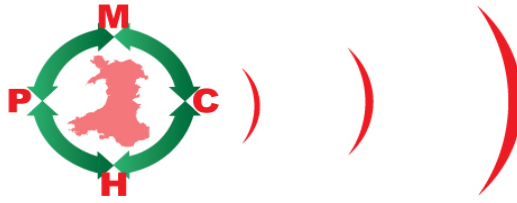


WAMH in PC Wales Mental Health in Primary Care

**A Practice Sharing Day
to support the
implementation of services under**

**Part 1 of the Mental Health (Wales)
Measure 2010**



WAMH in PC Wales Mental Health in Primary Care

Stress Management Course from the very beginning

Peryn Morgan

Implementation Lead Part 1 Mental Health (Wales) Measure
2010

Aim of Workshop

- To facilitate, discuss and generate ideas on how this intervention can be delivered in different settings in order to maximise the benefits of those who attend.

NHS

*National Institute for
Clinical Excellence*

Anxiety

Management of anxiety (panic disorder, with or without agoraphobia, and generalised anxiety disorder) in adults in primary, secondary and community care

Clinical Guideline 22
December 2004

Developed by the National Collaborating Centre for
Primary Care

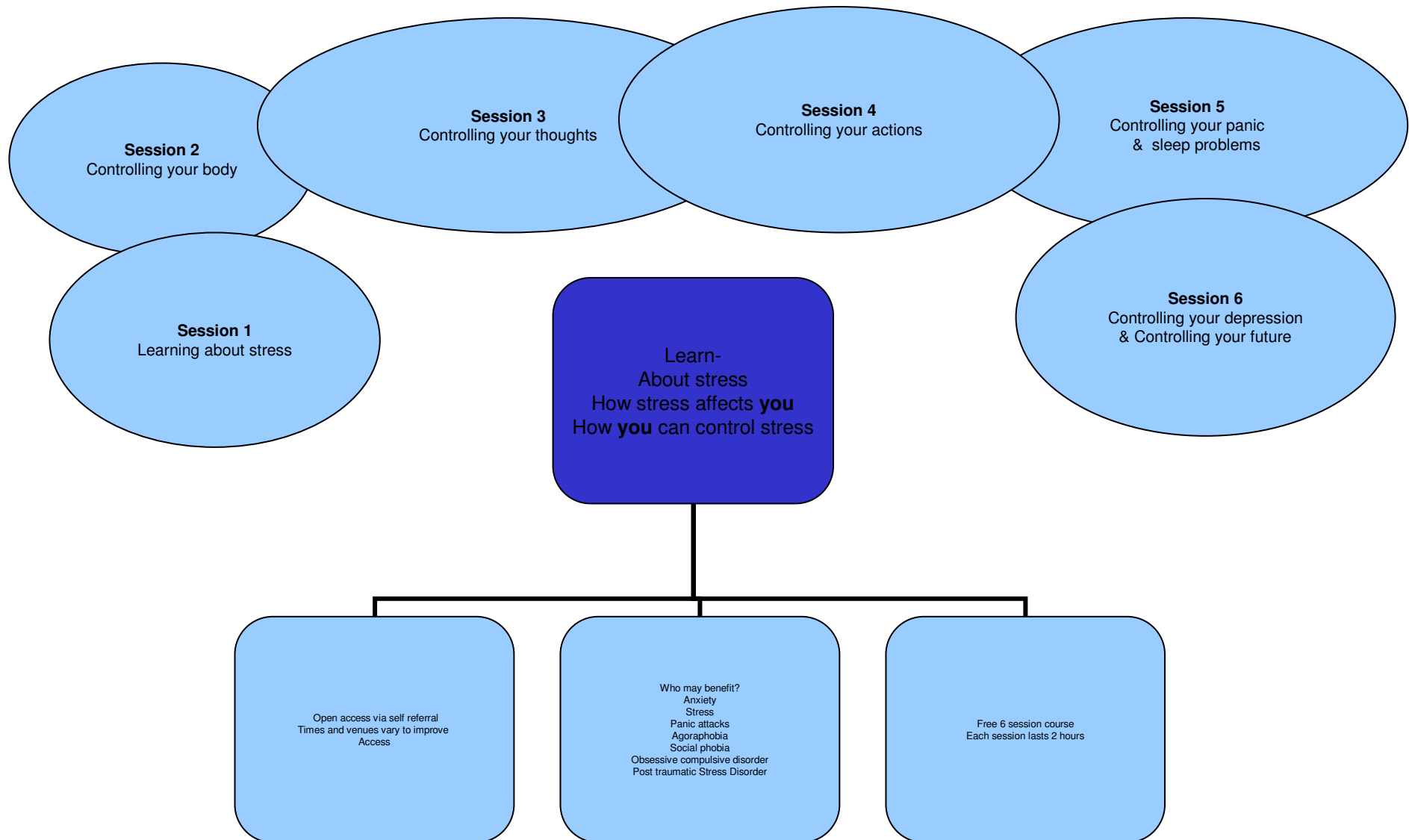
Key Messages - NICE

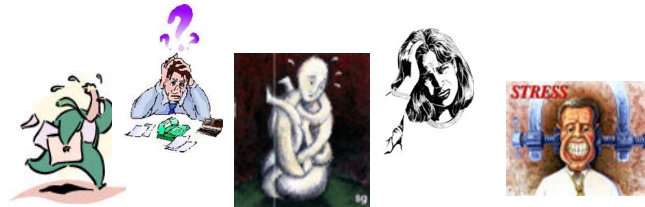
- Anxiety disorders are
 - common
 - chronic
 - cause of considerable distress/disability
 - often unrecognised and untreated
 - costly to individual and society if untreated
- Range of effective interventions available
- Individuals do get and remain better
- Better outcomes with partnership working and shared decision making
- Access to information valuable part of any package of care

Key Priorities - NICE

- General management
 - Shared decision making
 - Education for clients/carers
 - Self-help groups/support groups
- Treat promptly in primary care
- For both Panic & Generalised anxiety
 - most effective, in descending order of duration of effect
 - CBT
 - SSRI
 - Self-help
 - Bibliotherapy based on CBT
 - Large group CBT should be considered
- Try any 2 of the above before referring to secondary care

Stress Control- A Nurse led Stress Management course





Stressed?

Do you have problems with stress,
worry, anxiety, or panic? If so, **STRESS CONTROL** might
help YOU!

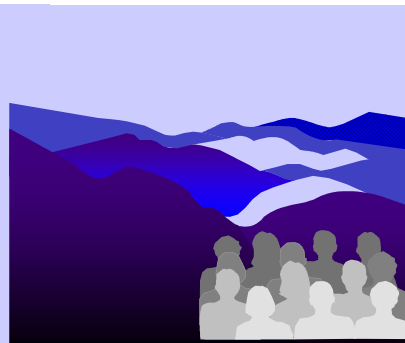
STRESS CONTROL is a course
designed to help people learn to
control their stress better.

The course lasts for 6 weeks.

Each week, one 2 hour class,
same day, same time.

Interested?

Ask your *GP* or practice staff



Latest Data

- 40 Courses were delivered between January 2009 to December 2011.
- Various community settings were used such as adult education centre, church halls and enterprise centres etc.
- Courses were delivered at various times i.e., morning, afternoon and evenings, Monday to Friday.
- Attendance rates ranged from 8 to 40 students per class.
- During this two year period 825 students attended the course.

Points to Reflect On

- What is good about the service?
- What advantages/disadvantages and disappointments have been highlighted through delivering the courses since 2008.

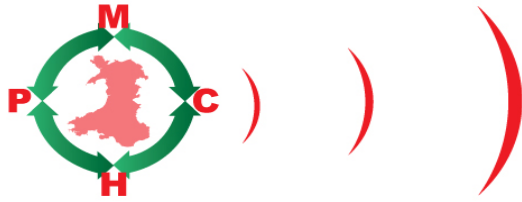
Advantages	Disadvantages	Disappointments
<p>We no longer need to advertise the service in Primary Care. The Service is embedded within Mental Health Division.</p>	<p>As the course is self referral sometimes students expectations are not met for example students expecting anger management.</p>	<p>Through the Bursary in 2008 we did successfully deliver a weekend course however due to venues being more expensive and people reluctant to work weekends this has not been pursued.</p>
<p>At least 12 courses are delivered per year throughout Cardiff and Vale at various community settings.</p>	<p>Secondary Mental Health Services promote the course. Our dilemma as Mental Health Practitioners is such that sometimes we can see when people are too ill to gain the most out of the course and have to manage that student within an adult education setting and not health.</p>	<p>We would ideally like to deliver more courses but unfortunately do not have the capacity to deliver due to lack of administrative assistance and staff to facilitate the courses.</p>
<p>The course is free.</p> <p>The Stress Control Relaxation CD's are now printed which saves on time. Course leaflets and posters were supported by the sub group for Mental Health Promotion.</p>	<p>Course material and CD's have costs attached and currently are funded by Secondary Care Services which may have implications in the future.</p>	<p>No further leaflets and posters will be provided via the sub group as it has now been disbanded.</p>
<p>This is a key service delivered by the Gateway Workers/Primary Care Liaison Service.</p>	<p>Other professionals have been trained to deliver this course however it has been problematic in trying to get time protected for them to deliver the courses.</p>	<p>Heads of Departments from other therapies trained to deliver this course have limited their involvement.</p>
<p>The Service won a Bursary in 2008 by WAMH in PC which enabled us to purchase training from Jim White, Stress Pac Originator and other materials</p>	<p>Original vision was to utilise students and train them so that they could facilitate the course, however although there has been some interest from students the UHB Volunteering Process hinders this.</p>	<p>Time constraints – not being to utilise Jim White's updated material.</p>
<p>We have strong links with expert patient programme and the exercise referral scheme.</p>	<p>New Stress Course facilitators will be required to learn skills by mirroring trained and experienced staff. At present there is no extra financial resource for this.</p>	<p>Trying to establish a bi-yearly meeting between course delivers has failed due to time constraints.</p>

Feedback from Students

- It was good to have official confirmation of how I feel when super stressed and anxious. Always good to know others have similar behaviours and problems. The “CD” proved very useful and only once did it fail (This was at 4am). Key words were blinkers, iceberg, ostrich, panic is not imminent death and breathing.
- Most of what I have learnt throughout this course I am putting into practice.
- Missed the first two sessions, but hope to come onto the next course.
- I came into the course at week 3. I cannot believe what sense it all makes and my only comment would be that I have such a busy lifestyle that I find it impossible to set aside time to complete the homework. This did stress me out at first but over the weeks I realised that I cannot do everything and attending is the most important, but it is the run up to Christmas.
- Missed a number of sessions unfortunately, so difficult to give fair assessment. Identified with nearly all issues raised. Well presented.

Further Feedback

- I am suffering from PTS so a lot of what was covered, although interesting, did not cover what I am suffering from.
- Advised to attend the course by my Manager at work to help deal with the stresses at work. Course helped somewhat but still have issues that need to be addressed.
- Very interesting and useful course. Well presented also which has been very helpful, however there are a few things I think would be more useful to myself to discuss on a one to one basis. I will also be able to use some of the strategies with some of the people that I work with. Good to understand that the symptoms of stress are normal and being part of a group makes you feel that you are not alone.
- A lot of my issues originated from the death of my sister. I have realised that I have to sort these out and come to terms with them. Although the course did not specifically deal with my problems it has helped me realise a few things about myself, so a good result, thank you.
- Good coverage of all issues associated with stress and how to deal with them.
- New skills and tools can be used life long.



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