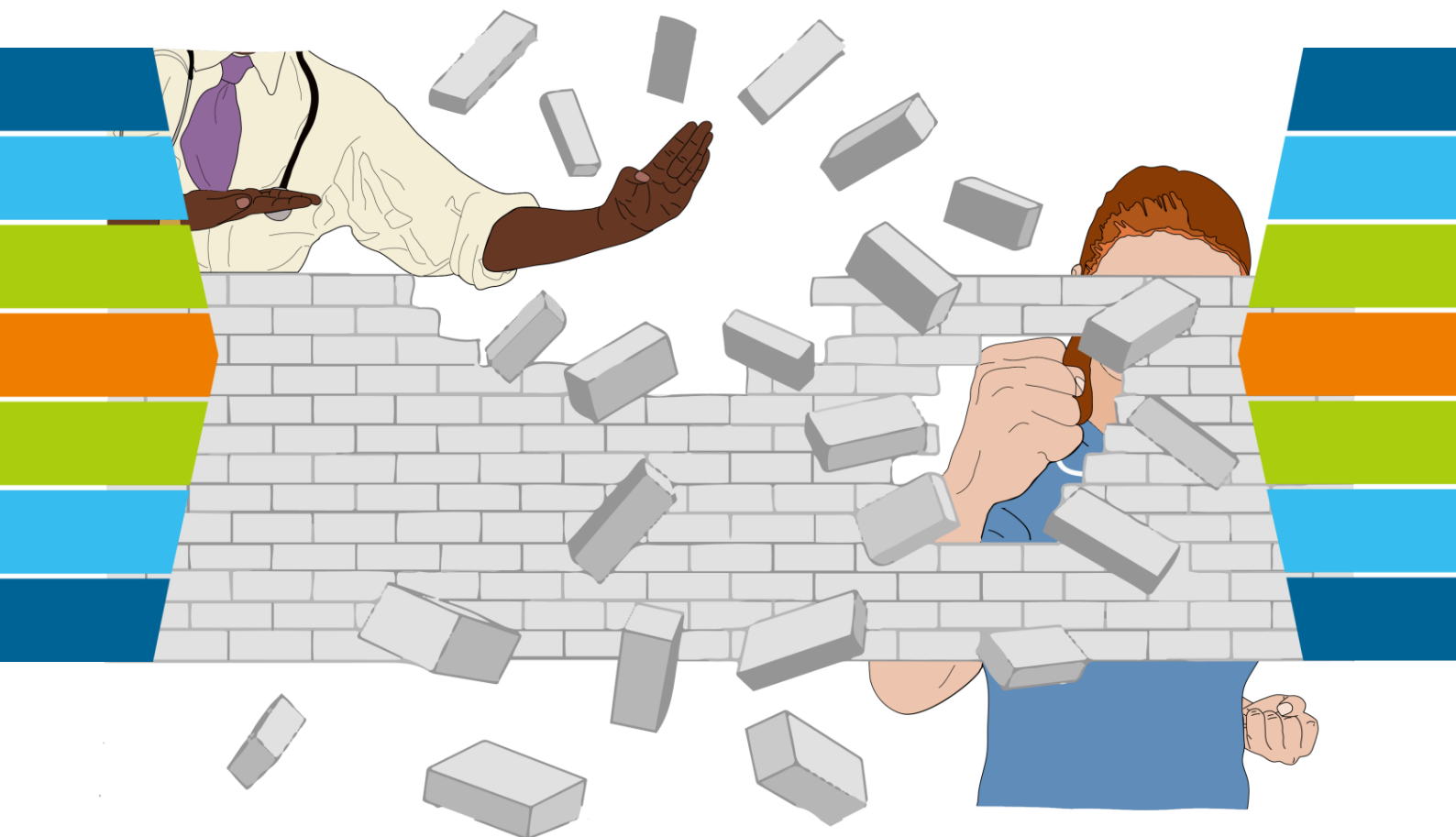
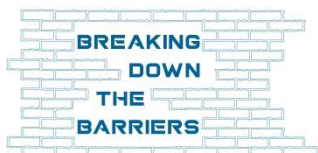


# Breaking Down the Barriers


Summary notes for Health Education England  
e-learning for Healthcare and Learning  
Management System





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## Programme Home

Welcome to **Breaking Down the Barriers** – working together to improve mental and physical health needs

### Current situation

People in England who have had mental health problems are five times as likely to be admitted to hospital as an emergency as those who have not. 75% of children and young people with mental health disorders are undiagnosed and untreated. People affected by severe mental illness can die up to 20 years younger than everyone else because of poor physical health. Poor mental health is the single largest cause of disability in the UK, and the estimated impact on the economy is a total of £100 billion.

### Addressing the knowledge gap

UCLPartners commissioned by Health Education England conducted a needs assessment in 2014 which highlighted a clear, urgent need and desire from NHS clinicians, doctors, nurses, general practitioners, multi-disciplinary and multi-specialty teams to increase mental and physical health awareness, knowledge and basic skills through training in order to improve patient care across primary and secondary health care settings. There was a general consensus that GPs and practices could play a much greater role and would embrace training materials to improve on current skills and knowledge.

The NHS Five Year Forward View, published in October 2014 by NHS England, set out a positive vision for the future based around seven new models of care and actions the NHS should take to ensure an equal response to mental and physical health, that everyone receives high quality care and a drive towards ensuring patients with mental illness and physical health needs are addressed at the same time.

The integration of mental and physical care and needs of patients is a priority in the NHS. The focus now is on how care is provided between physical and mental health services whilst ensuring a more flexible and sustainable workforce adequately equipped with appropriate, adequate and timely knowledge and skills required to effectively and efficiently deliver and manage the care of patients in their care; hereby meeting the national CQUIN's targets by;

- Reducing A&E admissions of people with serious mental illness (SMI) from community and mental health settings;
- Improving the experience and outcomes of people with SMI's who present to A&E;
- Increasing confidence, knowledge and skills of the NH mental health workforce in the assessment and management of physical health in patients with acute and long-term conditions;
- Increasing confidence and knowledge across GP practices and staff dealing with children and adolescents who present with mental health and learning disabilities needs.



## What is Breaking Down the Barriers?

Breaking Down the Barriers aims to support the NHS workforce and multidisciplinary teams working in and across primary and secondary healthcare settings with the aim to equip them with the appropriate knowledge, information and skills to;

- create initial awareness,
- recognise,
- assess,
- treat where deemed applicable and appropriate and improve both mental and physical health needs of the population

## What are the key programme areas?

- Mental health awareness in NHS acute emergency and urgent care settings
- Physical health awareness in mental health settings, including the management of the acutely unwell and patients with long-term conditions.
- Child and adolescent mental health awareness for GP practices
- Child and adolescent learning disabilities awareness for GP practices
- Serious Incidents case-based awareness training

Breaking Down the Barriers has in collaboration with North, East London primary and secondary care organisations have developed a suite of mental and physical health training awareness packages and modules for the NHS workforce.

## Who is it aimed at?

Breaking Down the Barriers downloaded training resources is aimed improving education and training across NHS primary and secondary health care settings via organisation Learning and Development Managers/Leads, Professional Nursing Development Managers, Trust Education Managers, CEPN Leads and Managers, Nursing Education and Training Leads, Transformation Managers, Physical Health Leads in MH Trusts, A&E MH Liaison Leads, Specialty training leads, Health Based Places of Safety Leads and 136 Leads, Medical Education Managers, Directors of Nursing, Professional Practice Development Nurse and Nurse Educators and NHS Professionals with an interest in education and training.

## What does Breaking Down the Barriers provide?

- To date, Breaking Down the Barriers training materials and resources include 14 modules;
  - For Mental health setting, 6 Physical health modules
  - For Primary care settings, 4 Child and adolescent mental health and learning disabilities modules
  - For primary and secondary care settings, 1 Serious incident case-based learning module
  - For acute A&E and urgent care settings, 3 Mental health modules
- All training materials have been designed and developed as taught modules between 1-2 hours through a mixture of presentations, practical exercises, videos tutorials, case studies, scenarios etc
- All materials are available as

- Downloadable resources via HEE e-learning for health learning portal
- Core classroom or on-screen presentations with case scenarios to guide group discussions
- Facilitator notes, role-play instructions, quizzes
- Course flyers, videos, tutorials
- Evaluation forms and attendance certificates

## How is Breaking Down the Barriers training provided?

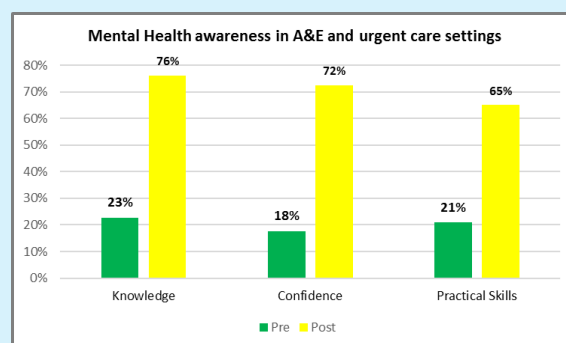
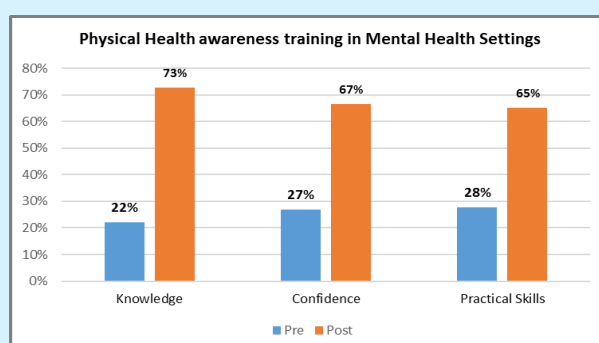
A key aim of the Breaking Down the Barriers programme is to facilitate and encourage collaborative, reciprocal, training exchange initiatives across cross settings in the NHS, this means the sharing of resources healthcare professional expertise, knowledge, skills facilities, training provision and delivery across health care settings. UCLPartners has successfully led and facilitated a reciprocal and collaborative training delivery approach across the north, central and east London regions.

Overall evaluation feedback from the training rollout has demonstrated a significant shift in increased confidence, knowledge and practical skills and reflected the need for more and regular training to maintain consistency and reduce further gaps in training.

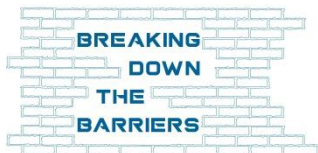
Training materials have built-in natural break points within content where there are clinical time constraints, minimal administrative functions required. Training packages can be easily integrated into existing or future training collateral. Primary and secondary settings have full local ownership and delivery of training at own pace.

UCLPartners has successfully led and facilitated a reciprocal and collaborative training delivery approach across the north, central and east London regions.

Overall evaluation feedback from the training rollout has demonstrated a significant shift in increased confidence, knowledge and practical skills and reflected the need for more and regular training to maintain consistency and reduce further gaps in training.



Breaking Down the Barriers promotes a joined-up approach to increase the uptake, delivery, embedment and sustainability of training and delivery across NHS healthcare, social care and academic education networks and settings.



## Design and development

Breaking Down the Barriers training programme, packages and modules have been designed in collaboration with North, Central and East London, Acute trusts, Mental health trusts, CAMHS mental health services, Primary care settings, Young Minds and UCLPartners

### Training Package 1: Mental health awareness training in NHS Acute A&E, emergency and urgent care departments

**Module1:** Assessment of a patient with urgent mental health needs in an emergency department. Assessing risk of harm to self or others, Mental Health Act (MHA), Mental Capacity Act, Deliberate self-harm pathway, Acute psychosis and Mental Health Act assessment.

**Aim of module:** The aim of this module is to improve collaboration, effective management and sign-posting of people who present to the emergency and urgent care units with urgent mental health needs.

- To provide doctors, nurses, multi-disciplinary and multi-specialty teams with the framework and practice guidance in assessing self-harm and risk in the context of personality disorder and ensuring safe management.
- To provide doctors, nurses, multi-disciplinary and multi-specialty teams with framework and practice guidance in assessing for the presence of psychotic symptoms.
- To provide doctors and nurses with framework and practice in assessing physical health problems in those with severe mental illness.
- Provide awareness and information on avoiding 'diagnostic overshadowing' that can come with a diagnosis of severe mental illness.
- To improve working knowledge of MCA and MHA legislation and its application in A&E.
- To improve confidence and competence in management of behaviourally disturbed patients, including consideration of pharmacological treatment.

This module was designed and developed by;

- **Dr Mohan Bhat**, Director of Medical Education, NELFT NHS Foundation Trust
- **Dr Lindsay Banham**, Fellow in Medical Education, NELFT NHS Foundation Trust
- **Dr Tom Stockmann**, Fellow in Medical Education, NELFT NHS Foundation Trust
- **Laura Pisaneschi**, Education Fellow (Mental Health Nurse), UCLPartners
- **Dr Bini Thomas**, Consultant Psychiatrist and Simulation Lead, NELFT NHS Foundation Trust
- **Dr Amy Jebreel**, Fellow in Medical Education, NELFT NHS Foundation Trust
- **Dr Matthew Fernando**, Fellow in Medical Education, NELFT NHS Foundation Trust





## Module 2: Drugs and alcohol – Referral of patients with drug or alcohol problems to appropriate services, understanding the scale and complications of alcohol and substance misuse

**Aim of the module:** The aim of this module is to improve collaboration, effective management and sign-posting of people who present to the emergency and urgent care units with Drugs and Alcohol problems.

- To recognise and understand the scale of alcohol misuse and the complications that can arise
- To recognise and understand the scale of substance misuse and the complications that can arise
- To recognise and understand how to refer patients with drug or alcohol problems to appropriate services.

This module was designed and developed by

- **Dr Bhaskar Punukollu**, Consultant in Addictions, Camden and Islington NHS Foundation Trust
- **Dr Steven Reid**, Consultant Liaison Psychiatrist, Central North West London NHS Foundation Trust
- **Dr Daniel Hughes**, CT3 Psychiatry, Camden and Islington NHS Foundation Trust
- **Dr Nicholas Adams**, ST3 Emergency Medicine, Cardiff and Vale University Health Board
- **Laura Pisaneschi**, Education Fellow (Mental Health Nurse), UCLPartners

## Module 3: Psychotropic drugs and adverse effects – Awareness of medications used in mental illness, assessment of side effects of antipsychotic medication.

**Aim of module:** The aim of this module is to improve collaboration, effective management and sign-posting of people who present to the emergency and urgent care units prescribed psychotropic drugs experiencing adverse effects.

- Awareness of medications used in mental illness
- Knowledge of possible side effects of these medications
- Case-based discussions around adverse effects of medication

This module was designed and developed by

- **Dr Lindsay Banham**, Fellow in Medical Education, NELFT NHS Foundation Trust
- **Dr Tom Stockmann**, Fellow in Medical Education, NELFT NHS Foundation Trust
- **Laura Pisaneschi**, Education Fellow (Mental Health Nurse), UCLPartners





## Training Package 2: Physical Health awareness training in mental health settings – Assessment and management of the acutely unwell and patients with long-term conditions

### Module 1: Managing acutely unwell patient in a mental health setting (Assessment of the acutely unwell patient and NEWS/MEWS scores, Interpretation of an ECG, Acute neurology – fits and funny turns).

**Aim of the module:** The aim of this module is to improve the assessment and effective management, care and sign-posting of the acutely unwell patient in mental health settings.

- Identify and carry out an initial assessment of the acutely unwell patient
- Initiate some immediate life saving measures
- Understand the use of the NEW Score
- Carry out an assessment of a collapsed patient ☐ Identify some common acute neurology presentations.

This module was designed and developed by;

- **Dr Sergio Sawh**, Emergency Department, University College London Hospital
- **Dr Fiona Croft**, Emergency Department, University College London Hospital
- **Dr Adrian Clark**, Emergency Department, University College London Hospital
- **Lee Abreo**, Emergency Department, University College London Hospital
- **Laura Pisaneschi**, Education Fellow (Mental Health Nurse), UCLPartners

### Module 2: Management of the acutely unwell patient (simulation training) in a mental health setting

**Aim of the module:** The aim of this module is to;

- Provide basic life support manoeuvres and practical skills on situation background assessment recommendation communication (SBAR).
- To Improve the timely, collaborative and effective assessment and management of the collapsed patient covering the following areas; anaphylaxis, cardiac arrest, collapsed patient, over sedation, hanging, hypoglycaemia and choking.

This module was designed and developed by;

- **Dr Sergio Sawh**, Emergency Department, UCLH
- **Dr Adrian Clark**, Emergency Department, UCLH
- **Laura Pisaneschi**, Education Fellow (Mental Health Nurse), UCLPartners



### Module 3: Physical health checks – who does what? National Audit of Schizophrenia health check, Lester tool and Health Improvement Profile (HIPs)

**Aim of the module:** The aim of this module is to improve collaborative and effective management of patients with Long Term Conditions (LTC) specifically physical health management of people with SMI

- Highlight the excess physical health morbidity and mortality associated with severe mental illness.
- Develop confidence in undertaking physical health checks and intervention in people with SMI
- Provide clarity on roles and responsibilities relating to physical health care of people with SMI
- Promote awareness of the physical health and long-term conditions in mental health settings
- Promote awareness of the National Audit of Schizophrenia
- Introduce the Lester tool for cardio metabolic health monitoring

This module was designed and developed by;

- **Dr Darlington Daniel**, Consultant General Adult and Liaison Psychiatrist and Associate Medical Director (Havering ICD, NELFT NHS Foundation Trust)

### Module 4: Managing patients with Diabetes in a mental health setting – Screening of new patients, lifestyle management, screening for long-term complications, working with specialist diabetes teams, care systems and documentation

**Aim of the module:** The aim of this module and training is to improve collaboration, effective management, care and sign-posting of patients with Diabetes in Mental Health settings

- To recognise and understand the high prevalence of diabetes amongst patients with mental health problems and the vital importance of screening all new patients for diabetes, unless already known to have diabetes.
- To recognise and understand that diabetes is a complex condition requiring treatment with lifestyle management, in addition to oral medications and often injectable medications, including insulin
- To recognise and understand the need for all mental health patients with diabetes to have a clear management plan for their diabetes.
- To include monitoring of blood glucose and blood pressure control and screening for long term complications.
- To recognise and understand the need to seek formal advice and input from specialist diabetes teams for most patients with mental health disorders who have diabetes.
- To explore and discuss what care systems and documentation is required to support all of the above, particularly in an inpatient mental health setting, when the patient is admitted, and also for ongoing care.
- To understand the factors that might make it harder for patients with mental health disorders to control their diabetes

This module was designed and developed by;

- **Dr Graham Toms**, Honorary Consultant Physician and Endocrinologist, Newham University Hospital, Barts Health NHS Trust.



## Module 5: Managing patients with Chronic Obstructive Pulmonary Disease (COPD) including smoking cessation in a mental health setting.

**Aim of the module:** The aim of this module and training is to improve collaborative and effective management of patients with Chronic Obstructive Pulmonary Disease (COPD) including smoking cessation in mental health settings.

- Provide an awareness on the assessment and management of Patients with Chronic Obstructive Pulmonary Disease (COPD) in mental health settings.
- To understand the prevalence of smoking related lung disease particularly COPD in the population with an emphasis on patients with mental health needs and the vital importance of screening all new patients for COPD
- To inform about the spectrum of COPD and disability from it. (Audio visuals will be used to demonstrate a real life exacerbation and its risks).
- To recognise and understand the need for all mental health patients with COPD to have a clear management plan for their condition, to include all treatments including successful smoking cessation strategies, treatments for COPD and patient self-management.
- To recognise and understand when urgent help is needed and how to seek formal advice and input from specialist COPD who have mental health disorders.

This module was designed and developed by;

- **Dr Rama Vancheeswaran**, FRCP, PhD, Consultant Integrated Care Physician, Royal Free London NHS Foundation Trust, London

Additional support and contribution from:

- **Doug Sawkins**, Senior Respiratory Nurse Lead, Barnet Hospital, London (Retired)
- **Darush Attar-Zadeh**, Lead Respiratory Pharmacist, Barnet CCG, part of the London Clinical Senate Helping Smokers Quit Delivery Team

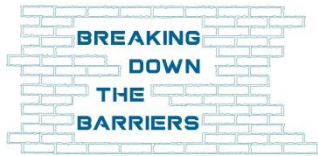
## Module 6: Managing sexual health of patients – Contraception and abortion, assessment and prevalence of STIs, signposting to local sexual health providers

**Aim of module:** The aim of this module is to;

- Cover the management of sexual health of patients in a mental health setting including contraception, abortion, assessment and prevalence of STIs, and signposting to local sexual health providers.
- Be able to confidently discuss sex, contraception, and abortion with patients.
- Be able to risk assess for sexually transmitted morbidity and refer appropriately.
- Be able to develop and maintain a mutually supportive relationship with local sexual health service providers to the benefit of your patient population.

This module was developed by;

- **Dr Janet Barter**, Consultant, Sexual and Reproductive Health, Barts Health NHS Trust
- **Laura Pisaneschi**, Education Fellow (Mental Health Nurse), UCLPartners



## Training Package 4: Children and Adolescent mental health awareness training for GP practices

### Module 1: Whole GP practice mental health awareness training

**Aim of the module:** The aim of this module is to provide a broad training model, building awareness, knowledge and skills to identify mental health issues in children who engage with staff within a general practice surgery;

- Raise awareness of young people's mental health and emotional wellbeing and to promote practice within a risk and resilience framework
- To understand the resilience framework and the factors that have been evidenced to build resilience in young people and their families, with a view to making the practice more resilient
- To understand young people's perspectives and what they say is important to them when interacting with health professionals
- To explore how participants can develop some systems and structures in their workplaces to support young people who have mental health issues.

This module was designed and developed by;

- **Young Minds**

### Module 2: Self Harm in Children and Adolescents, awareness training for GP Practices

**Aim of the module:** The aim of this module is to increase understanding and awareness of self-harm in children and adolescents, how to assess initial risk, plan management in primary care and onward referral practice.

- To recognise and understand the high prevalence of self-harm in children and young adolescents
- Understanding self-harm, factors, triggers associated with self-harm.
- Be able to assess initial risk and onward referral process

This module was designed and developed by;

- **Frances St John**, Family and Systemic Psychotherapist, Child and Family Consultation Service, East London NHS Foundation Trust.
- **Marie Johnson**, Systemic Family Therapist, Child and Family Consultation Service, East London NHS Foundation Trust.

Additional support was provided by:

- **Wendy Dyer**, Systemic and Family Psychotherapist, Child and Family Consultation Service, East London NHS Foundation Trust
- **Ruth Woolhouse**, Senior Nurse, City and Hackney Specialist CAMHS



### Module 3: Eating Disorder Awareness in Children and Adolescents awareness training for GP Practices

**Aim of module:** The aim of this module is to increase understanding and awareness of eating disorders in children and adolescents, how to assess initial risk, plan management in primary care and onward referral practice.

- To recognise and understand the high prevalence of eating disorders in children and young adolescents
- Understanding factors and triggers associated with eating disorders
- Be able to assess initial risk, create onward or ward referral where necessary including a management plan

This module was designed and developed by;

- **Dr Georgina Hawkes**, Consultant Child and Adolescent Psychiatrist, Newham Child and Family Consultation Service.
- **Dr Osman Malik**, Consultant Paediatric Child and Adolescent Psychiatrist, St Thomas' Hospital.

### Training Package 5: Children and Adolescent learning disabilities awareness training for GP practices

#### Module 1: Learning Disabilities Awareness in Children and Adolescents for GP practices

**Aim of module:** The aim of this module is to increase understanding and awareness of Learning disabilities in children and adolescents, how to assess initial risk, plan management in primary care and onward referral practice.

- Develop improved confidence in communicating with young people with learning disabilities
- Gain an understanding of the factors that lead to behavioural disturbance, gain skills in assessing and managing challenging behaviours in young people and understand the relationship between learning disabilities and mental health.

This module was designed and developed by;

- **Ms Julie Blackaby**, Senior Clinical Nurse Specialist in Learning Disabilities, NELFT NHS Foundation Trust
- **Dr Matthew Fernando**, Fellow in Medical Education and Specialist Trainee in Child and Adolescent Psychiatry, NELFT NHS Foundation Trust
- **Dr Bini Thomas**, Consultant Psychiatrist in Learning Disabilities and Simulation Lead, NELFT NHS Foundation Trust
- **Dr Kala Shanmugananda**, Consultant Community Paediatrician, NELFT NHS Foundation Trust

### Training Package 6: Generic module



## Module 1: Case-based learning on Serious Incidents – including sudden death, cardiac arrest, neglect cases, etc.

**Aim of module:** The aim of the module is to;

- Promote a culture of learning through review and reflection of serious incidents and near misses
- Promoting awareness of a consistent approach across the organisation in the reporting and management of incidents
- Enabling the effective reporting to ensure that lessons can be learnt and improvements made reducing re-occurrence of similar incidents, Improving the safety of service users, staff and visitors,
- Discussing the human, organisational and financial impacts of incidents
- Enabling the identification and correction/ improvement of weaknesses in practices, systems or equipment

This module was designed and developed with support from;

- **Dr Hasan Rizvi**, Consultant Pathologist, Barts Health NHS Trust, Associate Director of Medical Pathology and Imaging board, UCLPartners
- **Peter Toohey**, Improvement Manager, Patient Safety Programme, UCLPartners
- **Rachana Bhatt**, Training and Network Manager, UCLPartners
- **Laura Pisaneschi**, Education Fellow (Mental Health Nurse), UCLPartners

## Meet the team - Expert Advisory Group

- **Dr Mohan Bhat** (Chair), Old Age Psychiatrist and Director of Medical Education, NELFT NHS Foundation Trust
- **Helen Jameson**, Director of Corporate Programmes and Chief Finance Officer, UCLPartners
- **James Cain**, Head of Workforce Development, Health Education England
- **Dr Hasan Rivzi**, Consultant, Bartshealth NHS trust
- **Professor Fiona Nolan**, Florence Nightingale Foundation Chair of Clinical Mental Health Nursing Research
- **Dr Rachel Roberts**, GP, Head of Primary Care Education and Development at Health Education England NCEL
- **Natasha Sloman**, Head of Hospital Inspection, South East Region, Mental Health, Learning Disability and Substance Misuse.
- **Professor Mike Roberts**, Programme Director Education and Capability and Clinical Academic Lead for Population Health, UCLPartners
- **Dr Steve Reid**, Consultant Liaison Psychiatrist, CNWL NHS Foundation Trust
- **Ruth May**, Executive Director of Nursing, NHSi
- **Dr John Lowe**, Consultant Psychiatrist and Director of Education, CNWL NHS Foundation Trust
- **Professor Peter Fonagy**, Programme Director, Mental Health, UCLPartners





## Meet UCLPartners programme delivery team

- **Ronke Adejolu**, Programme Manager
- **Ellen Nelson**, Project support Officer
- **Helen Jameson**, Chief Financial Officer and Director of Corporate Programmes

## Breaking Down the Barriers - Programme collaborators

### NHS Mental Health Trusts

- Camden and Islington NHS Foundation Trust
- Barnet, Enfield and Haringey Mental Health NHS Trust
- East London NHS Foundation Trust
- North East London NHS Foundation Trust
- The Tavistock and Portman NHS Foundation Trust

### NHS Acute Hospitals (Emergency, A&E and urgent care departments)

- University College London Hospital
- Barts Health NHS Trust (Whipps Cross Hospital, The Royal London Hospital and Newham University Hospital)
- Barking, Havering and Redbridge NHS Trust (Queens Hospital and King George Hospital)
- Royal Free London NHS Foundation Trust (Barnet Hospital and Royal Free Hospital)
- North Middlesex University Hospital
- Whittington Health NHS Trust
- Homerton University Hospital
- Moorfields Eye Hospital NHS Trust

### Primary care settings

- Barking and Dagenham CCG
- Camden CCG
- City and Hackney CCG
- Enfield CCG
- Haringey CCG
- Havering CCG
- Islington CCG
- Newham CCG
- Tower hamlets CCG
- Waltham Forest CCG
- Redbridge CCG
- Barnet CCG





## How can I access Breaking Down the Barriers training materials and resources?

Breaking Down the Barriers mental and physical downloadable training resources can be accessed via e-Learning for Healthcare (e-LfH) Learning Management online system.

All training materials have been designed and developed as taught bite size modules between 30 minutes - 2 hours through a mixture of presentations, practical exercises, videos tutorials, case studies, quizzes and scenarios. Training Materials include core classroom or on-screen presentations with case scenarios to guide group discussions, facilitator notes, role-play instructions, quizzes, course flyers, videos, tutorials, evaluation forms and attendance certificates etc

To access and download FREE Health Education England:Breaking Down the Barriers mental and physical health awareness training materials and resources for your trust and organisation, please click here <http://www.e-lfh.org.uk/programmes/breaking-down-the-barriers/>

In order to access any e-LfH programme, you will need an e-LfH account. If you do not have one, then you can register by selecting the 'Register' button in the top right hand corner of the page.

If you already have an account with e-LfH, then you can enrol on to the Breaking Down the Barriers Programme by logging in to the e-LfH Hub, selecting My Account > Enrolment and selecting the programme. You can then access the programme immediately in the My e-Learning section.

For more information on the programme, visit [www.uclpartners.com](http://www.uclpartners.com)

Keep in touch by Tweeting us [@UCLPartners](https://twitter.com/UCLPartners) [#UCLPartnersBreakingBarriers](https://twitter.com/UCLPartnersBreakingBarriers)

Call us direct: +44 (0)20 3108 2319

Access and download resources online: <http://www.e-lfh.org.uk/programmes/breaking-down-the-barriers/>

(Breaking Down the Barriers training materials and associated collateral is valid as of 1<sup>st</sup> June 2017. It is the responsibility of the trainer/facilitator to ensure content remains valid and in line with national guidelines.)

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UCLPartners

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