

Psychological Skills Training project

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Psychological Skills Training Project

- Alliance wide project
- Increasing skills in addressing psychological aspects of cancer care
- Developed and managed by steering group of psychologists from across the area

It matters because...

Of people like Luke:

“I am a big bloke who used to play rugby and for four years after treatment not being able to talk to people and spending time crying was and is unbelievable.”

It matters because...

Of people like Sue

“The majority of people think ‘she’s fine now, she’s had the cancer’. They don’t realise I’m not”.

It matters because...

More patients say the emotional effects of cancer are the most difficult effects to deal than say the physical or practical effects are most difficult.

(research reported in 'Worried Sick' Macmillan 2006)

NICE levels for psychological support of patients (2004)

- 1 All health care professionals
- 2 Health care professionals with additional expertise
- 3 Trained and accredited professionals (eg counsellors)
- 4 Mental health specialists

Level 1 – All health care professionals

Assessment

Recognition of psychological needs

Intervention

Effective information giving, compassionate communication and general psychological support

Delivered by Advanced Communication Skills

Level 2 – All health care professionals with additional expertise

Assessment

Screening for psychological distress

Intervention

Psychological techniques, such as structured problem solving

Delivered by local ‘Level 2 training’

Drivers for change

Level 1 loss of providers

Trusts without psychology services

Holistic Needs Assessments

Breadth of issues

Fit with nursing and support worker roles

Common supervision questions

Need to impact on practice

Ambition

- New pool of ACST facilitators
- Delivery model that is fit for purpose and works
- Commissionable outcome
- Creating best practice package
- Train the trainer
- Fits with supervision arrangements

Plan

Team

Psychologist and project coordinator

Steering group of SWAG lead psychologists

Process

Outline framework linked to competencies

Consultation & development (4 months)

Iterative delivery (12 months)

Evaluation, final package and training trainers (2 months)