

21. Mental Health (Incl. Depression)

Mental Health (Incl. Depression)				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<p>Knowledge and Education</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the holistic care of a patient with a mental health condition. • Demonstrate an understanding of the monitoring requirements for the medications used in the treatment of common mental health conditions. • Demonstrate an understanding of the referral pathways in your local area to ensure patients can access appropriate talking therapies. • Demonstrate an understanding of the crisis support services available in your area. • Demonstrate an understanding of the other mental health services available in your area and their referral processes. • Demonstrate an understanding of the inequalities in access to healthcare for patients with a mental health condition and implement interventions to reduce this.^{275 276} • Demonstrate an understanding of the right of all patients with a mental health condition to access an annual health check and support patients to access these more.^{277 278} • Demonstrate an understanding of the Mental Capacity Act.²⁷⁹ <p>Patient Management^{280 281 282 283 284}</p>				

²⁷⁵ <https://www.nice.org.uk/sharedlearning/improving-the-physical-health-of-people-with-serious-mental-illness-a-quality-improvement-approach>

²⁷⁶ <https://www.gov.uk/guidance/equality-act-2010-guidance>

²⁷⁷ <https://www.nhs.uk/mental-health/social-care-and-your-rights/annual-health-check-smi/>

²⁷⁸ <https://www.nice.org.uk/guidance/qs167/chapter/Quality-statement-6-Physical-health-checks-for-people-with-serious-mental-illness>

²⁷⁹ <https://www.legislation.gov.uk/ukpga/2005/9/contents>

²⁸⁰ <https://www.nice.org.uk/guidance/ng222/chapter/Recommendations#recognition-and-assessment>

²⁸¹ <https://www.nice.org.uk/guidance/cg178/chapter/Recommendations#preventing-psychosis-2>

²⁸² <https://www.nice.org.uk/guidance/cg78/chapter/1-Guidance#recognition-and-management-in-primary-care>

²⁸³ <https://www.nice.org.uk/guidance/ng69/chapter/Recommendations#identification-and-assessment>

²⁸⁴ <https://www.nice.org.uk/guidance/cg185/chapter/1-Recommendations#recognising-and-managing-bipolar-disorder-in-adults-in-primary-care-2>

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<ul style="list-style-type: none"> • Be able to signpost the patient to appropriate local support services including talking therapies, crisis support and local activities.^{285 286} • Be able to arrange for appropriate monitoring for patients' mental health condition including for any medications. • Be able to carry out an annual health check²⁸⁷ for patients with a mental health condition, this should include but is not limited to: <ul style="list-style-type: none"> ○ Blood pressure and pulse. ○ Serum blood tests for cholesterol urea and electrolytes, HbA1c, liver function test and any additional tests needed specific to their condition or treatment. ○ Weight, height, and waist circumference ○ Assess for smoking alcohol and substance misuse. • Be able to elicit patients understanding of all checks performed, provide full feedback on results, and support the patient with the following areas with health promotion and resources¹ where needed: <ul style="list-style-type: none"> ○ Diet and lifestyle. ○ Smoking cessation. ○ Substance misuse support. ○ Exercise. • Be able to provide support, advice, and resources for carers of patients with a mental health condition.¹ • Be able to identify any safeguarding concerns and refer on as appropriate including any local safeguarding leads as per local policy and procedures. • Be able to recognise when patient complexity exceeds competence and refer to senior or specialist clinician as appropriate. 				

²⁸⁵ [https://www.mind.org.uk/donate/?msclid=191e91d897851e2bb58cf5960566f57e&utm_source=bing&utm_medium=cpc&utm_campaign=Donation%20Appeal%20-%20Branded%20-%20Bing%20-%20Paid&utm_term=mind&utm_content=Branded%20\(Phase%205\)](https://www.mind.org.uk/donate/?msclid=191e91d897851e2bb58cf5960566f57e&utm_source=bing&utm_medium=cpc&utm_campaign=Donation%20Appeal%20-%20Branded%20-%20Bing%20-%20Paid&utm_term=mind&utm_content=Branded%20(Phase%205))

²⁸⁶ <https://www.thecalmzone.net/>

²⁸⁷ <https://www.nhs.uk/mental-health/social-care-and-your-rights/annual-health-check-smi/>