

Mental Health (incl. Depression)				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<b>Tier 1</b>				
<b>Knowledge and Education</b> <ul style="list-style-type: none"> <li>• Demonstrate an understanding of the holistic care of a patient with a mental health condition</li> <li>• Demonstrate an understanding of the monitoring requirements for the medications used in the treatment of common mental health conditions</li> <li>• Demonstrate an understanding of the referral pathways in your local area to ensure patients can access appropriate talking therapies</li> <li>• Demonstrate an understanding of the crisis support services available in your area</li> <li>• Demonstrate an understanding of the other mental health services available in your area and their referral processes</li> <li>• Demonstrate an understanding of the inequalities in access to healthcare for patients with a mental health condition and implement interventions to reduce this<sup>449 450</sup></li> <li>• 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<sup>451 452</sup></li> </ul>				

<sup>449</sup> <https://www.nice.org.uk/sharedlearning/improving-the-physical-health-of-people-with-serious-mental-illness-a-quality-improvement-approach>

<sup>450</sup> <https://www.gov.uk/guidance/equality-act-2010-guidance>

<sup>451</sup> <https://www.nhs.uk/mental-health/social-care-and-your-rights/annual-health-check-smi/>

<sup>452</sup> <https://www.nice.org.uk/guidance/qs167/chapter/Quality-statement-6-Physical-health-checks-for-people-with-serious-mental-illness>

<ul style="list-style-type: none"> <li>• Demonstrate an understanding of the Mental Capacity Act<sup>453</sup></li> </ul> <p><b>Patient Management</b> <sup>454 455 456 457 458</sup></p> <ul style="list-style-type: none"> <li>• Be able to signpost the patient to appropriate local support services including talking therapies, crisis support and local activities<sup>459 460</sup></li> <li>• Be able to arrange for appropriate monitoring for patients’ mental health condition including for any medications</li> <li>• Be able to carry out an annual health check<sup>461</sup> for patients with a mental health condition, this should include but is not limited to: <ul style="list-style-type: none"> <li>○ Blood pressure and pulse</li> <li>○ Serum blood tests for cholesterol urea and electrolytes, HbA1C, liver function test and any additional tests needed specific to their condition or treatment</li> <li>○ Weight, height, and waist circumference</li> <li>○ Assess for smoking alcohol and substance misuse</li> </ul> </li> </ul>				
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<sup>453</sup> <https://www.legislation.gov.uk/ukpga/2005/9/contents>

<sup>454</sup> <https://www.nice.org.uk/guidance/ng222/chapter/Recommendations#recognition-and-assessment>

<sup>455</sup> <https://www.nice.org.uk/guidance/cg178/chapter/Recommendations#preventing-psychoisis-2>

<sup>456</sup> <https://www.nice.org.uk/guidance/cg78/chapter/1-Guidance#recognition-and-management-in-primary-care>

<sup>457</sup> <https://www.nice.org.uk/guidance/ng69/chapter/Recommendations#identification-and-assessment>

<sup>458</sup> <https://www.nice.org.uk/guidance/cg185/chapter/1-Recommendations#recognising-and-managing-bipolar-disorder-in-adults-in-primary-care-2>

<sup>459</sup>

[https://www.mind.org.uk/donate/?msclkid=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/?msclkid=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))

<sup>460</sup> <https://www.thecalmzone.net/>

<sup>461</sup> <https://www.nhs.uk/mental-health/social-care-and-your-rights/annual-health-check-smi/>

<ul style="list-style-type: none"> <li>• 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 resources<sup>462</sup> where needed: <ul style="list-style-type: none"> <li>○ Diet and lifestyle</li> <li>○ Smoking cessation</li> <li>○ Substance misuse support</li> <li>○ Exercise</li> </ul> </li> <li>• Be able to provide support, advice, and resources for carers of patients with a mental health condition<sup>463</sup></li> <li>• Be able to identify any safeguarding concerns and refer on as appropriate including any local safe guarding leads as per local policy and procedures</li> <li>• Be able to recognise when patient complexity exceeds competence and refer to senior or specialist clinician as appropriate</li> </ul>				
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<sup>462</sup> <https://www.mind.org.uk/information-support/tips-for-everyday-living/>

<sup>463</sup> <https://www.mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/>