

Mental Health (incl. Depression)				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
Tier 2				
Knowledge and Understanding <ul style="list-style-type: none"> • Demonstrate an understanding of the diagnostic criteria for mental health conditions, including but not limited to: <ul style="list-style-type: none"> ○ Depression⁴⁶⁴ ○ Anxiety⁴⁶⁵ ○ Schizophrenia⁴⁶⁶ ○ Bi-polar disorder⁴⁶⁷ ○ Personality disorder⁴⁶⁸ ○ Eating disorder⁴⁶⁹ • Demonstrate an understanding of the medications used in the treatment of common mental health conditions including mode of action side effects and monitoring requirements⁴⁷⁰ 				

⁴⁶⁴ <https://www.nice.org.uk/guidance/ng222/chapter/Recommendations#recognition-and-assessment>

⁴⁶⁵ <https://www.nice.org.uk/guidance/ng222/chapter/Recommendations#recognition-and-assessment>

⁴⁶⁶ <https://www.nice.org.uk/guidance/cg178/chapter/Recommendations#preventing-psychosis-2>

⁴⁶⁷ <https://www.nice.org.uk/guidance/cg185/chapter/1-Recommendations#recognising-and-managing-bipolar-disorder-in-adults-in-primary-care-2>

⁴⁶⁸ <https://www.nice.org.uk/guidance/cg78/chapter/1-Guidance#recognition-and-management-in-primary-care>

⁴⁶⁹ <https://www.nice.org.uk/guidance/ng69/chapter/Recommendations#identification-and-assessment>

⁴⁷⁰ <https://bnf.nice.org.uk/>

<ul style="list-style-type: none"> • Demonstrate an understanding of suicidal ideation and psychosis, and be aware of the crisis support available in your area <p>Patient Management</p> <ul style="list-style-type: none"> • Be able to identify the signs and symptoms of key mental health conditions (see individual conditions in knowledge and education section) during opportunistic encounters and refer to appropriate services or senior clinician in line with local policy and procedure • Be able to advocate for the patient regarding any concerns they have, changes or deteriorations to their condition, and ensure they are referred to the appropriate senior/specialist clinician • Be able to elicit patients understanding of their condition and provide information and resources⁴⁷¹ • Be able to discuss patients' medication adherence and support to improve where appropriate⁴⁷² • Be able to ensure patients treatment plan reflects their ethnic, cultural, social, economic, religious, and spiritual needs • Be able to address where frailty/frailty syndromes impact on the patient's mental health⁴⁷³ 				
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⁴⁷¹ <https://www.mind.org.uk/information-support/types-of-mental-health-problems/>

⁴⁷² <https://www.nice.org.uk/Guidance/CG76>

⁴⁷³ <https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/frailty-resources/>