

PPiPCare: Advanced Consultation Skills in Primary Care Towards integrated, patient-centred care and self-management

What is PPiPCare (Psychological Perspectives in Primary Care)?

- RCGP accredited, evidence-based training modules in advanced primary care consultation skills and basic CBT (Cognitive Behavioural Therapy) techniques
- Which support the House of Care implementation and Integrated Care & Long Term Conditions self-management agendas.
- And are available in 'advanced *generic skills* for short consultations' and '10 minute cbt' interventions for *specific patient presentations*.

Who is this training for?

GPs and all other primary care health professionals. These training modules have been specifically designed for busy health professionals who can only offer **short** consultations to patients.

How is the training delivered?

At scheduled workshops or delivered as bespoke training packages to existing staff teams.

CBT-based techniques for *generic use*

<p>Motivational Interviewing Techniques</p> <ul style="list-style-type: none"> • How to work with patients who are ambivalent about change • Growing intrinsic motivation 	<p>Detecting anxiety and depression</p> <ul style="list-style-type: none"> • Understanding some of the issues associated with diagnosis of anxiety and depression • Enhancing clinical practice in diagnosis
<p>Detecting anxiety and depression in older people</p> <ul style="list-style-type: none"> • Understanding issues surrounding the diagnosis of dementia, depression and anxiety in older people • Tackling myths and stereotypes about mental health and older people 	<p>Problem solving techniques in primary care</p> <ul style="list-style-type: none"> • Helping patients to develop Rational Problem Solving techniques (RPS) • Helping patients gain self-confidence in their ability to tackle stressful situations
<p>Behavioural activation techniques</p> <ul style="list-style-type: none"> • Understanding how Behavioural Activation techniques target depressive symptoms • Supporting patients to re-engage in life 	<p>Using guided self-help</p> <ul style="list-style-type: none"> • Understanding the benefits of <i>guided</i> self-help • How to offer guided self-help to patients with mild depression/ anxiety

'10 minute cbt' – clinical applications for *specific patient presentations*

<p>Mandatory Introductory Module</p> <ul style="list-style-type: none"> • Maximising impact in short consultations • Basic CBT knowledge & skills for use in primary care, time pressure strategies 	<p>Long-term physical health problems:</p> <ul style="list-style-type: none"> • Supporting patients towards self-management • Psychological, physical, and cognitive strategies for patients suffering with LTCs
<p>Mental health problems</p> <ul style="list-style-type: none"> • Integrating a cbt approach in working with patients suffering with anxiety and/or depression 	<p>Managing health anxiety and Medically Unexplained Symptoms (MUS)</p> <ul style="list-style-type: none"> • Developing a consistent approach • Coping with time limitations

To discuss your requirements contact Ineke Wolsey, Anxiety and Depression Network Manager
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