

Living Better News Bulletin

Living Better: Improving mental health and wellbeing of people with long term conditions

A regular news bulletin from the Living Better project, providing up to date information on the latest policy, research and practice relating to Coronary Heart Disease, Diabetes and Mental Health.

Research/ Articles/ Publications

Promoting mental health - Preventing common mental health problems. Although poor mental health is a major cause of illness and disability in the UK, there has been little attention paid to the development of capacity for mental health promotion and for the prevention of common mental health problems within health and social care services. This paper is intended as a resource for Community Health Partnerships (CHPs) to enhance understanding of mental health promotion and prevention at primary care level; assist CHPs in developing a local mental health promotion and prevention agenda; and identifies practical steps for CHPs to improve the mental health and wellbeing of their local populations. The paper also provides pointers for improving responses and supports for those with identified mental health problems / mental illness and their family members and carers.

<http://www.sehd.scot.nhs.uk/chp/Resource%20Paper%20for%20Community%20Health%20Partnerships%20November%202007.pdf>

Social prescribing for mental health: briefing paper. Social prescribing is a mechanism for linking patients in primary care with community services and care. This report aims to demonstrate opportunities for linking mental health promotion to the broader public health and regeneration agenda, and, extending the commitment to mental health promotion across the system. There is a need to make the case for the added value of mental health promotion to the Modernisation Boards within the NHS, and to a wide variety of other stakeholders. It will require a strategic approach with local authority responsibility for economic and social wellbeing, and the increase in education about citizenship.

<http://www.scie-socialcareonline.org.uk/repository/abstract/0093042.htm>

Hansson, Maja¹; Chotai, Jayanti¹; Nordstöm, Annika²; Bodlund, Owe¹ British Journal of General Practice, Volume 59, Number 566, September 2009 , pp. e283-e288(1) **Comparison of two self-rating scales to detect depression: HADS and PHQ-9**

<http://www.ingentaconnect.com/content/rcgp/bjgp/2009/00000059/00000566/art00001;jsessionid=3lam9k9sshcu.alice>

Maxwell, M. and Pratt, R. (2008). **Prevention and management of depression in primary care in Europe: a holistic model of care and interventions.** *Quality in Primary Care.* 16, 3, 187 – 196.

<http://www.ncbi.nlm.nih.gov/pubmed/18700100>

Morrison J, Anderson MJ, Sutton M, Munoz-Arroyo R, MacDonald S, Maxwell M, Power A, Smith M, Wilson P. **Factors influencing variation in prescribing antidepressants by general practices in Scotland.** *British Journal of General Practice* 2009; 59: 88 - 93.

<http://www.ingentaconnect.com/content/rcgp/bjgp/2009/00000059/00000559/art00001>

Pratt, R., Halliday, E. and Maxwell, M. (2009) **Professional and service user perceptions of self-help in primary care mental health services.** *Health and Social Care in the Community.* 17, 2, 209 – 215.

<http://www.ingentaconnect.com/content/bsc/hsc/2009/00000017/00000002/art00013>

Stavrou, Stavros¹; Cape, John²; Barker, Chris³ British Journal of General Practice, Volume 59, Number 566, September 2009 , pp. e289-e298(1) **Decisions about referrals for psychological therapies: a matched-patient qualitative study**

<http://www.ingentaconnect.com/content/rcgp/bjgp/2009/00000059/00000566/art00002>

Articles (cont)

Kessler, David¹ British Journal of General Practice, Volume 59, Number 566, September 2009 , pp. e297-e297(1) **Commentary: GPs' views on their handling of depression**

<http://www.ingentaconnect.com/content/rcgp/bjgp/2009/00000059/00000566/art00003>

Macdonald, Sara¹; Morrison, Jill¹; Maxwell, Margaret²; Munoz-Arroyo, Rosalia³; Power, Andrew⁴; Smith, Michael⁵; Sutton, Matt⁶; Wilson, Philip¹ British Journal of General Practice, Volume 59, Number 566, September 2009 , pp. e299-e307(1) **'A Coal Face Option': GP's Perspective on the Rise of Antidepressant Prescribing**

<http://www.ingentaconnect.com/content/rcgp/bjgp/2009/00000059/00000566/art00004>

Mauerhofer, Aurélie¹; Berchtold, André¹; Michaud, Pierre-André¹; Suris, Joan-Carles¹ British Journal of General Practice, Volume 59, Number 566, September 2009 , pp. e308-e314(1) **GPs' role in the detection of psychological problems of young people: a population-based study**

<http://www.ingentaconnect.com/content/rcgp/bjgp/2009/00000059/00000566/art00005>

Government Reports

Well? What Do You Think? (2008): The Fourth National Scottish Survey of Public Attitudes to Mental Wellbeing and Mental Health Problems. A report of the fourth wave of the Well? What do you think? Survey of the Scottish population and their attitudes to mental illness and mental wellbeing. This contains analysis of the factors associated with mental wellbeing and mental problems, and those associated with attitudes to mental wellbeing and mental problems.

Research publication: <http://www.scotland.gov.uk/Publications/2009/09/15120147/0>

Research findings: <http://www.scotland.gov.uk/Publications/2009/09/15112214/0>

News

The Living Better Project Update

Progress, at the pilot sites involved in the Living Better Project, is going well

Mapping Needs

The Living Better Research Team are very close to completing all the findings from the 20 plus focus groups with patients and health professionals that have taken place so far. Emerging findings indicate that people with diabetes, CHD or COPD experience a range of emotional strains relating to their condition, including isolation, stress, fear, anger and frustration. Individuals indicated that they would benefit from having "someone to talk to" to share ideas and advice on how to cope with their condition - this could be in group form or on a one-to-one basis, depending on individual preferences. Health Professionals recognised that individuals with long term conditions experienced a range of mental health issues, but felt ill equipped to respond to these issues, or instigate conversations about mental health. They felt that training to build confidence in talking about mental health, and knowing where to signpost people for further help would be beneficial.

Focus group reports from Angus, North Lanarkshire and Western Isles are available to download on our website www.livingbetter-scotland.org.uk. It is anticipated that reports from the other sites will be completed by the end of November 2009.

Building capacity

The Living Better team have developed a half day training course on mental health awareness, assessment and signposting, aimed at primary care staff and specialist nurses. The course was run for the first time in North Lanarkshire in October, with additional dates to follow. It is hoped that similar courses will be made available in the other 4 pilot sites in 2010. For enquiries about training, please contact Pippa Coutts, Living Better Strategic Lead (pippa@sdcmh.org.uk)

Providing information

Two patient leaflets on Diabetes & Mood and CHD & Mood have been produced by Living Better, and are available in PDF version on our website. We are very grateful to our voluntary sector partners, and in particular Chest, Heart & Stroke Scotland and Depression Alliance Scotland for their work on these leaflets.

Events

Better Diabetes Care for Minority Ethnic Group — 4th November 2009

This one day workshop is to explore how we can improve Diabetes Care by working together. It is being organised by the Diabetes Minority Ethnic subgroup of the Scottish Diabetes Group. The aim is: To explore how we can improve diabetes care in minority ethnic groups by working together. Further details can be found at: <http://www.sahf.org.uk/eventdetails.aspx?ID=15>

The State of the Heart in Scotland

Friday 20th November 2009, John McIntyre Conference Centre, Pollock Halls, Edinburgh
www.scs-online.org.uk/pdf/HeartFailureMeeting2009.pdf

Contact

You can send information / news, for inclusion in this bulletin, by sending an email to Euan Bailey, Living Better Project Administrator at ebailey@rcgp-scotland.org.uk or in writing to:

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If you would like further information on the project, please visit our website www.livingbetter-scotland.org.uk