NES Documents

- **Matrix (2015).** A guide to delivering evidenced based psychological therapies in Scotland/Psychosocial interventions for people with persistent physical health symptoms. The cardiovascular section of this document on P12 is superseded by the more recent SIGN guidelines (2017).
- **Emotion Matters (2018).** This interactive pdf is an e-learning module designed to increase your knowledge and skills about coping with the emotional impact of a long term condition.
- **PATH (Psychological Awareness Training for the Heart, 2018).** These 5 e-learning modules are designed to help upskill staff in the psychological aspects of cardiac care.

Scottish Government Documents

- **Mental Health Strategy (2017-2027).**
- **Primary Care Transformation.** £72 million investment to modernise Primary Care in 2017-2018.
- **No health without mental Health.** This document outlines how mental health must be seen in parity with physical health.
- **Gaun Yersel! – The Self-Management Strategy for Scotland, Long-Term Conditions Alliance (May 2013).** Published jointly with LTCAS, this document informs all of our work.
- **National Health and Wellbeing Outcomes: A Framework for Improving the Planning & Delivery of Integrated Health & Social Care Services (February 2015).** Health and Social Care Integration (2014 onwards). Working to increase accessibility of training to those from social care backgrounds.
- **The Healthcare Quality Strategy for NHSScotland, Scottish Government (2010).**
- **Better Cancer Care, An Action Plan (2008).**

SIGN Guidelines

- **SIGN 115: Management of Obesity (2010).**
- **SIGN 116: Management of Diabetes (updated 2017).**
• **SIGN 147: Management of chronic heart failure.** P14: Emotional wellbeing and health behaviour change.

• **SIGN 148: Acute Coronary Syndrome.** P35: Provision of Information. P36 has an excellent table about tips for communicating to cardiac patients.

• **SIGN 149: Risk Estimation and the prevention of cardiovascular disease.** P68: Psychological Issues. Useful overview of the literature on the role of depression, anxiety, social isolation, poor social support, work related stress and catastrophic life events on cardiovascular risk.

• **SIGN 150: Cardiac Rehabilitation.** P15: Psychosocial Health. The psychological section here has the most comprehensive review of all of the SIGN guidelines regarding the evidence base for psychological approaches.

### NICE Guidelines

- **NICE Mental Health Guidelines** - (including Anxiety, Depression and Self Harm).

- **NICE CG79 Rheumatoid arthritis in adults: management (2016).**

- **NICE NG17 Type 1 Diabetes in Adults: Diagnosis and Management (2015).**

- **NICE CG91 Depression in Adults with a Chronic Physical Health Problem: Recognition and Management (2009).**

- **NICE NG59, Low back pain and Sciatica in over 16s: assessment and management (2016).**

- **SIGN 114 Non-Pharmaceutical Management of Depression (2010).**

- **Improving Support and Palliative Care for Adults with Cancer: The Manual (NICE, 2004).** Includes an outline of the 4 levels of professional expertise with regard to the provision of psychological support. Predominantly used in cancer, but principles can be used in other medical settings. The Mount Vernon Cancer Guidelines (2006) elaborate on this manual, and gives more detail about the difficulties, competencies and interventions at each level.

- **NICE guidelines on Shared Decision Making.**

### Improving Communication and Health Behaviour Change


Family Systems


Shared Decision Making

• See also the works of Glyn Elywn, who is widely published in Shared Decision Making.

  • **CollaboRATE: This is a measure of shared decision making.**
  • **Making Shared Decision-Making a Reality. No decision about me without me. The Kinds Fund and the Foundation for informed medical decision making. Angela Coulter and Alf Collins (2011).**

Other Helpful Documents

• BACPR Standards 2017.
• Long-Term Conditions and Mental Health, The cost of co-morbidities. The Kings Fund and Centre.

- **House of Care: Supporting the Self-Management of People Living with Multiple LTCs** – conversations focussed on what matters.

- **Salzburg Global Statement: New Paradigms for Behavioral and Mental Health Care** - calls for a global commitment to mental health.

**LEARNPRO Further Training**

- Emotion Matters
- Motivational Interviewing
- Alcohol Screening
- Introduction to Trauma
- Assertiveness
- Stress Management
- Dementia

**More Links**

- **NES Physical Health, Psychology Directorate** (this is the department that runs the DEPA training).
- **NHS Health Scotland Health Behaviour Change e-learning Module** (30-60 mins).
- **HEARTe** (some psychological elements are woven into this).
- Consider **safeTALK** or STORM training for further suicide training.