

NES Documents

- **[Roth and Pilling \(2015\) A competence framework for people with persistent physical health conditions.](#)** See P19 for grid of learning competences. The DEPA learning outcomes link in with these competences.
- **[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 The cardiovascular section of this document on P12 is superseded by the more recent SIGN guidelines (2017).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.
- **[Realistic Medicine](#)** and **[Realising Realistic Medicine \(2015-2016\).](#)** Key documents on improving the delivery of clinical practice.
- **[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

- Fuller, C. and Taylor, P. (2008) A Toolkit of Motivational Skills: Encouraging and Supporting Change in Individuals. Wiley-Blackwell, 2nd edition.
- Heather, N., Rollick, S., Bell, A., and Richmond, R. (1996) Effects of brief counselling among male heavy drinkers identified on general hospital wards. Drug and Alcohol Review, 15 (1), 29-38.
- Mason, P., Rollnick, S. and Butler, C.C. (2010) Health Behaviour Change. 2nd Edition. Churchill Livingstone.
- Miller, W. R., & Rollnick, S. (2002) Motivational Interviewing. 2nd Edition. Guilford Press.
- Miller, W. R. and Rollnick, S. (2012) Motivational Interviewing: Helping people change. 3rd Edition. Guilford Press.

- Newman, M. (2003) The structure and function of complex networks. *Statistical mechanics*, 45, 167-256.
- Nicklas, L., O'Brien, G., Torren, L., & Wallace, L. (2012) AsSET: A psychological training package for 'the real world'. *Primary Health Care*, 22 (9), 26-31.
- Rogers, C. R. (1965) *Client-Centred Therapy*. Houghton-Mifflin Company.
- Rolland (2005) *Cancer and the family. An integrative model*.

Family Systems

- Carter, B. and McGoldrick, M. (1999) *The expanded family lifecycle*. 3rd edition. Pearson.
- Combrink-Graham, L. (1985) A developmental model for family systems. *Family Process*, 24 (2), 139-150.
- McGoldrick, M., Carter, B. A., & Garcia Preto, N. A. (2010) *The Expanded Family Life Cycle. Individual, Family and Social Perspectives*. Pearson.
- Rolland, J. S. (1994) In sickness and in health: The impact of illness on couples' relationships. *Journal of Marital and Family Therapy*, 20 (4), 327-347.
- Rolland, J. S. (2005) *Cancer and the family: An integrative Model*. *Cancer*, 104 (11), 2584-2595.
- Walsh, F. (2015) *Strengthening Family Resilience*, 3rd Edition. The Guilford Press.

Shared Decision Making

- Hacking, B., Wallace, L., Scott, S., Kosmala-Anderson, J., McNeill, A., and Belkora, J. (2013) Testing the feasibility, acceptability and effectiveness of a 'decision navigation' intervention for early stage prostate cancer patients in Scotland – a randomised controlled trial. *Psychoncology*, 22 (5), 1017-1024.
- Joseph William, N et al (2017) Implementing Shared Decision Making in the NHS: Lessons from the MAGIC program. *British Medical Journal*, 357, 1744. <http://www.bmj.com/content/bmj/357/bmj.j1744.full.pdf>

• 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](#)**

[for Mental Health. Naylor \(2012\).](#)

- [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.