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Self-help Access in Routine Primary Care (SHARP) Project

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Focused around Self-Help...



Self Help Access in Routine Primary care

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What is SHARP?

SHARP is a self-help provision and training package for primary care practitioners, comprising of:

- A training and supervision package to enable provision of self-help information and guidance in routine primary care consultations
- Access to over 40 self-help guides on the practitioner's PC, via a website.
- All guides based on CBT and covering anxiety, depression, stress, grief and loss, chronic pain, sleep problems.

Website with the following features:

- Practitioner registration
- Access to over 40 self-help guides, with common format and branding, which can be printed or downloaded
- On line discussion forums to share problems and solutions, share good practice and provide advice
- Demonstration tutorials
- Audit of access to website and resources.

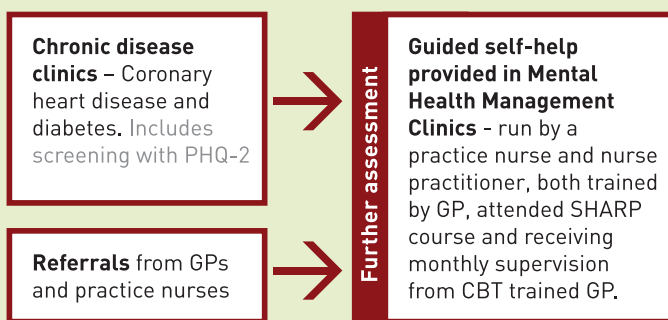
Format of training:

- 2x half day skills workshops on providing guided self-help in routine primary care (10 minute consultations). This includes 5 areas CBT model
- Monthly group supervision
- Support and sharing practice via website discussion group
- Practitioners encouraged to keep a client work log
- Follow up half day workshop to review and consolidate learning and establish plans for future practice
- Course validated at the University of Huddersfield as a 15 credit module

Self-help guides:

- Over 40 guides, all brief, one or two A4 pages
- All pdfs, with common format and branding
- Most adapted from Chris Williams books "Overcoming Anxiety" and "Overcoming Depression" (with permission)

Example of service model at Ash Grove Surgery, Knottingly



Sample of Website & PDF Self-help Guides...



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