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

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## Self Help Access in Routine Primary care

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### Evaluation of pilot S|H|A|R|P course...

#### Overview

- 14x practitioners attended (6x GPs, 5x health visitors, 3x nurse practitioners) all from Wakefield PCT locality
- 2x practitioners from each of 7 practices
- Consistent and very high ratings of satisfaction with all three training workshops, relevance and usefulness to their role and meeting prior expectations
- GPs tended to not attend the monthly supervision sessions

#### Qualitative feedback

##### - examples of feedback from the practitioners

- "Unhelpful thinking" guide particularly helpful with longer term, chronic patients
- Enabled practitioners to be more open to listen to patients' concerns as they had something to offer other than medication
- Clients opened up more
- CBT "creeped" into routine consultations
- Initially difficult to use the approach in 7 to 10 minute consultations
- Used with both well established and new patients
- Some patients liked to be challenged and given things to work on
- Very useful for considering dealing with future crises once the current one is over

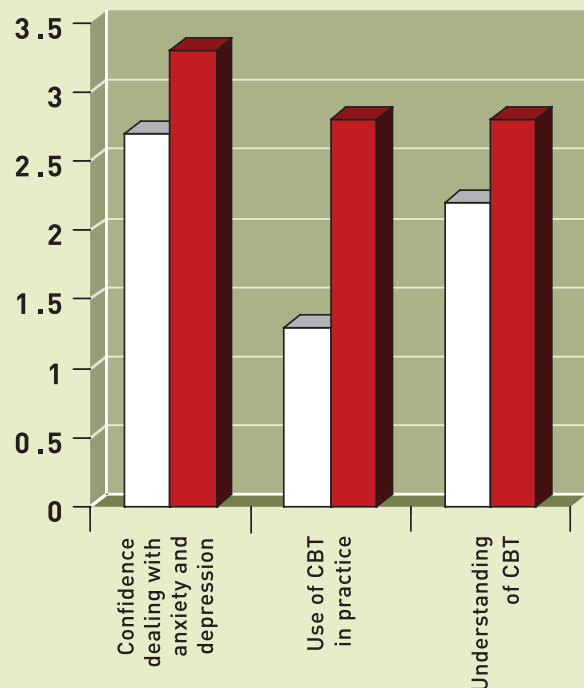
#### Future plans

- Further courses for Wakefield PCT
- Course for Wakefield Integrated Substance Misuse Team
- Inclusion in developing primary care mental health service model in Kirklees
- Linked to Primary Care Collaborative
- Link with "Skilled for health" initiative in Wakefield to enable access to self-help guides for people with poor literacy skills. This may involve training "skilled for health" workers.



### The figures...

Changes in practitioners subjective ratings of use of CBT, understanding of CBT and confidence dealing with anxiety and depression before and after the training (0-4 point scale)\*



□ Before training  
 ■ After training

\* All changes significant at .05 level on paired t-tests



#### References

- Williams, C. (2002) *Overcoming Depression – A five areas approach*. Revised edition. Arnold Press
- Williams, C (2003) *Overcoming Anxiety – A five areas approach*. Arnold Press