

October 2017

Dear Colleague

## Mental health – CPPE’s latest learning campaign

Please find enclosed your copy of CPPE’s learning programme – *Mental health: support for people living with mental health conditions*, which forms part of our *Mental health* learning campaign.

### What is a learning campaign?

Twice a year we focus on a key area of importance to the whole pharmacy profession. We develop a learning programme on the chosen topic and send a hard copy of this to all pharmacy professionals in England. Alongside this, we create a social media campaign and develop learning challenges to help you focus on the topic and apply changes to your practice.

### Why mental health?

*“When I first started taking my medications – citalopram, zopiclone and diazepam – I wanted to know what to expect. My GP told me to read the leaflets that come with the medications for more information on side effects. This scared me so much that I didn’t take any of them for three weeks after collecting my prescriptions. I finally spoke to a pharmacist. They reassured me that most of the side effects were very rare and what to do if I did experience any.”*

At least one in four people will experience a mental health condition at some point in their life, and one in six adults have a mental health condition at any one time.<sup>1</sup> Mental health conditions can affect anyone at any time, including new mothers, children, teenagers, adults and older people.

*The five year forward view for mental health* sets out recommendations to achieve the ambition of parity of esteem between mental and physical health for children, young people, adults and older people.<sup>2</sup> Parity of esteem is the principle by which mental health must be given equal priority and value to physical health. As a pharmacy professional you are in an ideal position to work with patients and carers to ensure that patients receive equal treatment, whether it be for a mental or physical condition.

### How can I get involved?

You can start by reading the campaign plan below. This outlines the five challenges we have set for you. We will be launching this campaign on Monday 9 October 2017 and there will be one challenge each week for five weeks. Visit: [www.cppe.ac.uk/mentalhealth](http://www.cppe.ac.uk/mentalhealth) or follow us on Facebook, Twitter and Instagram to keep up to date with the campaign using the hashtag **#CPPEMH**.

### How to use this programme

The learning that underpins this campaign is made up of a set of cards with supporting web-based learning for you to access at a time that is convenient for you. These extra resources include case

studies, videos, signpost documents, factsheets and guidance. The cards can be used in many different ways depending on your area of practice and expertise. If you are new to mental health you may wish to work through the whole programme, but if you are an experienced practitioner in this field, you can use it to refresh your skills or to train others.

The cards look at different areas of mental health and how pharmacy professionals in all sectors can contribute to the improved support of people living with mental health conditions. These cards can be kept in the dispensary, ward, consultation room or clinic to be utilised in your practice.

**Why have I been sent this?**

We have sent this to every GPhC-registered pharmacy professional in England. This does not automatically mean that you are registered with CPPE. In order to do so, visit our website at [www.cppe.ac.uk](http://www.cppe.ac.uk) and select *Log in/register* to register your details.

**About CPPE**

CPPE offers a wide range of learning opportunities in a variety of formats for pharmacy professionals from all sectors of practice. We are funded by Health Education England to offer continuing professional development for all pharmacists and pharmacy technicians providing NHS services in England. For further information about our learning portfolio, visit: [www.cppe.ac.uk](http://www.cppe.ac.uk)

Kind regards,



**Matthew Shaw**  
Director  
Centre for Pharmacy Postgraduate Education



**Peter Pratt**  
NHS England and NHS improvement  
Head of mental health and learning  
disability strategy



### Challenge 1: Mental ill health can affect us all

It is important to appreciate what it is like living with a mental health condition and the impact on the individual, family, friends or carers. Watch one of the following videos from Sam or Amy about how living with depression affects their lives. Think about what their priorities are and how you might be able to support them: <http://bit.ly/2xkJlqr>

Talk to a family member, friend or patient and ask them what it is like living with depression. Together identify one area of treatment or support you could tackle.

### Challenge 2: Everyone deserves help

Reaching out for help is often the hardest step to take. How can we support people that are asking for help? Take a look at this video from Mind which gives some useful strategies for approaching GPs and other healthcare professionals: <http://bit.ly/2g0G81D>

Discuss in your pharmacy teams how you can encourage people to take that first step towards getting help.

To find out more about schizophrenia or depression read our medicines optimisation briefings, produced in collaboration with the Royal Pharmaceutical Society. These briefings are designed to help you and your patients get the best outcomes from medicines.

Depression: <http://bit.ly/2v7zgBT>

Schizophrenia: <http://bit.ly/2x5Txcx>

### Challenge 3: Develop your learning

This week we are focussing on the learning contained within these cards. You can also access an electronic version of this resource on the CPPE website: [www.cppe.ac.uk/mentalhealth](http://www.cppe.ac.uk/mentalhealth). Take this week to familiarise yourself with the content and see how you can apply this new knowledge in your area of practice. Mental health is a broad area and it requires a wide range of skills to manage the challenges of supporting patients who live with mental health conditions. Identify where your knowledge gaps are so you can focus your learning over the next weeks of the campaign.

Test your knowledge on mental health by completing this week's e-challenge on 25 October.

### Challenge 4: Changing perceptions

This week we are focusing on changing perceptions and sharing our good practice. Take a look at the CPPE learning card 4 on physical and mental health. This links you to a video on perceptions of physical and mental health: <http://bit.ly/2w4yW11>

After watching this video, write down how your perceptions of people living with mental health conditions have altered and what changes you can put into place in your sector of practice to ensure parity of esteem.

### Challenge 5: Sharing good practice

Make a pledge on the CPPE website and let us know how you are going to change your practice following completion of the activities during this campaign. To choose and make your pledge, visit: [www.cppe.ac.uk/mentalhealth](http://www.cppe.ac.uk/mentalhealth)

Your commitment will help show the impact that the pharmacy profession can make. You can also share useful sector-specific resources in our resource hub.

### When you complete all 5 challenges

You will receive a virtual badge to add to your collection on your CPPE learning record.

In addition to this for any pharmacist completing all 5 challenges The College of Mental Health Pharmacy (CMHP) would like to offer you a free one year free membership. In order to take advantage of this offer, please enter your details at: [www.cmhp.org.uk/registration](http://www.cmhp.org.uk/registration). Under 'Checkout Options', select: 'Student Membership – Free'. When prompted, enter your course length as one year (from the date you are registering) and the 'Institution' as 'CPPE'.

### References

- 1) Department of Health. *No health without mental health*. February 2011.  
[www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/213761/dh\\_124058.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/213761/dh_124058.pdf)
- 2) The Mental Health Taskforce. *The five year forward view for mental health*. February 2016.  
[www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf](http://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf)