

The Detection of Psychological Distress in people with Cancer and their Families

This training has been set up in response to the NICE guidelines for Supportive and Palliative Care (March 2004). Up to 50% of all people diagnosed with cancer will suffer from a diagnosable psychological disorder at some point in their journey.

The guidelines suggest a 4 tier model of Psychological Support for people with cancer and their families. Professionals such as Clinical Psychologists, Counsellors and Psychiatrists provide assessment and treatment at Levels 3 and 4. Frontline staff (nurses, doctors, HCSW's, physios, OT's,) are expected to be able to deal with distress at Levels 1 and 2 (and know the difference). It is hoped that all frontline staff across the network will be able to attend at some point. Volunteers are also very welcome.

Session 1 – Listening Skills

Background – prevalence of psychological problems in patients with cancer and their families

Key assessment stages on the cancer journey and specific issues that may arise at each stage

Listening skills – verbal, non-verbal, environment

Barriers to effective listening/exploration of problems

Session 2 – Symptom recognition

Listening for depression, anxiety, PTSD, OCD, BDD, suicide risk

Screening Tools

Looking after ourselves

Session 3 – What can you do?

Tools for low level anxiety, depression, “difficult” patients, problem solving

Criteria for onward referral – local agencies/services

Session 4 – Follow up

How has this been in a real life situation?

Trouble shooting

Success stories

KSF

Each participant will be given a pack of handouts, worksheets, screening tools and information to use with their patients. The course is linked to the KSF on the following Core domains:

Core 1, Communication	Level 3
Core 4, Service Improvement	Level 1
Core 5, Quality	Level 1
Core 6, Equality and diversity	Level 2

It also has relevance to many of the Health and Wellbeing domains, all of which will be listed on a certificate of attendance for participant's records.