

# Supporting people with mental health conditions in primary care

19 September 2023

The first stop for professional medicines advice

# Outline of today's event

## About the event

Our keynote speaker will outline how NHS England is supporting the management of people living with mental health conditions in primary care followed by examples of doing this in practice.

We will encourage an honest discussion about the barriers that participants experience when supporting people living with a mental health condition.

## What will be covered:

1. Common barriers to engaging with people living with a mental health condition, including fears, confidence, stigma and not being a mental health expert.
2. Lived experience will be shared to understand the impact that pharmacy professionals in primary care have on supporting people living with mental health conditions.
3. The value of being curious and asking questions during consultations even if you don't know the answer.

# Today's speakers

## Matthew Elswood

National Speciality Advisor Mental Health Pharmacy, NHS England, & Chief Pharmacist, Notts Healthcare

## Kuljit Nandhara

Deputy Chief Pharmacist, Head of Mental Health Services, Nottinghamshire Healthcare NHS Foundation Trust

## Dr Dolly Sud

Postdoctoral Clinical Academic Research Fellow Pharmacist, Leicestershire Partnership NHS Trust

## Katey McCorkell

PCN Pharmacy Technician, Shard End and Kitts Green PCN, Our Health Partnership

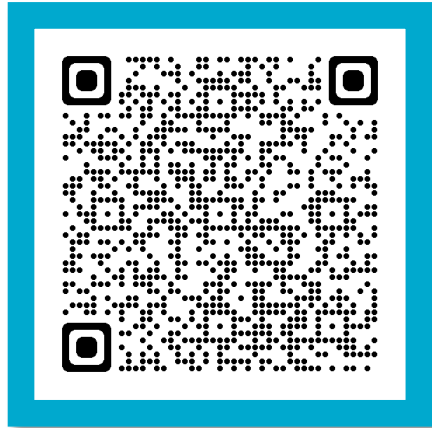
## Harlene Kithoray

Senior Clinical Pharmacist, Rushcliffe PCN

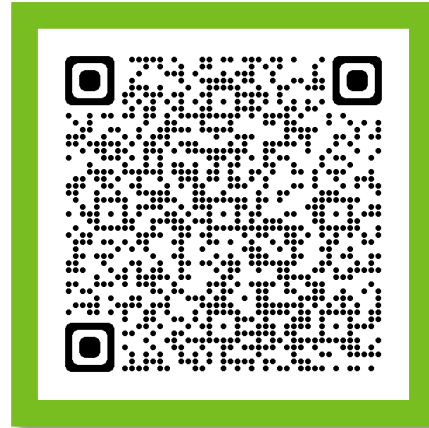
## Ang Evans

Team Leader, Community Mental Health Medicines Management, Mersey Care NHS Foundation Trust

# SPS Mental Health Resources



Mental health  
medicines: resources  
to support answering  
questions



Switching  
antidepressants

And many more including:

[Safety in pregnancy](#)

[Safety in breastfeeding](#)

[Managing constipation in people taking clozapine](#)

[Clozapine use in adults with swallowing difficulties](#)

[Choosing an antidepressant for people with coronary heart disease](#)

[Using antidepressants for depression in people with epilepsy](#)

Slides will be circulated after the webinar

# Examples of Mental Health Training

## [Mental Health | CPPE](#) (free to NHS Pharmacy workforce)

A range of learning material on mental health topics

## [College of Mental Health Pharmacy](#) (course fees apply)

**Psych 1:** Introduction for pharmacists, pharmacy technicians and medicines management professionals to key mental health conditions. It introduces mental health, focussing on the core clinical issues.

**Psych 2:** Aimed at professionals with some limited clinical experience in psychiatric pharmacy practice. An extension to Psych 1 covering more specialised areas.

## [Primary Care | Safe Prescriber](#) (free with nhs.net email, registration required)

SCRIPT is an eLearning programme, commissioned by HEE, to improve safety and competency among healthcare professionals around prescribing, therapeutics and medicines management

## [Mental Health | Medicines Learning Portal](#) (free)

Tutorial aimed at foundation level pharmacists but the content is also relevant to clinical primary care pharmacists

Slides will be circulated after the webinar

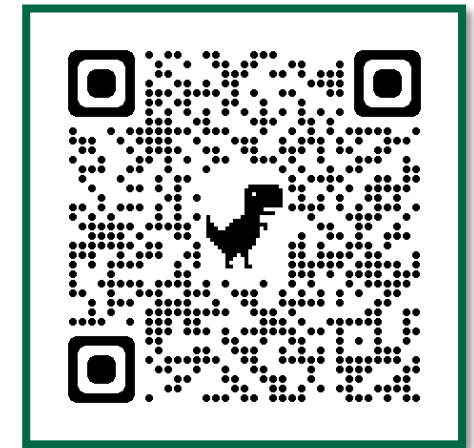
# SPS Podcasts

## Pharmacy technician coffee break conversations

Listen to pharmacy technicians talk about the variety of roles and opportunities for the profession, and the contributions they make to patient care

## Clinical decision making in practice

Experienced pharmacists share stories, learning and reflections of making complex clinical decisions where there are no clear answers to clinical or communication related dilemmas.



# SPS Resources to Support Primary Care



Use of medicines in patients with swallowing difficulties



Safe medicines use during lactation



Safe use of medicines in pregnancy



Medicines Monitoring Tool



Medicines Supply Tool



Assessing the impact of renal impairment on adults

Have you used our resources?  
What other topics could we help you with?  
Let us know in the chat box

# Register with the SPS website today

You can register at [www.sps.nhs.uk](http://www.sps.nhs.uk) and once registered, you can go to the top right hand of the registration page and **'edit your profile'**

Choose your interests and networks including **Medicines Use and Safety Interest**

**Don't forget to tick the box at the bottom of the page to say you would like us to keep in touch.**

You will then receive information and invitations to events run by the MUS Network



Slides will be circulated after the webinar