

Training events (free of charge) for Commissioners, General Practitioners and Primary Care Practitioners in setting up an innovative one-stop shop treatment programme for patients with Somatic Symptom Disorder/ SSD (formally known as Medically Unexplained symptom Disorder / MUS)

22 September 2016 and/or 15 November 2016

Over the last 18 months we piloted a new care pathway for patients with SSD in primary care GP practices in Newham, East London. This work was funded through a grant by the Health Foundation (HF) in the context of their SHINE innovation programme and included both educational and therapeutic components (Body Oriented Psychological interventions and Mindfulness Based Stress Reduction).

Patients with SSD/MUS pose significant challenges to primary care practitioners because they often have unmet health needs as a result of incorrect diagnosis and because it is difficult to engage these patients in holistic care. Consequently treatment is often ineffective despite frequent presentation at primary and secondary care services, resulting in high cost pressures to the health economy. Existing models have not met the complex needs necessary to achieve positive health outcomes for this group.

The new care pathway piloted in East London has produced promising results both in terms of symptom reduction and associated patient satisfaction and in terms of reducing the cost of these patients to the NHS. As a result of the positive outcomes achieved in the pilot the Health Foundation has awarded us a further grant to disseminate the findings of the care pathway with a view to informing NHS commissioners and other practitioners about the benefits of this novel care pathways.

Therefore we are offering two detailed and practically minded care-pathway implementation workshops for NHS Commissioners) and Primary Care Practitioners (General Practitioners, primary care nurses and practice managers) to understand the specific characteristics and clinical needs of MUS/SDD sufferers. Information about the staffing and other requirements for the local implementation of the care pathway including a cost-benefit analysis for an invest-to-save initiative will be included. We are introducing training in a tailor made psychoeducation tool and delivery of corresponding teaching materials, patient leaflets and handouts.

We are pleased to announce that these one day workshops will take place on 22 September and 15 November 2016. These training days are free of charge (funded by the HF)

Trainings will take place at Resource for London, 356 Holloway Road, London, N7 6PA. Lunch will be provided.

If you are interested in registering for one of the day trainings please contact MUS@elft.nhs.uk. Places are limited and will be offered on a first come/first served basis.

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