

Session	Long Term Conditions and Mental Health
Background Information	Long term conditions (LTC's) are health conditions that last a year or longer, impact on a person's life, and may require ongoing care and support. In Scotland it is estimated that approximately 40% of the population live with a long term condition. The human costs and the economic burden for health and social care are profound and it is estimated that 60% of all deaths are attributable to long term conditions and they account for 80% of all GP consultations. The impact of LTC's on mental health and wellbeing is significant and those with LTC's are more likely to experience psychological problems.
Aim	To raise awareness of the impact of long term conditions on mental health.
Objectives	<p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. Dispel some of the myths surrounding long term conditions 2. Define what a long term condition is 3. List examples of long term conditions 4. Describe the impact long term conditions can have on mental health and wellbeing 5. Explore strategies to support the mental health of those with long term conditions 6. List resources to support mental health and wellbeing
Duration	<ul style="list-style-type: none"> • 1.5 hours
Resources	<ul style="list-style-type: none"> • IT (laptop) • Presentation • Flipchart/pens • Session handouts • Reflective practice tool

Learning outcomes	Participant Activity	Resources	Time
1. Dispel some of the myths surrounding long term conditions	<ul style="list-style-type: none"> • Myth buster 	Quiz	10 min
2. Define what a long term condition is	<ul style="list-style-type: none"> • Slide 	Slide	10 min
3. List examples of long term conditions	<ul style="list-style-type: none"> • What are long term conditions? 	Flipchart/ pens Slide	10 min
4. Describe the impact long term conditions can have on mental health and wellbeing	<ul style="list-style-type: none"> • Body Map 	Flipchart/ pens Slide	15 min
5. Explore strategies to support the mental health of those with long term conditions	<ul style="list-style-type: none"> • What do people need? 	My world triangle handout (CYP activity) Protective factors (adult activity)	30 min
6. List resources to support mental health and wellbeing	<ul style="list-style-type: none"> • None 	Mental health resources handout (CYP or adult)	5 min
7. Looking after our own mental health	<ul style="list-style-type: none"> • Self-care 	Slide	5 min
8. Reflection and session close	<ul style="list-style-type: none"> • Reflection 	Reflective practice handout	5 min

Long Term Conditions and Mental Health

Facilitator notes

Slide	Notes	Time	Resources
Slide 1	Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.	5 min	Slides
Slide 2	Put up the session overview slide and read out what will be covered today. Highlight that this session is not to make participants experts on long term conditions but to raise awareness of these and the impact that LTCs these things can have on mental health and wellbeing.		
Activity	LTC quiz Let's start by looking at some of the myths that surround long term conditions. Distribute the quiz to participants. This can be done on an individual basis or as a group. Ask participants to complete the quiz, true or false. This is a good starting point and gives an insight into the participants' knowledge and attitudes to long term conditions. Once completed, go through each question to generate discussion. Using the supportive statements to provide the correct answers. Discussion point: Was there anything that participants were surprised about?	10min (5min activity, 5 min feedback)	Quiz
Slide 3	Definition of a long term condition Discussion point: Ask the participants how they might define, explain what a long term condition is? If we think back to the quiz, it is deemed long term if it lasts a year or more. Put up the LTC definition slide and read out. Discussion point: ask the participants if they think this is a reflective definition. This is the definition used by the Scottish Government.	5 min	Slide
Activity & Slide 4	What is a long term condition? Inform the participants that we are going to look at what we think of as a long term condition and what long term conditions do we know of. Divide the participants into groups and provide flipchart and pens. Invite the groups to think about and discuss examples of long term conditions and write them down. Take feedback from each group, one or two examples from each. Put up the slide with examples of long term conditions, acknowledging if the participants have covered them. Note abbreviations: COPD: chronic obstructive pulmonary disease CHD: coronary heart disease Discussion point: Were there any surprises from examples of LTC's, did they consider these to be LTC's?	15 min (10 min activity, 5 min feedback)	Flipchart/ pens Slide

Slide	Notes	Time	Resources
Slide 5	<p>Long term conditions statistics</p> <p>The purpose of the statistic section is to help build a picture of the scale of long term conditions and the challenges we face. The statistics have been sourced from the Scottish Government website.</p> <p>Inform participants that we are going to look at some of the statistics relating to long term conditions. Put up the slide and read out the statistic information.</p> <p>Discussion point: once you have read off the information, highlight that we explored some of these in the quiz. Then ask participants what their thoughts and views are on the statistics, are they alarmed by them or not surprise? Inform them that this demonstrates the prevalence of long term conditions in Scotland and the challenge it presents including the human costs and economic burden.</p>	10 min	Slide
Activity & Slide 6	<p>How can long term conditions affect mental health and wellbeing?</p> <p>Inform the participants that we have looked at examples of long term conditions, how a long term condition is defined and some of the statistics relating to long term conditions. Now we are going to explore how long term conditions can affect mental health and wellbeing.</p> <p>Divide the participants into groups and provide flipchart and pens. Invite the groups to draw an outline of a body and to think how having a long term condition can impact on mental health and wellbeing. Invite participants to consider links to physical, emotional and social wellbeing. Write these down in and around the body.</p> <p>Suggested idea: you could give each group a long term condition to use as an example as how this condition may impact on an individual's mental, physical and social wellbeing. Eg asthma, epilepsy.</p> <p>Take feedback from each of the groups, one or two examples from each. After all have fed back, put up the slide to show the impact long terms conditions can have on mental health and wellbeing. Highlight the list is not exhaustive.</p> <p>Please note whether it is an adult or CYP with a long term condition, the impacts on wellbeing will be similar</p> <p>However be mindful that there will be areas more relevant to CYP eg school and others to adults eg employment, marriage breakdown etc.</p>	15 min (10 min activity, 5 min feedback)	Flipchart/pens

Slide	Notes	Time	Resources
Activity	<p>How can we protect, promote and support the mental health of individuals with a LTC?</p> <p>Keep participants in their groups.</p> <p>We have looked at examples of LTC's, and how having a LTC may impact on mental health and wellbeing. Now we are going to explore what we can do to protect, promote and support the mental health of those living with long term conditions.</p> <p>Give each group a long term condition from the examples highlighted at the beginning of the session (Asthma, diabetes etc). Distribute the protective factors or my world triangle handout dependent on who you are delivering the session to.</p> <p>Ask the groups to consider what would help support the mental health of the individual taking into consideration the factors that are essential to protecting their mental health as highlighted in the handout.</p> <p>Take feedback from each of the groups.</p> <p>Discussion point: how did they find completing this exercise? Highlight there are different resources that help support mental health and wellbeing and there isn't a one size fits all, supports can be different for everyone and we should be mindful of this when signposting to resources.</p> <p>Circulate the mental health resources handout (child/youth or adult), highlight these are general and participants will have more insight into local resources.</p> <p>Discussion point: are there any local resources that participants would like to share information on?</p>	<p>20 min</p> <p>(15 min activity, 5 min feedback)</p>	<p>Protective factors or my World Triangle handout</p> <p>CYP or adult mental health resources handout</p>
Slide & Activity	Remind the participants of the importance of looking after their own mental health and provide a self-care activity.	5 min	Slide
Session close	Thank the participants for their time and ask them to complete the reflective practice tool before closing.	5 min	Reflective practice tool



Long term conditions quiz

True or false statements

(please circle)

1.	Long term conditions are health conditions that last 6 months or longer	True/False
2.	20% of the Scottish population have at least one long term condition	True/False
3.	Long term conditions can affect anyone	True/False
4.	People living with long term conditions are less likely to visit their GP	True/False
5.	People living with long term conditions are more likely to experience psychological problems	True/False

Long term conditions Quiz

Answers

1. Long term conditions are health conditions that last 6 months or longer	False It is a year or longer before it is deemed a long term condition.
2. 20% of the Scottish population have at least one long term condition	False 40% of the population (2 million) are believed to have a least one long term condition.
3. Long term conditions can affect anyone	True 1 in 4 adults over 16 report having at least one long term condition. However they do become more prevalent with age.
4. People living with long term conditions are less likely to visit their GP?	False People with long term conditions are more likely to visit their GP. They account for 80% of all GP appointments.
5. People living with long term conditions are more likely to experience psychological problems	True People living with long term conditions are also more likely to experience psychological problems. Prolonged stress alters immunity, making illness more likely and recovery more difficult, especially for those who are already unwell. This can impact on their mental health and wellbeing.