Do Scottish Community Nurses enable people with long term conditions to self-manage depression and/or anxiety?

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Project aim

- The overall aim of the project explores attitudes and behaviours of Scottish community nurses caring for individuals experiencing depression and/or anxiety associated with living with a long-term condition.

- This specifically includes understanding what nurses in these roles would find helpful to increase awareness of, and confidence in, their ability to offer advice and support.

- This project seeks to enable Scottish community nurses to offer appropriate support, so people have a greater sense of wellbeing and experience.

Key outcomes

- A pyramid event with people with long-term conditions and experience of depression and/or anxiety highlighted catharsis achieved in sharing experiences.

- These group discussions highlighted qualities people with long term

Key outcomes cont.

1. The project revealed wide range of practices including some excellent examples of holistic care. Structurally, the expectations of strategic leaders potentially constrict

Methodology

- Methods were co-designed with COPE members. This was important because living with a long-term condition clearly informed their opinions on what they would find useful for Scottish community nurses to know, in helping them to manage their anxiety and depression.

- A series of in-depth interviews with 20 community nurses employed at different clinical grades, including team leaders within six Scottish Health Boards. The field work was funded by QNIS.

- *Ethical approval for this work based learning project was secured through QMU Edinburgh.*

Outputs so far

- The online survey has been re-timetabled as part of this project and will become part of the wider longer-term research project.

- Filmed 'Masterclasses' with expert practitioners on supporting people with depression and/or anxiety with the context of long-term conditions. These will be distributed by QNIS, COPE Scotland and QMU Undergraduate and Postgraduate curriculum.

- Meetings with QNIS to discuss specific person-centred practice development projects for Scottish Community Nurses.

Outputs so far cont.

- Poster presentation at NHS Lothian research and development Conference 2019.

- Presentation at International Research Conference 2019.

- Invitation to publish an article in RCN Primary Care Journal.

- Literature review to be published in 2020.

- Field work is scheduled for publication in 2020 as a qualitataive research paper.

Key references

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Thank you

Any questions?