



# Mental Health Simulation-based Training Course for the Interprofessional Team at GSTT

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**Guy's and St Thomas'**  
NHS Foundation Trust

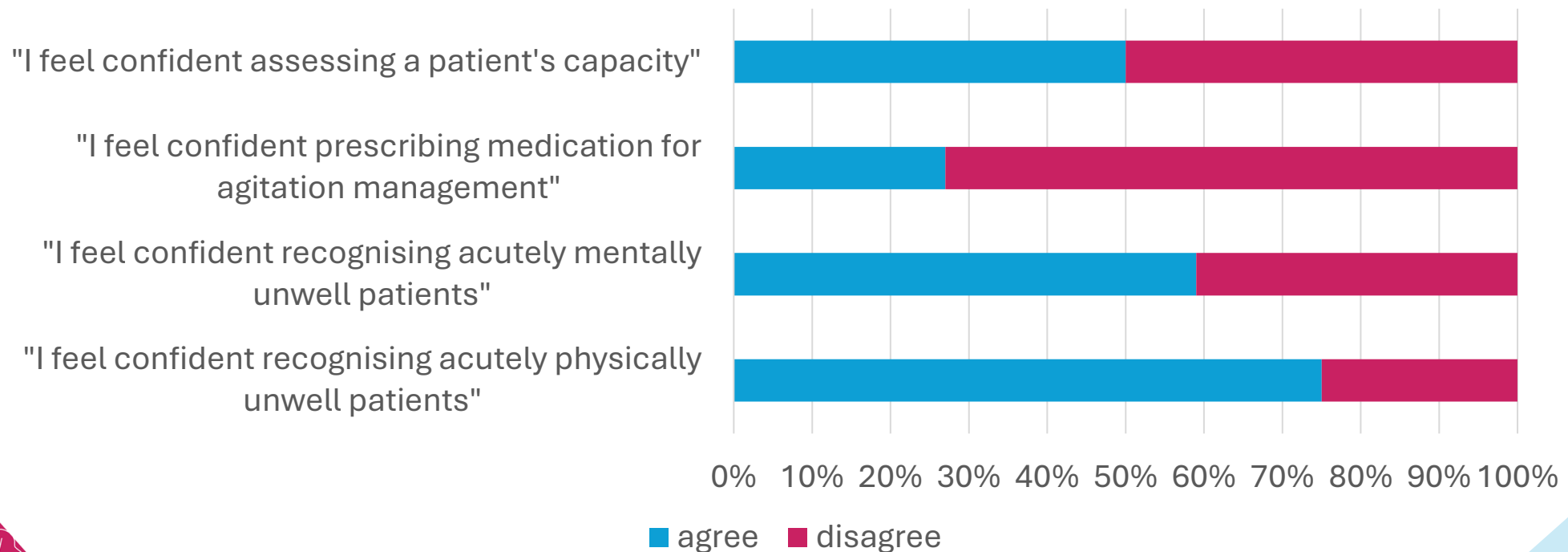
# Background

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1 in 3 inpatients have a psychiatric disorder in general health hospitals

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Exploring foundation doctors' self-reported confidence in the assessment and management of mental health conditions



# Aims

*The aim of this course was to improve the confidence of FY doctors and the MDT in:*

- Managing acutely mentally unwell patients
- Managing patients withdrawing from substances
- The use of verbal de-escalation techniques
- The use of the Mental Health Act (MHA) 1983 Legislation

# Methodology

# Course Design

- Pre-reading sent prior to the course day:
  - MHA 1983
  - Capacity assessment
  - Suicidal ideation both active and passive
  - Risk assessment
  - DoLs
  - Code 10
- One full-day course:
  - Local induction and teaching on basic simulation principles
  - 4 simulated hospital themed scenarios
  - 45-minute diamond debriefs post each scenario

# Course Assessment


- Pre- and post-course questionnaires
- 5-point Likert scale [1 - not at all confident to 5 - very confident]
- Results paired and differences analysed using the Wilcoxon signed-rank test using SPSS software
- Significance value set at  $p < 0.05$

# Questionnaire Items

- Confidence in the use of verbal de-escalation techniques
- Escalating to liaison psychiatry on-call
- Confidence in applying the MHA 1983
- Confidence in managing a patient with :
  1. Personality Disorder
  2. Substance use disorder and withdrawal
  3. Acute delirium on a background of a mental health condition
  4. First episode of acute psychosis
  5. Active suicidal ideation

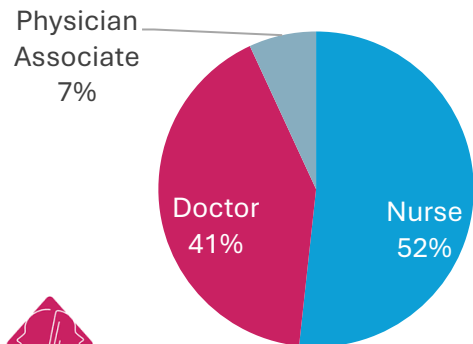
# Results

# Demographics

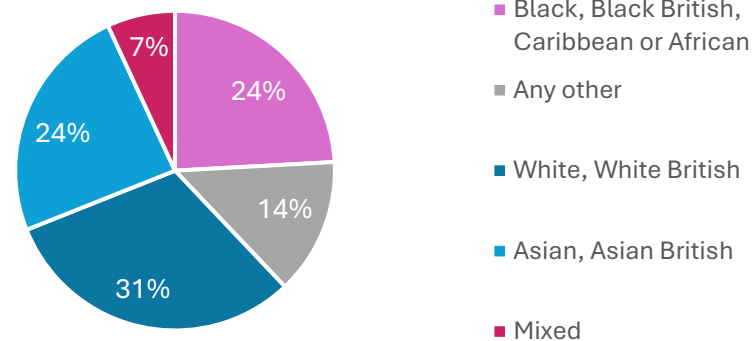
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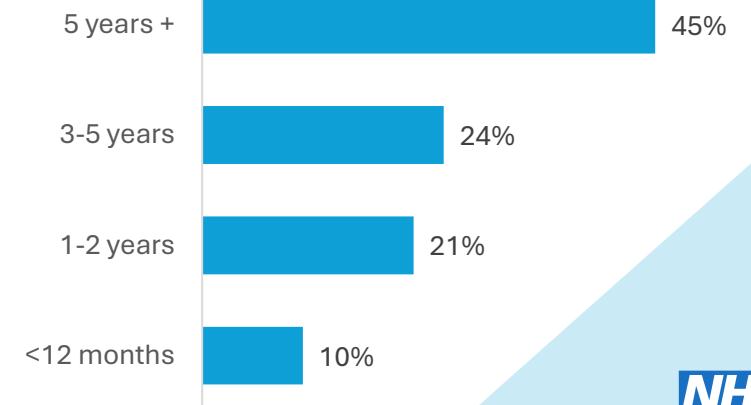
Job Role



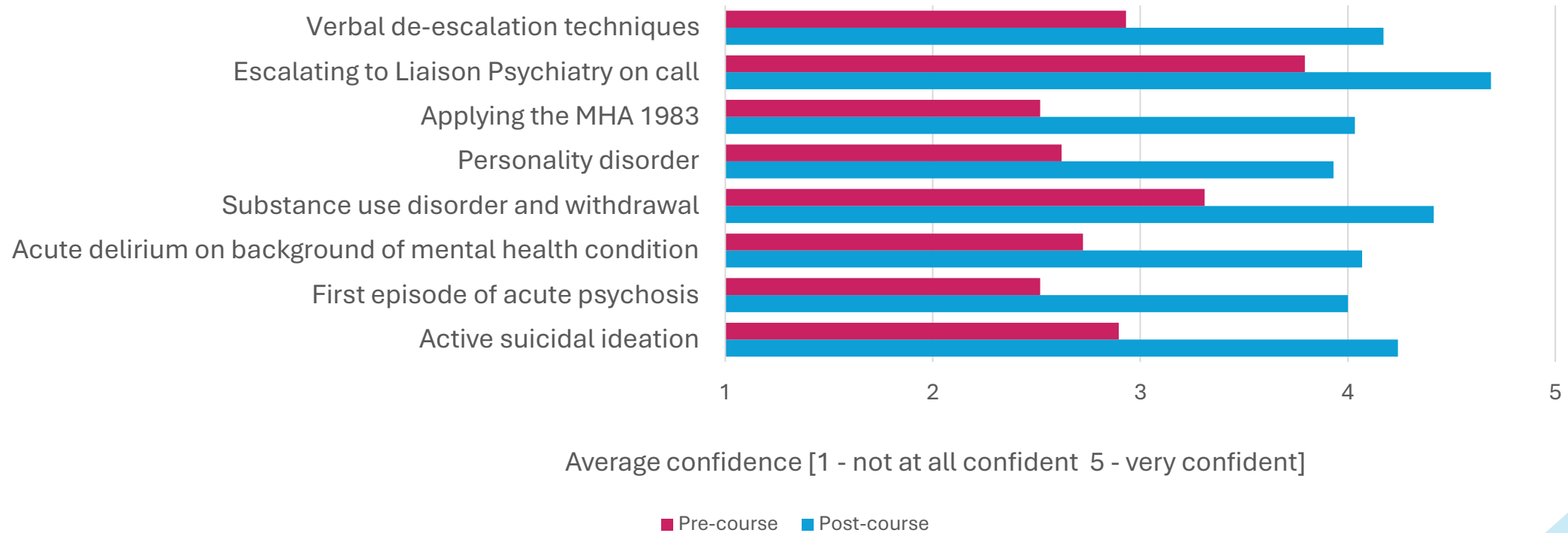
Ethnicity



Years Qualified



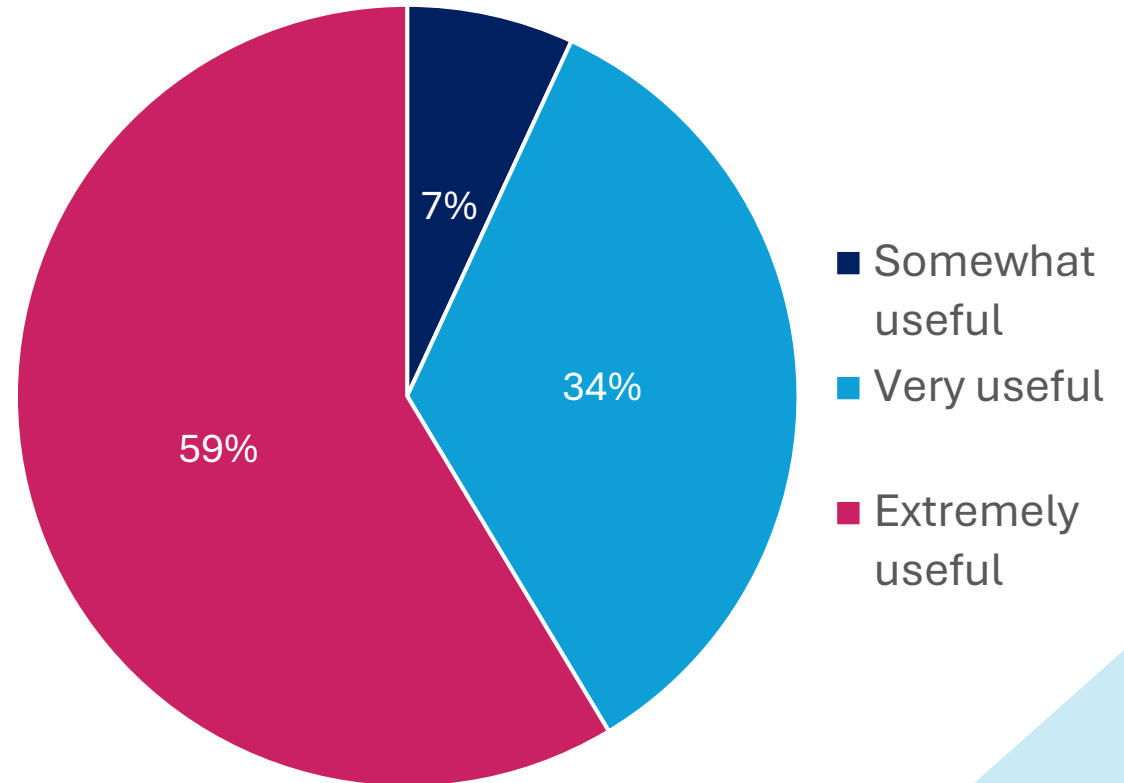
# Comparison between mean pre- and post-course responses



- Mean confidence post course increased for all domains asked with differences found to be significant (all P-values <0.001)

All participants found the course useful, with the majority rating it extremely useful

## Course Usefulness



# Conclusions

## Purpose:

- To improve confidence of FY doctors and the MDT in the general management of patients with acute mental illness and MHA application

## Outcome:

- Significantly improves confidence
- Well received by all participants

# Next Steps

- GSTT has recognised the course as important for the inter-professional team with 4 courses already planned for 2026
- Longitudinal study of utilising principles at 3- and 6-month
- Increasing the number of FY doctors participating with the course
- Comparison between confidence of mental health management to physical health management
- Expansion to cover other acute mental health presentations
- Interactive pre-reading
- Pre and post course knowledge assessment

# Acknowledgements

- Ms Lucy Lloyd-Williams and Miss Hannah Maple from the SaIL centre at GSTT
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  - Harry Middleton
  - Jane Lai
  - Prakriti Khanal
  - Sashank Srikanth

# Thank you

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