



# 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 qualitative research paper.



# Key references

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Thank you

Any questions?