

Using Health Psychology to Develop Education and Training for Healthcare

NHS Education for Scotland

Authors: Vivien Swanson, Deirdre Holly and Michelle Clark, NHS Education for Scotland

Contact: Michelle.Clark@nes.scot.nhs.uk

Background

NHS Education for Scotland (NES) is a special health board responsible for education and training of health professionals. Since 2013 a team of health psychologists as part of the Psychology Directorate in NES have worked collaboratively with different professional groups – using theory, research evidence and interventions to improve the way healthcare is delivered.

Aim

To use health psychology in a range of projects to develop healthcare practitioners' skills in changing health and healthcare behaviours, including improving patient safety in different contexts.

What we do

- Use theory-based approaches to gather information about the factors that influence healthcare professionals' adherence to government health guidelines and targets.
- Use research skills to develop behaviour change interventions.
- Deliver workshops and training.
- Disseminate health psychology advances and research evidence, write papers, attend meetings and conferences.

Some of our projects

- Developing a blended learning package in behaviour change for a range of health professionals in primary care, secondary care, social care and community settings (e.g. Dentistry, Pharmacy).
- Working with medical students to identify techniques to improve their hand hygiene behaviour taking into account the environment and how they respond to stress in different situations.

- Developing non-technical skills (e.g. communication, situational awareness) training for rural and remote GPs and practice nurses responding to medical emergencies, using behaviour change techniques.
- Developing an intervention to improve midwives' levels of physical activity at work.
- Identifying techniques to improve infection control procedures for hospital practitioners working in renal dialysis.

Impact

- Continued acknowledgement of the contribution health psychology can make at a national level.
- Ongoing requests for consultancy from other directorates within NES (e.g. NMAHP, Pharmacy).

Conclusions and recommendations

Health professionals are perhaps the most important resource the NHS has. Using health psychology can offer a new way of looking at some of the difficult problems they face in healthcare, including patient safety and patient behaviours.

Further Information

tinyurl.com/NESHealthPsy



the british
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