Psychosocial Training for Renal MDT

Amanda Bevin

Renal Counsellor

Member of National Renal Psychosocial Working Group

and lead for e-learning training working group

Renal Psychological Therapists (RPT) member

Where & How is training occurring?

- Historically occurring at local level
- Undertaken by Renal Psychosocial Practitioners
- Barriers to attending
  - Sickness
  - Activity levels – ward; dialysis
  - Competing with other aspects of renal related care training
  - Value of psychosocial training – something we know or need to learn?
  - Lack of psychosocial practitioners

Psychosocial Health – a manifesto for action 2022

- Recommendation 8 – All renal staff to receive training; so that they can act as “first responders” and know who and where to refer patients if necessary



BACKGROUND -Tiered Care:

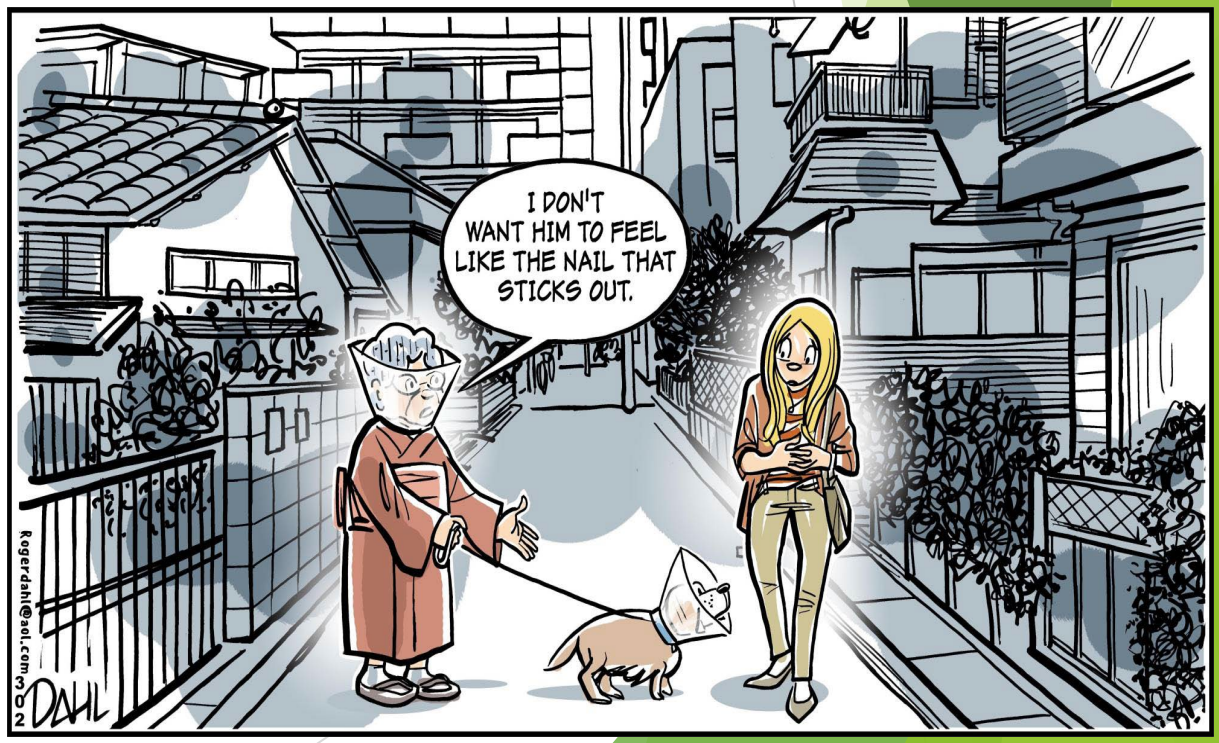
Level	Group	Assessment	Intervention
1	All health and social care professionals	Recognition of psychosocial/emotional needs	Effective information giving, compassionate communication and general emotional support
2	Health and social care professionals with additional expertise (e.g. renal specialist nurse, doctors, allied health professionals)	Person-centred screening for psychosocial distress	Use standardised screening tools (PHQ 4 & DT) and foundation level interventions including psycho-education & problem-solving/self-help interventions
3	Trained and accredited psychological professionals (Counsellors, Psychologists, Psychiatrist)	Assessment of psychosocial/emotional distress and triage/formulation of appropriate psychosocial intervention	Psychosocial intervention i.e. anxiety/depression, social management using psychological framework
4	Appropriately trained Mental health specialists with knowledge of renal & transplant including: counsellors, psychologists, psychotherapists, psychiatry (embedded in renal MDT)	Assessment & formulation of psychopathology specific to chronic kidney disease (CKD)	Specialist psychological and psychiatric interventions such as advanced care planning, CBT, EMDR(CBT – Cognitive Behavioural Therapy; EMDR – Eye Movement Desensitisation and Reprocessing)

E-Learning Training – level 1

Group All health and social care professionals

Assessment Recognition of psychosocial/emotional needs

Intervention Effective information giving,
Compassionate communication &
General emotional support



Responding Non-Verbally:

- Eye Contact
- Distance to individual
- Positioning of your body
- Encouragers – nodding, facial expression
- Touch
- Eye Level
- Attention



Responding Verbally:

- Tone of voice
- Volume and speed of speech
- Jargon
- Use of individuals name
- Encouragers (mmm, yes, go on)

5 Things Not to Do:

- Shut them down
- Make it about you
- Try to fix them
- Promote positivity / being positive
- Evangelise or proselytise religious beliefs