

Supporting families with an anxious child through Lockdown at Woodley Centre Surgery

VIDEO GROUP CLINIC CASE STUDY



General Practice: maintaining services and responding to COVID

What we did



"You stay in touch with clinicians and ask questions. It adds another very positive dimension to NHS services"

What changed and improved?

OUR CHALLENGE

During the first Lockdown in March/April 2020, the practice found a lot of parents were phoning in about children who were anxious or depressed - including thoughts about quite serious self harm. The team wanted to reach out and offer families support to help both parents and children to cope

OUR GROUP CLINIC DESIGN

Rupa approached a GP colleague who specialises in working with children and families on coping with mental health issues as well as balancing home schooling and working from home.

Rupa facilitated the session. The social prescriber and health coach also attended. The parents had children of all different ages from toddlers to teens with different challenges.

After some short introductory presentations, the parents shared their challenges and had the opportunity to learn from each other

- Life style changes
- Nutrition
- Exercise
- Sleep
- The Worry Tree
- Coping strategies
- Impact of COVID 19
- What's available to support you locally

The discussion was very emotional. Parents were able to be honest about their child's behaviour and how it was impacting on their own mental health. For instance, one six year old who was not coping with the change in routine had lashed out at his mum and threatened to jump out of the window, and ride his bike under a car. They also discussed their feelings of guilt at not being 'good parents' and got reassurance from both professionals and their peers.

"Parents really valued the advice and I learnt alot from my colleagues' contirbutions"

For more information about this programme, contact:

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EFFICIENCY GAINS

- Running the sessions as a VGC saved GP and others time and made this intervention feasible during Lockdown
- The team involved more staff than they needed in their early VGCs; mainly so that more members of the team could gain experience and confidence to run their own VGCs

CLINICAL IMPACT

- Anxiety questionnaires were provided in advance and scores improved
- parents were asked to rate their confidence before and after. This also improved
- Health visiting team was able to cover r

EXPERIENCE OF CARE

- Parents were glued to the screen, listening to every word
- Parents recognise they were all in the same situation
- There was a high level of trust within the group. At times, you could cut the atmosphere with a knife. Parents felt safe to express their emotions, including having a cry
- Clinicians were moved by the experience. Rupa felt it was the most intense group clinic she had ever attended
- This group clinic model definitely needed the expertise of a mental health practitioner to be successful

SPREADING THE WORD

- Rupa works as an expert mentor and is championing VGCs nationally

Redmoor Health
ELC Partnership

Person-centred digital care

