

**Training events for Commissioners, General Practitioners and Primary Care Practitioners in setting up an innovative one-stop shop treatment programme for patients with Bodily Distress Disorder / BDD (formally known as Medically Unexplained Symptom Disorder / MUS)**

Since 2013 ELFT has piloted a new care pathway for patients with BDD/MUS in primary care GP practices in Newham, East London. This work was initially funded through a grant by the Health Foundation (HF) in the context of their SHINE innovation programme and included both educational and therapeutic components (Body Oriented Psychological Therapy interventions and Mindfulness Based Stress Reduction). Long term funding has now been secured within the Newham Directorate of ELFT for the service.

Patients with BDD/MUS pose significant challenges to primary care practitioners because they often have unmet health needs as a result of incorrect diagnoses and because it is difficult to engage these patients in holistic care. Consequently, treatment is often ineffective despite frequent presentation at primary and secondary care services, resulting in high-cost pressures to the health economy. Existing models have not met the complex needs necessary to achieve positive health outcomes for this group.

The new care pathway piloted in East London has produced promising results both in terms of symptom reduction and associated patient satisfaction as well as reducing the cost of these patients to the NHS.

Our BDD/MUS team have developed a variety of training packages. We offer tailor made detailed and practical care-pathway implementation workshops for NHS Commissioners (with a special interest in primary mental health care) and Primary Care Practitioners (General Practitioners, primary care nurses and practice managers and other MDT staff members) to understand the specific characteristics and clinical needs of BDD/MUS sufferers. Information about the staffing and other requirements for the local implementation of the care pathway including a cost-benefit analysis for an invest-to-save initiative can be included as well as training in psychoeducation tools and delivery of corresponding teaching materials, patient leaflets and handouts.

**We offer ½ day, 1 day and 2 day workshops, both in person and online. These training days include both theoretical and experiential components.**

If you are interested in us offering this training to you and your staff/colleagues, please contact us on [elft.mus@nhs.net](mailto:elft.mus@nhs.net)

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