

Widening access to care with pioneering large-scale, group consultations for up to 100 patients

Shine Bright Virtual Groups – a Mental Wellness Programme to help your patients feel better and live better

Led by Dr Tayo Kufeji, Newport Pagnell Medical Centre are pioneers of place-based care through the delivery of large-scale group consultations of up to 100 patients, attended from the comfort of their own home, and supported by the award-winning 'Shine' wellbeing prescription programme, which includes access to the mental health and wellbeing app, ShinyMind.

BACKGROUND

After showcasing the incredible impact of the 'Shine' Wellbeing Prescription Programme within NPMC at the Best Practice Conference in October 2023, Dr Tayo Kufeji and his team of dedicated primary care staff joined forces with ShinyMind to deliver a 1-hour kickstart webinar on 'Coping with Anxiety' to patients with anxiety and depression, and those living with a long-term health condition (e.g. heart failure, COPD and fibromyalgia), of which 136 patients registered to attend. The added benefit of this webinar session was the presence and support of their own GP being in the virtual space with them, collectively increasing GP contact time to empower their wellbeing journeys.

- 100% of respondents felt the session helped them feel better
- 77% of respondents were likely to make changes because of the session
- 77% of respondents were likely to recommend the session to somebody they know

“Over the last year we have been able to support our patients by offering them ShinyMind... In the Autumn of 2023, we were also able to offer our patients a mental health and wellbeing seminar, hosted by ShinyMind and delivered by lead psychotherapist, Bec Howard. This was an excellent webinar with lots of positive feedback and hopefully we can continue this in 2024. We have also started to embark on a group consultation model to further support patients with their mental wellbeing.”



– Dr Tayo Kufeji, GP, Newport Pagnell Medical Centre

Virtual group therapy can foster a sense of community and shared experience, providing sustainable peer support to a wider range of participants. There is strong evidence that virtual group therapy is as effective as one-to-one face-to-face therapy^{i ii}.

There is also evidence that momentary interventionsⁱⁱⁱ (mobile and app based) and integrating motivational interviewing into therapy can further improve functioning and reduce symptoms, potentially being **more impactful than traditional therapy** for certain individuals.

With group therapy making up at most 5% of treatment^{iv}, there is significant opportunity to support to **more people than traditional therapy** with virtual group and app-based support.

THE AMBITION

NPMC are now widening access and extending the impact of the Shine programme to a further 50-100 patients to take part in a larger group consultation programme. In turn, through attending virtual group sessions we anticipate this will increase the impact and uptake of ShinyMind as a wellbeing prescription, as well as patient activation, meaning they will be supporting over 400 patients to feel better, live better and improve their mental and physical health. Through this work they hope to:

- Build trust
- Empower patients to self-care
- Improve clinician-patient relationships
- Improve staff retention and wellbeing

In early Summer, the Shine Programme also plans to launch a pain management group consultation model and we're looking for clinicians, practices and PCNs who want to get involved in the co-design of this new model.

HOW WILL THE PROGRAMME BE DELIVERED?

Based on the psychology of identity, promoting enhanced self-awareness and developing a greater level of self-efficacy, the programme will allow patients to explore, discover and grow by understanding themselves better, improve their choices, reduce anxiety and improve their mental and physical health across four programme sessions:

1. Getting to know me – helping you to understand your thoughts, feelings and behaviours
2. Building personal resilience – helping you to reduce stress, improve anxiety and take back control
3. My Relationships – helping you to understand and improve your relationships with yourself and others
4. Empowerment – helping you to feel confident and assertive to improve your mental health so you can Shine Bright

Following each virtual session, patients will receive pre-empowerment work to complete on ShinyMind which will support their self-development and they receive in-app wellbeing nudges to encourage to explore different areas and exercises of ShinyMind to further embed their learning and support their wellbeing throughout the programme and beyond.

Get involved in the next phase of this work

Building on the pioneering work at NPMC we have the ambition to further develop and improve the impact of the model, working with up to 100 patients across the same timeframe of 2 months support.

100 patients – 766hrs GP Contact time

- Two 2-hour webinars delivered virtually over 2-week timeframe (including 30min end of session drop-in)
- 9 x 20-min self-development post-empowerment work to be completed on the ShinyMind wellbeing prescription
- Psychological in-app wellbeing nudges sent weekly for four weeks post-programme (8 x 5mins)

Total contact time per patient: 7hrs 40mins

'Shine' Wellbeing Prescription Programme package

This programme will be supported by the 'Shine' programme package which will give participating practices access to ShinyMind's dedicated prescribing platform and all three LifePacks on Coping with Anxiety, Mental Wellness (for low mood and depression) and Menopause. Each practice will receive 250 ShinyMind annual wellbeing prescriptions to support and prescribe to their patients at a population health level, reduce demand and promote better health outcomes.

- Prescribed to support patients with mental health, anxiety and long-term conditions
- 27% conversion rate (of patients offered ShinyMind 27% signed up to access ShinyMind)
- 63% patient activation rate (of patients who signed up to access ShinyMind, 63% are active on the app)
- 86% felt their wellbeing prescription made them feel better
- 91% would like to keep their wellbeing prescription
- 94% felt others would benefit from a wellbeing prescription
- A reduction of 2.5 to 3.5 GP contacts per patient per year
- 26% reduction in number of patients affected by moderate to severe anxiety
- 30% reduction in number of patients affected by moderate to severe depression

If you would like to find out more and implement this programme across your organisation/system, please contact janet.thornley@nhs.net.

Alternatively, please contact rebecca@shinymind.co.uk.

Possible funding sources:

- Impact and Investment Fund
- Practice funding for Modernising GP Access
- Health Inequalities funding (if eligible)

If you would like to express your interest, please scan the QR code:

Other contact details

For general enquires:

hello@shinymind.co.uk

Visit our website:

www.shinymind.co.uk



ⁱ Group therapy is equally effective as individual therapy -

https://journals.lww.com/jonmd/Abstract/1993/03000/A_Comparison_of_Behavioral_Group_Therapy_and.7.aspx??

<https://psycnet.apa.org/record/2010-19874-015> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4440457/>

ⁱⁱ There's no significant difference between virtual therapy and face-to-face therapy - <https://psycnet.apa.org/record/2010-19874-015>

ⁱⁱⁱ Mobile technology can be cost effective way to enhance mental health support -

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4440457/>

^{iv} Group therapy makes up at most 5% of treatment - <https://www.apa.org/monitor/2023/03/continuing-education-group-therapy>