# National Psychological Professions Workforce Group

# Psychological Practice in Physical Health

# Expert Advisory Group (EAG)

## Terms of Reference

### Background and Purpose

The NHS Long Term Plan has extensive and clear implications for expanding the psychological professions in response to mental health policy.

To some extent the potential increased impact of the psychological professions for addressing issues related to physical health problems is included - e.g. IAPT Long Term Conditions expansion. However, many areas of policy, commissioning and practice with a focus on physical healthcare (e.g. Cancer, Respiratory Disease, Cardiovascular Disease) have yet to maximise the impact of psychological professions on population health and wellbeing, psychologically informed treatment and intervention, and health economic benefits in physical health care. Furthermore, the Covid-19 pandemic has also highlighted the need to maximise the impact of psychological practices in physical health.

The National Psychological Professions Workforce Core Group seeks to establish a time-limited Expert Advisory Group to make recommendations on Psychological Practice in Physical Health based on the priorities within the NHS Long Term Plan and emerging priorities as a result of the Covid-19 pandemic.

### Scope

Psychological practice in physical health care is focused on improving the experience and outcomes of people who experience physical health problems across the lifespan, and/or are at risk of developing physical health problems.

Psychological practice in physical health includes significant contribution to:

* population health behaviour change to improve health
* improving physical healthcare experience for people of all ages
* supporting adaptation and coping with major health conditions and long term conditions

The Expert Advisory Group will oversee the development and design of a framework to deliver against the aims (see below), alongside establishing a wider consultation approach that will support sustainable multispecialty engagement and advice during the course of the work.

### Aims

1. To bring together expertise in psychological approaches in physical healthcare
2. To support best practice in physical health care including (but not restricted to) prevention, intervention and treatment, consultancy, education and training
3. To provide a bridge to best psychological practice advice to current and emerging national work streams focused on physical health care

### Outputs

1. A case for change and case for the development of policy for psychological practice in physical health that maintains the patient/service user need at the core
2. A multi-level evidence based menu of what psychological professions are trained to provide (with different specialties) to impact on patient/service user experience and outcomes
3. A proposal to connect professional education in order to integrate mental health and physical health specialisms
4. Further health economic / outcome analysis of the impact of psychological approaches in physical health care

### Outcome

Policy development will be informed by the potential of psychological approaches across the physical health care system.

### Membership

The Expert Advisory Group will include a core group and a wider reference group.

The core group membership will be as noted below and will also co-opt members to provide specialist advice or consult as required. Maximum size of the core group should not exceed 20 (including chair, deputy chair and project manager support)

Co-Chair (from NPPWG core group)

Co-Chair (from PPN chairs group)

#### Psychological Professionals

Psychological professionals with recognised expertise in the following areas:

* Population/public health focus
* Training professions focus
* Stroke
* Cancer
* ICU
* Cardiovascular
* Respiratory
* Major trauma
* Children’s health – acute
* Children’s health – long term conditions
* IAPT LTC - Diabetes, Respiratory, Cardiovascular
* Persistent physical symptoms
* Neurological conditions
* Long Covid

Psychological professionals to include:

* Practitioner psychologists working in physical health care
* Clinical Neuropsychologist
* IAPT HIT
* IAPT PWP

Recruitment will be via the National Psychological Professions Workforce Group Stakeholder Group that includes professional body engagement. If interest exceeds the maximum group size then the co-chairs in conjunction with the national psychological professions lead will invite members to ensure sufficient spread and depth.

#### Experts by Experience

Experts by Experience and carers will be involved in the group but it will be important to ensure their links to wider EbE groups within pathway or specialty areas focusing on physical health experiences. Initial recruitment will be via the Psychological Professions Lived Experience Advisory Panel and network under the guidance of the National Lead for EBE Involvement in the Psychological Professions.

#### Co-Opted Members as required

Additional input may be required as outlined below.

#### Arm’s Length Body Advisors

These should include AMH, IAPT and CYP workstreams. Other work stream leads may contribute as required.

#### Higher Education Institutes and other professional training bodies

#### Other Health and Care Professionals

Multispecialty professional with a special interest in psychological healthcare from other occupations such as medicine, nursing or allied health professionals.

### Meetings

The EAG will meet every other month for 2 hours. The first meeting will be arranged to take place in June 2021.

The group will run to end of March 2022 at which point it will be reviewed prior to any decision to extend.

### Core Membership Time Commitment

Members will be expected to attend at least five out of six meetings. Meetings will be held online.

Members will be expected to set aside sufficient time to attend the meetings and commit time to reading the papers and may be asked to present and share their expertise at meetings.

Members will be expected to contribute to the outputs of the group.

Members will be expected to work with the co-chairs and support as required between meetings.

## Reporting

The EAG will report to the National Psychological Professions Workforce Core Group.

## Prepared by

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May 2021