

A decorative graphic consisting of two thick, curved lines, one red and one green, that overlap and swirl across the page. The red line starts at the top left, curves down and right, then loops back up and left. The green line starts at the bottom left, curves up and right, then loops back down and left, crossing over the red line.

Appendix 24.

**Expert Patient
Programme
Toolkit**

Expert Patient standard letter for DWP

**Psychiatry Teaching Unit
Medical Annexe
Radbourn Unit
Derby
DE22 3WQ
Tel: 01332 623932**

Re:

Address:

The above named person attends our programme of medical education within the Derbyshire Healthcare NHS Trust in the role of an 'Expert Patient'. They have given consent and asked us to write to you to explain their role in the medical education.

As an Expert Patient, they will attend a meeting on Derbyshire Healthcare Trust property to allow a medical student to practice taking a history from them. This is a complex but essential skill for the students to learn in order to become qualified doctors, and as such, they need practice on real life people with personal experience of mental ill health. To do this, the Expert Patient has personal experience of complex and enduring mental ill health, and are able to talk about this to a student.

The work can be emotionally challenging, as the Expert's talk about difficult life events, and the programme is only workable with extensive support for the Experts Patients provided by the education team, who are consultant psychiatrists, nurses and support staff. Staff are in attendance at every session to provide support and access care teams if additional support is required.

Participating in this programme can help to boost the self-esteem and confidence of the Experts and has in some cases assisted in their eventual return to employment.

Expert Patients are offered a remuneration payment of £10 per hour plus reasonable expenses in recognition of their contribution. Each session lasts a maximum of an hour and a half, so the total is £15 plus expenses. Sessions are not scheduled on a routine or frequent basis, each Expert Patient will attend a maximum of 16 sessions per annum, with an average of around 8 per annum.

Due to the above, this work should not be considered regular employment, nor do the skills and commitment required to do it constitute an ability to work in a less supported role.

I hope this helps to explain the function of our programme and the role of the Expert Patients.

Please contact us on the above number should you require any further clarification.

Yours sincerely,

The Psychiatry Teaching Team
