

Appendix 12.

**Expert Patient
Programme
Toolkit**

Appendix 12. EP session introduction

The first thing to say about the session is, 'don't worry about it'. This is part of your learning process – it is not summative; you have not got to pass it to pass the placement.

These EP sessions are an opportunity for you to practice taking a psychiatric history from an 'Expert Patient'. The creates a safe space that allows you to practice asking difficult and sensitive questions, explore a person's mental health journey, and get some feedback on how you made them feel during the interview.

If you get chance, as part of this history taking interview you can practice completing a 'Mental State Examination' and safety/risk assessment.

We want to see you engage with the EP, the emphasis being on your ability to build rapport with a patient and show empathy.

- You will have 45- 60 minutes to take the EP's history, (aim for about 45/50 minutes to allowing you time to run over a little if needed)
- The EP will be given the chance to have a think about feedback (5-10mins)
- The EP will come back into the session to give feedback, and generate a discussion about the interview with the LEF and student
- The EP will now leave the session
- General discussion and feedback from LEF with students
- Quick check on your wellbeing and an opportunity for you to give feedback on how useful the session was for you

