

TINY BITES. BIG INSIGHTS.

An Evaluation of Bitesize Training Sessions in Older Adult Mental Health Services

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INTRODUCTION

Face-to-face Bitesize training sessions were introduced to Older Adult Mental Health Services in 2012. Due to the COVID pandemic, these sessions were paused and then resumed in an online format in 2022.

The monthly training sessions aim to provide an increased understanding and awareness of psychological models and interventions.

Sessions have been delivered by Clinical Psychologists, Trainee Clinical Psychologists, Assistant Psychologists, Clinical Associates in Applied Psychology and Psychiatrists within OAMH. Sessions have also included presentations from services out with OAMH to increase awareness and knowledge of these services and the relevant issues that may be encountered in the OA population.

Bitesize sessions are a joint initiative between OA psychology and psychiatry services and provide an opportunity for trainee psychologists and trainee psychiatrists to deliver teaching sessions.

METHODOLOGY

- Timetable developed and circulated to OAMH staff via email.
- Staff register via email and added to teams channel for the topic they registered for.
- Attendance recorded by facilitators.
- Feedback form:

Quantitative data - Likert scale 1-10 for overall training content, format of session, level of presentation, presentation, length of session, relevance of topic and pacing of session.

Qualitative data - most and least useful parts of training, putting training into practice, any barriers to doing this.

AIMS

To evaluate online bitesize training sessions offered in 2022-23 within Older Adult Mental Health Services and compare to previous F2F sessions.



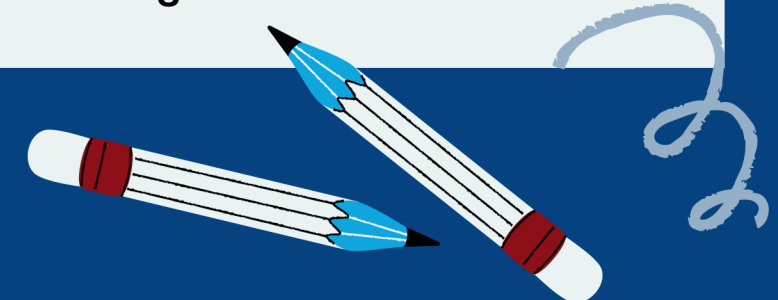
**VERY HELPFUL AND I
LOOK FORWARD TO
IMPLEMENTING THIS INTO
MY PRACTICE**

RESULTS

Since 2022:

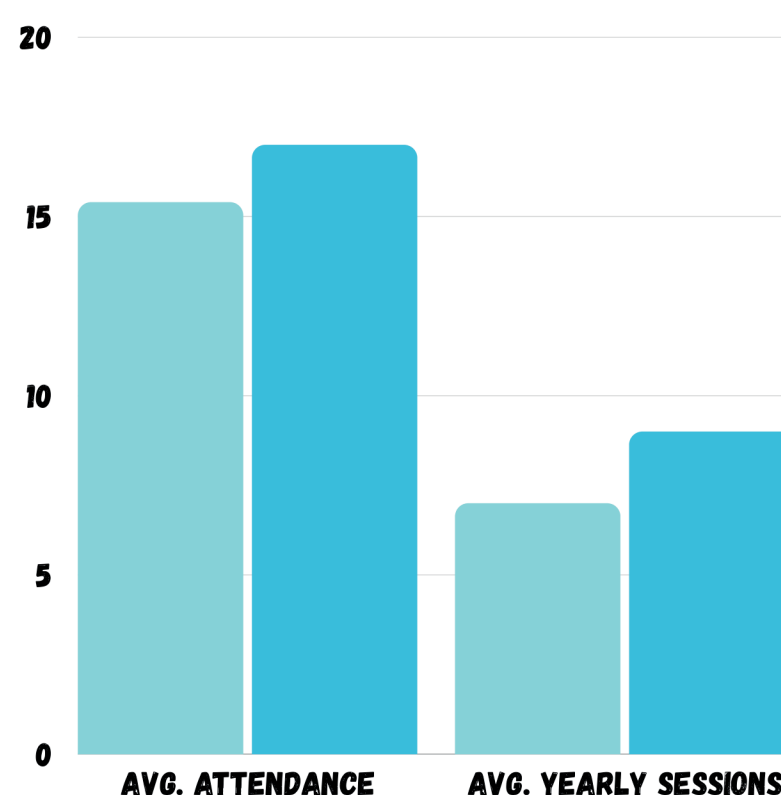
- 17 training sessions have been delivered.
- 510 members of staff have registered with 293 attending a live session.

All quantitative feedback has been scored as 9.2/10 or above, indicating high satisfaction with the training sessions.

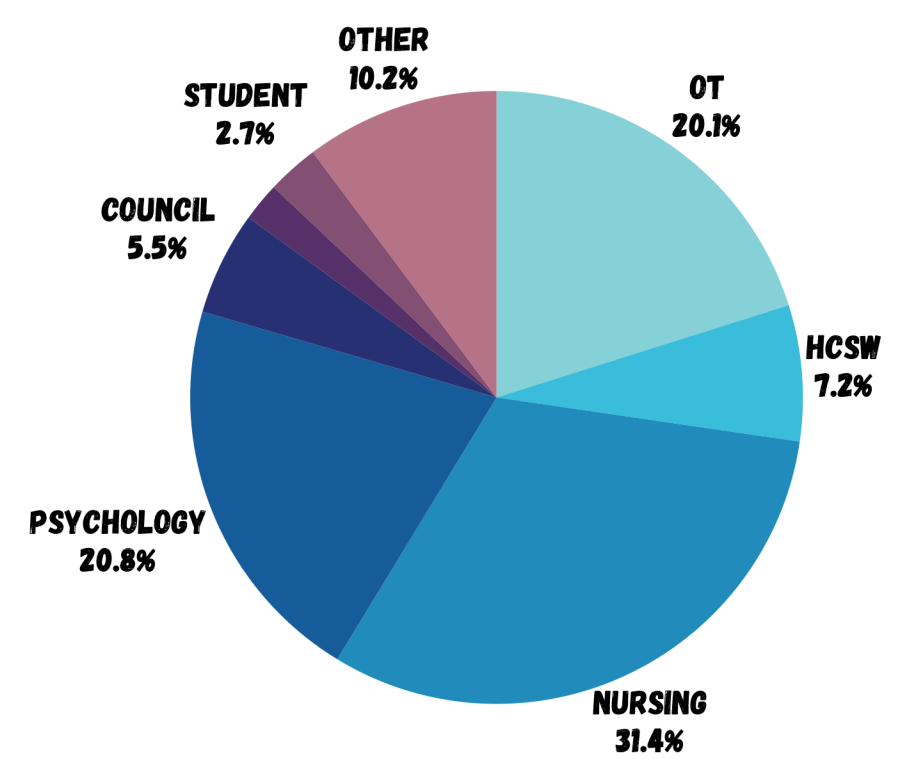


ANALYSIS

EVALUATION QUESTION	AVERAGE SCORE
OVERALL CONTENT	9.3
FORMAT	9.3
LEVEL	9.4
PRESENTATION	9.3
LENGTH	9.2
RELEVANCE	9.5
PACE	9.2



PRE & POST COVID COMPARRISON



PROFESSIONAL GROUPS ATTENDED

CONCLUSION

Bitesize training sessions online have been well-received and appear to be better attended compared to previous face-to-face sessions. Therefore sessions will continue to be offered online.

Based on feedback and training requests we plan to offer sessions to different staff groups in OAMH, including care management.

Since analysing the data gathered in the feedback form we also plan to amend this for our 2024 sessions. We anticipate that this will provide more in depth and relevant outcomes.

