

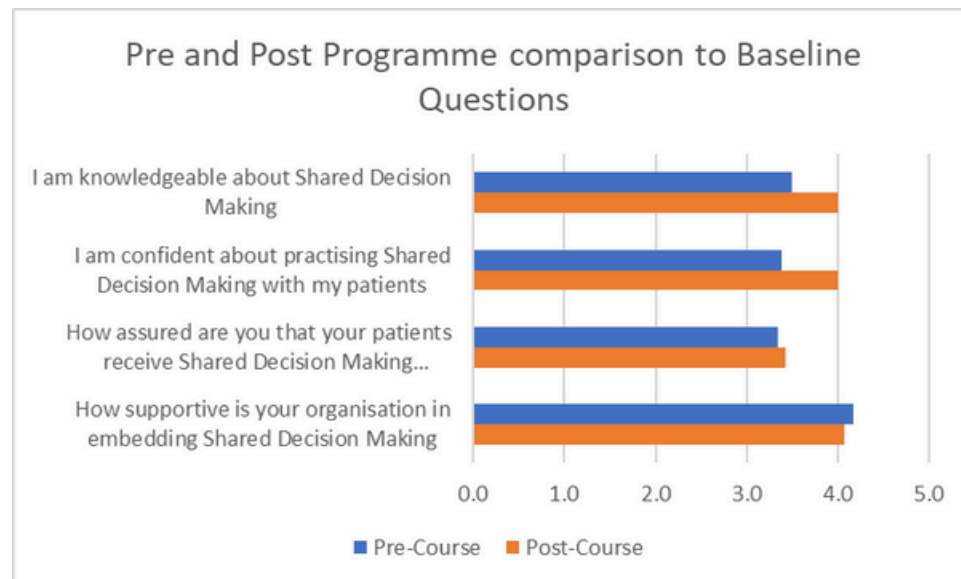
# CASE STUDY: PERSONALISED CARE TRAIN THE TRAINER PROGRAMME

## SUSSEX MSK PARTNERSHIP

**Context:** Embedding Personalised Care into practice is an organisational developmental intervention. It is about challenging and changing often long-held beliefs and behaviours. Our approach is to use real issues that teams are grappling with, to test and align the relevance of their learning to their own challenges.

**What We Did:** Aqua delivered a bespoke 1.5 day team based programme to support teams to understand and embed Shared Decision Making, Motivational Interviewing, and Personalised Care approaches within current practice. It enabled teams to explore the benefits of practicing these tools and techniques and the key challenges to implementing it. The programme supported teams to understand and explore how they could take a more person-centred approach, improve patient involvement and manage risk.

### Impact:



“Rachel and Emma were great presenters, really informative and knowledgeable, lots of examples used to demonstrate their points, nice mix between the two; Nice to use the get to know each other game in between / at breaks to make it feel less formal and break things up a bit.”

“Great stories about PC. The mentors adjusted their training to suit us. I felt engaged and encouraged to talk and ask.”

“Well led/organised, great conversations and ideas and delivered in a nice collaborative format!”

**For further details about this piece of work, or to discuss how we can support you, please get in touch:**



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Personalised Care