

# Dr Feelwell Delivering healthy lifestyle messages in a secure setting



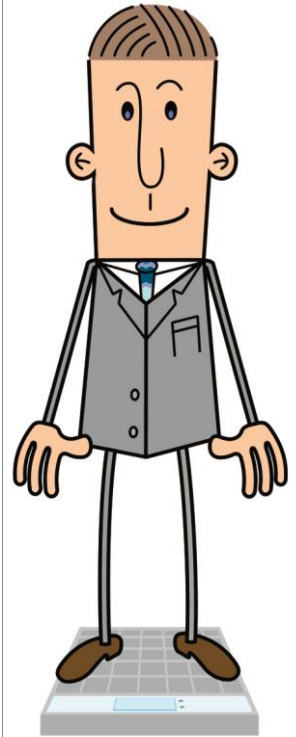
A Co-produced and Co-delivered Health Promotion Awareness Resource

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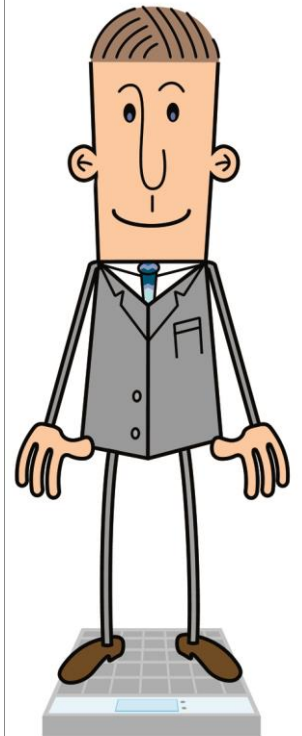
# Who is he?

- Introduced after experiencing difficulties in delivering health promotion messages
- Continuing obesity problem
- Using co-production and co-facilitation within a high secure setting (building on previous work)
- Started life as a resource calendar and developed further by the Recovery Champions and other key stakeholders



# Who is he?

- Dr Feelwell is a simple animation used to deliver key health promotion messages to the patients in inpatient settings
- He relays important information already within the public domain
- By using animation and supporting resources it simplifies the messages and encourages conversations about subject matter within patient group
- Mainly co-delivered by health promotion link nurses with patients - to staff and patients



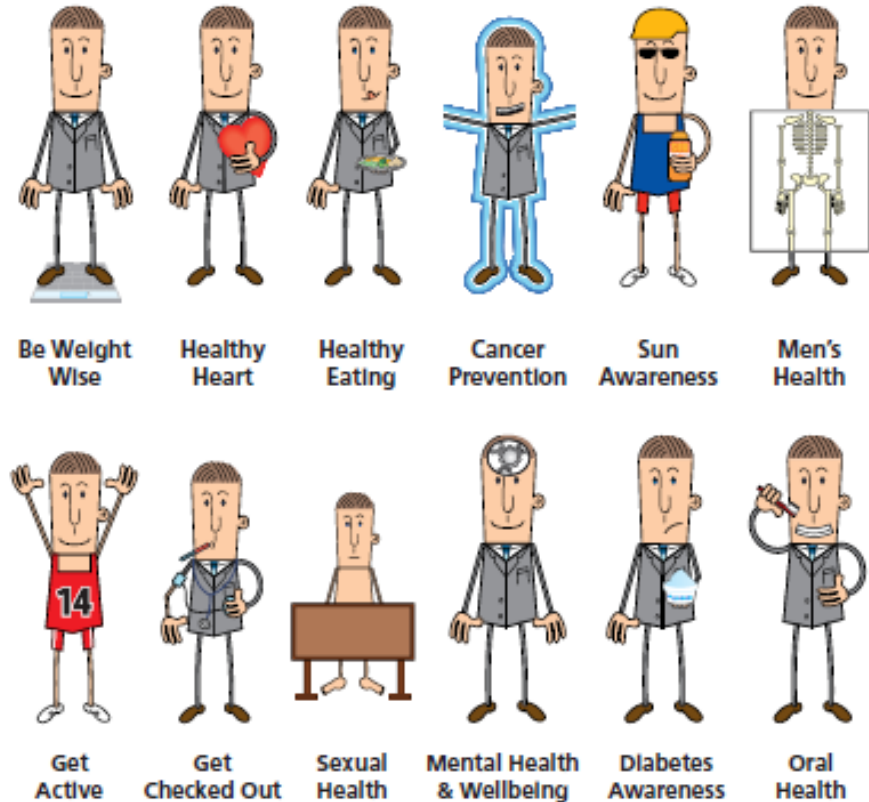
Improving the physical health of people with severe mental illness is one of the six top-level agreed objectives in the Government's current mental health strategy for England

Content of the project is agreed by patients in recovery champions meetings and by healthcare professionals

The 12 key messages

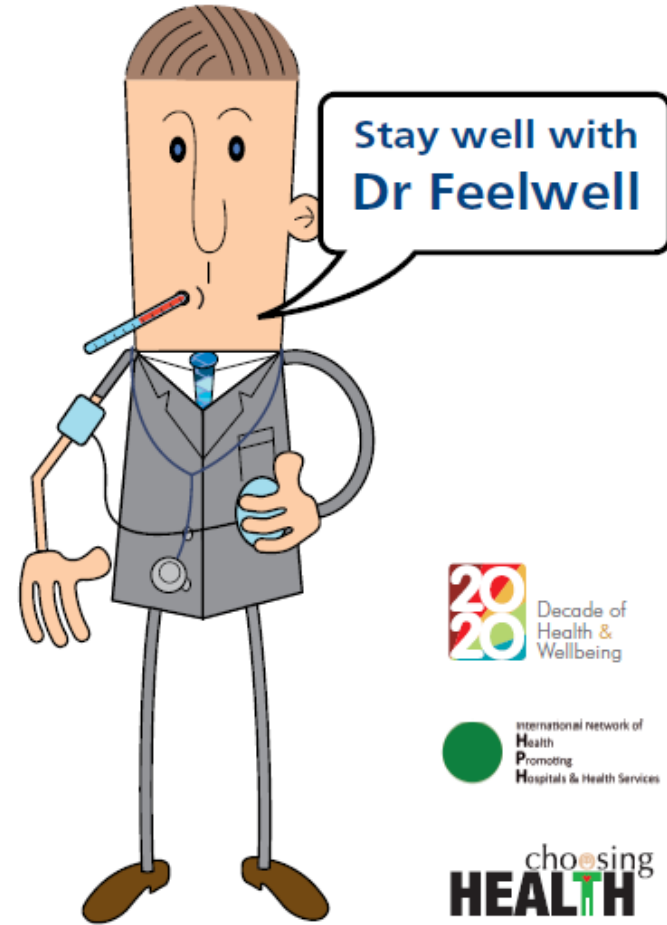
The project attracted interest from communications and development team and it's marketability is being explored

Our priority remains the patients, service users and staff of Mersey Care NHS Trust



From a recovery perspective it hands back responsibility and control to the patient to tackle a difficult subject often low on personal agendas

From a health promotion and physical healthcare perspective it helps deliver these messages more effectively and efficiently in the absence of someone in a specific role



## Dr Feelwell: What the people say?

Patients delivering a lesson to their peers has made others think 'maybe I could do that' it turns traditional roles on their head and everyone is learning from each other.

'It's made me think more about doing exercise, I don't tell the lads what to do just why its important to do exercise and get yourself checked out. I found a lump and went to hospital to get checked out, I'm alright now but I'm glad I checked'



# Mersey Care's Magazine

# MAGAZINE



Dr Feelwell  
Tackles Stigma



Spring 2015

Building a Bridge  
to Perfect Care

Clock View  
Comes of Age

Mum's  
the Word

Be a  
Zero Hero

The virtual 'doctor'

# Dr Feelwell Tackles Stigma



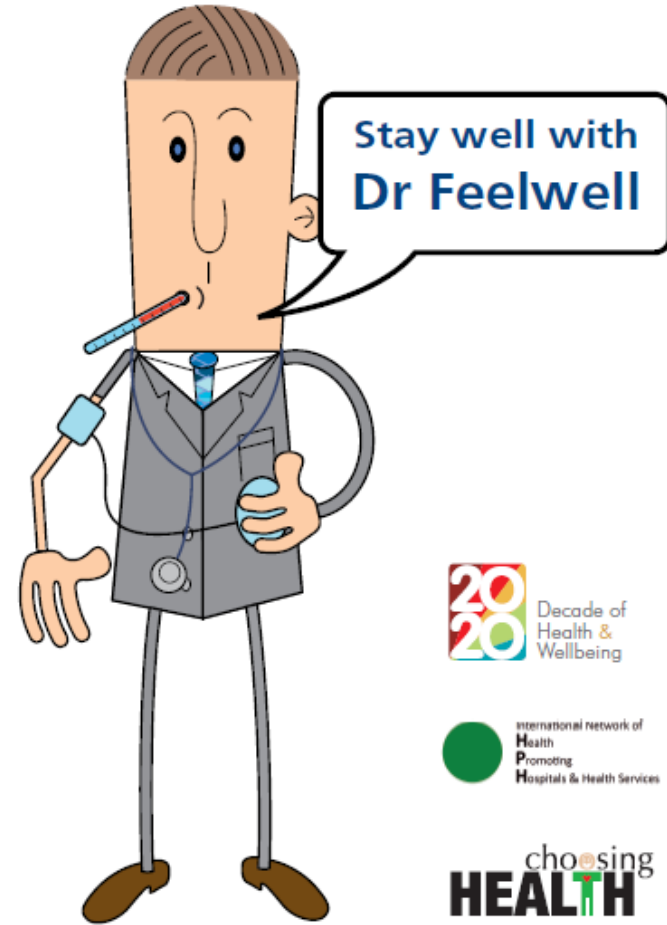


# Dr Feelwell : what next?

- Current developments – this pack here today as an example.
- An interactive DVD available
- Make it available to all in-patients across the Trust
- Get it up and running, collect data and evaluate
- Develop other areas, explore the possibilities



Any  
questions  
Comments?



# Animation example