Bitesized teaching sessions to increase physical health knowledge

There are concerns about a lack of overlap between physical and mental health nursing (Nazarko, 2017). Many nurses in the UK who graduate in their chosen specialty feel that their knowledge of physical health improved after graduation and that their knowledge had improved. A weekly 10-minute session can be an effective way to learn essential information about a topic and help health professionals identify learning needs and enroll onto further training if required. In addition, teaching takes place in the ward environment, which is an advantage if it is difficult for nursing staff to leave the ward due to clinical commitments and workload. The overall benefits are summarised in Box 1.

Box 1. Benefits of bitesized teaching
- Free and easy to set up
- Refreshes existing clinical knowledge
- Has minimal impact upon the working day
- Delivered in an informal teaching environment
- Nursing staff can use it as evidence of continuing professional development
- Does not require IT facilities

Adapted from Bit.ly/HEEBitesize

References
Nazarko L (2017) Improving the physical health of people with severe mental illness. Nursing Times; 113: 8, 42-45.