



**DE  
STRESS  
PROJECT**

**SUPPORTING PATIENTS  
EXPERIENCING POVERTY-  
RELATED MENTAL DISTRESS**

**CPD REFLECTION  
FORM**

Please email completed form to [F.thomas@exeter.ac.uk](mailto:F.thomas@exeter.ac.uk)



## SUPPORTING PATIENTS EXPERIENCING POVERTY- RELATED MENTAL DISTRESS CPD REFLECTION FORM

- 1.** Which components of the DeStress materials did/do you use?  
(5 min screencast; talk/slides video; written materials; other e.g. website):

- 2a.** What have you learnt from using the DeStress materials about connections between poverty and mental health and why this matters within primary health care?:

- 2b.** What have you learnt from using the DeStress materials about how to change consultation style to build trust and engagement with low-income patients?:



## SUPPORTING PATIENTS EXPERIENCING POVERTY- RELATED MENTAL DISTRESS CPD REFLECTION FORM

**2c.** What have you learnt from using the DeStress materials about how to improve shared decision-making within consultations?:

**2d.** What have you learnt from using the DeStress materials about when to act to support rather than 'fix' a patient?:

**3.** What do you want to read or learn about further?:



## SUPPORTING PATIENTS EXPERIENCING POVERTY- RELATED MENTAL DISTRESS CPD REFLECTION FORM

4. What will you try to change in your practice?:

5. What have you changed in your practice? (optional for later reflection):