Making Every Contact Count
A Resource Guide for Professionals & Frontline Staff[i]

MAKING EVERY CONTACT COUNT (MECC)

e-Learning	Websites, Resources & Training	NICE Guidance
[Making Every Contact Count](#) ***Wessex, Thames Valley, Kent, Surrey, Sussex Course*** Four e-learning modules: • Introduction to Making Every Contact Count • Introduction to Skills • Introduction to Lifestyle Topics • Signposting and Your Organisation [Making Every Contact Count](#) ***West Midlands Course*** Two e-learning modules with additional resources around 'MECC Plus for Integrated Care' [Motivational Interviewing](#) Module explains what motivational interviewing is, its uses, and explanations.	[Making Every Contact Count](#) National Health Education England MECC website. [One You](#) National PHE campaign and website provides tools, support and encouragement across the breadth of lifestyle factors to help adults aged 40 to 60 years to help improve their health. [Change4Life](#) National NHS campaign motivating and supporting millions of people to make and sustain changes that will improve their health. [NHS Choices](#) Information and advice on all aspects of Healthy Living. [MECC Practical Resources](#) Public Health England (PHE) MECC resources includes: • MECC Consensus Statement • Evaluation Framework & Logic Model • Implementation Guide • Quality Marker Checklist for training resources.	[Behaviour change individual approaches (PH49)](#) [Behaviour change: general approaches (PH6)](#)

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[i] Based on [All Our Health: Personalised Care & Population Health (2016)](#); a resource on health promoting practice for all health professionals.

SMOKING

e-Learning	Websites, Resources & Training	NICE Guidance
Very Brief Advice for Smoking A short training module on how to deliver Very Brief Advice on Smoking. ****new PHE smoking and alcohol e-learning expected on e-LfH April 2018****	One You - Smoking General information, advice and resources to help people quit. NHS Smokefree Support for those wanting to quit smoking NHS Choices - Smoking Information and advice on stopping smoking. Smoking: Applying All Our Health Resource guide for frontline staff on smoking and tobacco harm and evidence-based interventions to help people quit. National Centre for Smoking Cessation & Training A range of resources, training modules, tools and information for professionals supporting people with smoking cessation PHE Tobacco Control Profiles Information and data for local areas to monitor the impact of tobacco use on local communities, and assess the effectiveness of services and initiatives put in place to prevent and reduce tobacco-related harm. Health Matters: Smoking & Quitting in England Resource on how to help people to stop smoking. ASH – Action on Smoking & Health Public health charity that works to eliminate the harm caused by tobacco.	Smoking: brief interventions and referral (PH1) Smoking: stopping in pregnancy and following childbirth (PH26) Smoking: harm reduction (PH45) Smoking: workplace interventions (PH5) Smoking: preventing uptake in children and young children (PH14) Smoking: acute, maternity and mental health service (PH48) Stop smoking services (PH10)

ALCOHOL

e-Learning	Websites, Resources & Training	NICE Guidance
[Identification & Brief Advice for Alcohol](#) E-learning modules module on how to deliver alcohol IBA in different settings: • Primary Care • Community Pharmacy[ii] • Hospital Settings • Dental Settings ****new PHE smoking and alcohol e-learning expected on e-LfH April 2018****	[One You - Drinking](#) General information, advice and resources, including drinks tracker apps [Have a Word](#) A range of materials to support implementation of alcohol IBA [Don't Bottle It Up](#) Alcohol self-assessment tool which provides feedback on drinking risk and gives personalised advice and help to find local support services. [NHS Choices - Alcohol](#) Information and advice on drinking and alcohol. [Alcohol: Applying All Our Health](#) Resource guide for frontline staff on alcohol harm and evidence-based interventions to help people drink within recommended limits [Health Matters: Harmful Drinking & Alcohol Dependence](#) Resource guide on the harmful impact of alcohol [Alcohol Units](#) Recommended limits and calculating alcohol units [PHE Local Alcohol Profiles for England (LAPE)](#) Information and data for local areas to monitor the impact of alcohol on local communities, and assess the effectiveness of services and initiatives put in place to prevent and reduce the harmful impact of alcohol.	[Alcohol-use disorders: prevention (PH24)](#) [Alcohol-use disorders: diagnosis and management (QS11)](#) [Alcohol-use disorders: diagnosis, assessment and management of harmful drinking and alcohol dependence (CG115)](#) [Alcohol-use disorders: diagnosis and management of physical complications (CG100)](#)

[ii] The **Community Pharmacy** platform is the most appropriate module for frontline staff in non-health contexts (ie social care, criminal justice, workplaces, youth centres).

HEALTHY EATING & HEALTHY WEIGHT

e-Learning	Websites, Resources & Training	NICE Guidance
Managing Obesity: Guiding & Enabling Behaviour Change Seeks to equip healthcare professionals with knowledge and understanding of how to take a guiding and collaborative approach with patients to help support lifestyle behaviour change.	One You - Eating General information, advice and resources, including easy meals app NHS Choices - Healthy Eating Information and advice on healthy eating NHS Choices - Weight Loss Information and advice on weight loss Adult Obesity – Applying All Our Health Resource to help front-line staff promote the benefits of achieving and maintaining a healthy weight Eatwell Guide A policy tool used to define government recommendations on eating healthily and achieving a balanced diet. 5 a Day Information and advice on what counts as 5 a day Adult weight management: short conversations with patients Practical advice and tools to support health and care professionals make brief interventions in weight management for adults. Child weight management: short conversations with families Practical advice and tools to support health and care professionals have conversations about weight management with children and their families.	Obesity prevention (CG43) Obesity - identification, assessment and management (CG189) Weight management before, during and after pregnancy (PH27) Preventing excess weight gain (NG7)

PHYSICAL ACTIVITY

e-Learning	Websites, Resources & Training	NICE Guidance
Managing Obesity: Guiding & Enabling Behaviour Change Seeks to equip healthcare professionals with knowledge and understanding of how to take a guiding and collaborative approach with patients to help support lifestyle behaviour change.	One You - Moving General information, advice and resources, including activity tracker apps. NHS Choices – Physical Activity Information and advice on the benefits of physical activity and exercise, including activity guidelines for children under 5, children and young people, adults and older adults. Physical Activity – Applying All Our Health Evidence and guidance to help healthcare professionals embed physical activity into daily life. Health Matters: Getting Every Adult Active Every Day Resource for health professionals and local authorities focuses on the benefits of making more people physically active.	Physical activity: brief advice for adults in primary care (PH44) Cardiovascular disease prevention (PH25) Physical activity: exercise referral schemes (PH54) Physical activity: walking and cycling (PH41) Physical activity in the workplace (PH13) Physical activity for children and young people (PH17) Physical activity and the environment (PH8)

MENTAL HEALTH & WELLBEING

e-Learning	Websites, Resources & Training	NICE Guidance
Five Ways to Wellbeing Introduces the concept of wellbeing and describes how the Five Ways to Wellbeing can be implemented in a variety of settings to promote it. Mental Health Awareness Aims to raise the awareness of mental health amongst health care staff, including: • Perinatal Mental Health • Mental Health in Emergency Medicine • Mental Health Awareness for GPs, Practice Nurses and HCPs MindEd e-Learning on children and young people's mental health Educational advice and training to improve mental health outcomes for children and young people. RCGP Suicide Prevention Background on suicide, demographics, prevention strategies, risk assessment and useful interventions	One You (Stress) General information, advice and resources, inc managing sleep and stress. NHS Choices (Mental Wellbeing) Evidence on five steps we can all take to improve our mental wellbeing. Wheel of Well-being (WoW) WoW is based on 6 universal aspects of Well-being: body, mind, spirit, people, place, planet and incorporates the Five Ways of Wellbeing. Connect 5 – Mental Health Train the Trainer Programme Designed to increase the confidence and core skills of front line staff to have more effective conversations about mental health and wellbeing. Mental Health First Aid Training Includes how to identify, understand and help a person who may be developing a mental health issue. Mental Health Toolkit for Employers A toolkit for organisations to help support employee mental health and wellbeing. Mental Health Promotion and Prevention Training Programmes Emerging practice examples of training available for the public health workforce. National Suicide Prevention Alliance Resources on local suicide prevention including informative case studies, webinars and film interviews.	Anxiety Disorders (QS53) Depression in adults (QS8) Healthy workplaces: improving employee mental and physical health and wellbeing (QS147) Workplace health: management practices (NG13) Antenatal and postnatal mental health (QS115)

RELATED RESOURCES[iii]

- [NHS Standard Contract (2016/17)](#)

Contains MECC service condition SC8

- [Person-centred Approaches Framework (2017)](#)

Health Education England framework which helps workers communicate meaningfully both verbally and non-verbally, tailoring the care and advice they give to suit peoples' needs.

- [Care Navigation: A Competency Framework (2016)](#)

Health Education England framework on care navigation.

- [General Practice – Developing confidence, capability and capacity (2017)](#)

NHS England Ten Point Action Plan for General Practice describes the changes required to improve recruitment and retention, and encourage the return of nurses to general practice.

- [Everyday Interactions: Measuring the Impact of Healthcare Professionals (2017)](#)

Focuses on the public health impact of four of the key healthcare professions within the wider workforce: nurses and midwives, dentists, allied health professionals and pharmacists (although we hope it will have wider appeal) and aims to support these healthcare professionals as they record and measure their public health impact.

- [Health Matters: Public Health Issues](#)

Facts, resources and information on major public health issues for public health professionals, local authorities and CCG commissioners

- [The Behaviour Change Wheel: A new method for characterising and designing behaviour change interventions (2011)](#)

This paper evaluates these frameworks, and develops and evaluates a new framework aimed at overcoming their limitations

- [Public Health England Campaign Resource Centre](#)

The Public Health England Campaign Resource Centre has everything you need to deliver our award-winning marketing campaigns on a local level.

[iii] Other training, resources and guidance may be available in local areas