

# Dr Idris Thomas – NHS Highland



Dr. Idris Thomas is locum Consultant Psychiatrist working in NHS Highland, and has been involved in establishing telepsychiatry clinics since 2018. He has been the lead author on a national policy for telepsychiatry, and has worked with TEC to develop quick reference guides in this field.

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Setting up a specific Near Me mental health system with waiting rooms for various specialties across mental health including CAMHS, inpatients, assessment teams, CMHTs.

## What's worked well?

- Ability to assess patients in general hospitals
- New patient and urgent assessments.
- Ability to maintain reviews.

## What have been the challenges?

- Patients with a lack of technology.
- Some staff reluctance/uncertainty.
- Staff technology.
- Capacity of Near Me. Groups.

## What have been the enablers?

- Access to guidance.
- Drive from managers and staff to continue to offer mental health services.
- National team and colleagues.

## We overcame our challenge by:

- Opening Near Me hubs.
- iPads for staff and teams.
- Near Me updates.

## Top Tips

- Inviting other professionals into Near Me meetings as part of MDT reviews of patients.
- Small tutorials to staff on its use from both the clinician and patient perspective.