

## AIM

To be able to care effectively for those living with Bipolar Disorder

## DURATION

Half Day Course (3 hours)

## LEARNING OUTCOMES

By the end of this course, you will:

- Be aware of some causes of mental health conditions
- Be aware of the relevant legislation
- Gain an understanding of what Bipolar Disorder is
- Know how Bipolar Disorder is assessed and diagnosed
- Know common triggers of the condition
- Gain awareness of the common symptoms of Bipolar Disorder and their effects
- Understand how care plans are used
- Be aware of how Bipolar Disorder is treated
- Be aware of your roles and responsibilities regarding the care of those with Bipolar Disorder

---

## LESSONS AND TOPICS

### About Bipolar Disorder

- Mental Health Conditions
- Facts and Statistics
- What is Bipolar Disorder?
- Causes of Bipolar Disorder
- Diagnosis of Bipolar Disorder
- Triggers

### Legislation

- Mental Capacity Act
- Deprivation Of Liberty Safeguards (DoLS)
- Mental Health Act
- Equality Act

### Types of Bipolar Disorder

- Bipolar 1
- Bipolar 2
- Cyclothymia
- Rapid Cycling Bipolar
- Bipolar with Mixed Features
- Bipolar with Seasonal Pattern
- Unspecified Bipolar

### Care and Treatment

- Care Planning
- Recording and Reporting Changes
- Acute Episodes
- Medication
- Psychological Treatment
- Impact on Staff

### Roles and Responsibilities

- Manager's Responsibilities
- Nurse and Team Leader Responsibilities
- Carers' Responsibilities