

Introducing a Pan-Lothian Group Based Programme for A12 Psychological Therapy in Adult Mental Health. Addressing Our Waiting Times in AMH.



Aim

To improve the completion rates of patients who are referred by the Edinburgh teams for the Lothian Wide Group Service's Anxiety Management and Managing Mood groups, by 20% by the end of June 2016.

QI Staff List

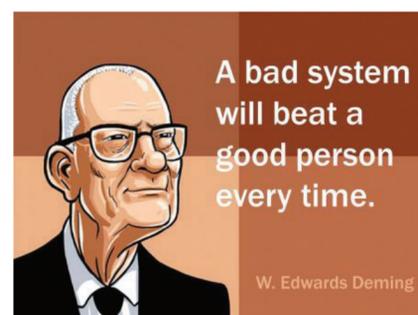
Dr Patricia Graham QI (Team Lead)	Claire Wells
Dr Alison Wells (Group Lead)	Kitty Burton
Claire Cruickshank	Rachel Sweeney
Kerry Turton	Louise Fisher
Chrissy Macfarlane	Jo Bennett (Team Coach)
Maureen McKenna	

Background

Evidence for Group CBT for Anxiety and Depression continues to be mixed in terms of symptom reduction, however the normalising aspect of group therapy interventions has been noted and was most useful for reducing feelings of stigma, isolation and shame. Prior to 2015, Psychological Therapy groups were delivered across the Edinburgh city and the Lothians but without equity. In 2015, a pilot of the Lothian Groups Therapy Service demonstrated the potential role of group therapy to enhance and widen the range and speed of access of therapeutic options available; this pilot contributed to a successful bid from the Innovation Fund, resulting in the Lothian Group Therapy Service being launched with 6 staff (3.6 WTE) in January 2016.

As part of the re-launch we introduced a brief pre-group interview with the aim of increasing completion rates for patients. Our hypothesis is that completion of group treatment will:

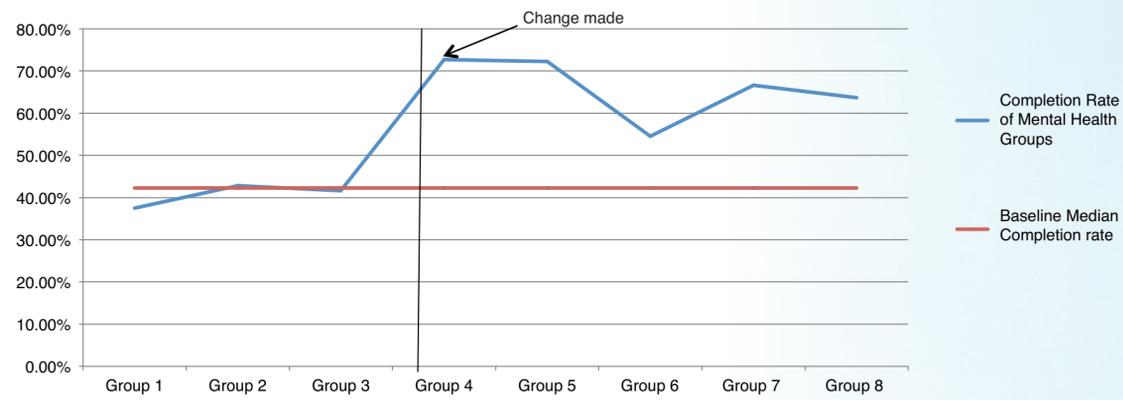
- Improve clinical outcomes
- Improve cost effectiveness of treatment.



Suite of Measures

- Depression and Anxiety Scale (DASS)
- Clinical Outcomes in Routine Evaluation-10 (CORE-10)
- WHO Quality of Life Questionnaire (WHOQuoL)
- Patient Global Impression-Improvement (PGI-I) Post-group only

Completion rates of Mental Health Groups June 2015 – April 2016



A patient was deemed to have completed if they attended more than 66.67% of the group appointments.

Conclusions

Initial results show that the groups reliably reduce the CORE-10 scores of patients who complete and from our initial data all patients have reported some improvement from their group treatment.

Group Treatment has been well received by those patients who completed their group as it provided applicable skills and the chance to benefit from the experience of other patients.

The inclusion of a pre-group interview has had a positive impact on patient completion rates.

Number of Patients invited and attended Groups since January 2016

	Invited Since January 2016	Attended Since January 2016
Anxiety	50	26
Mood	44	22
Total	94	48

Driver Diagram

