



# Improving access to local psychology services using data

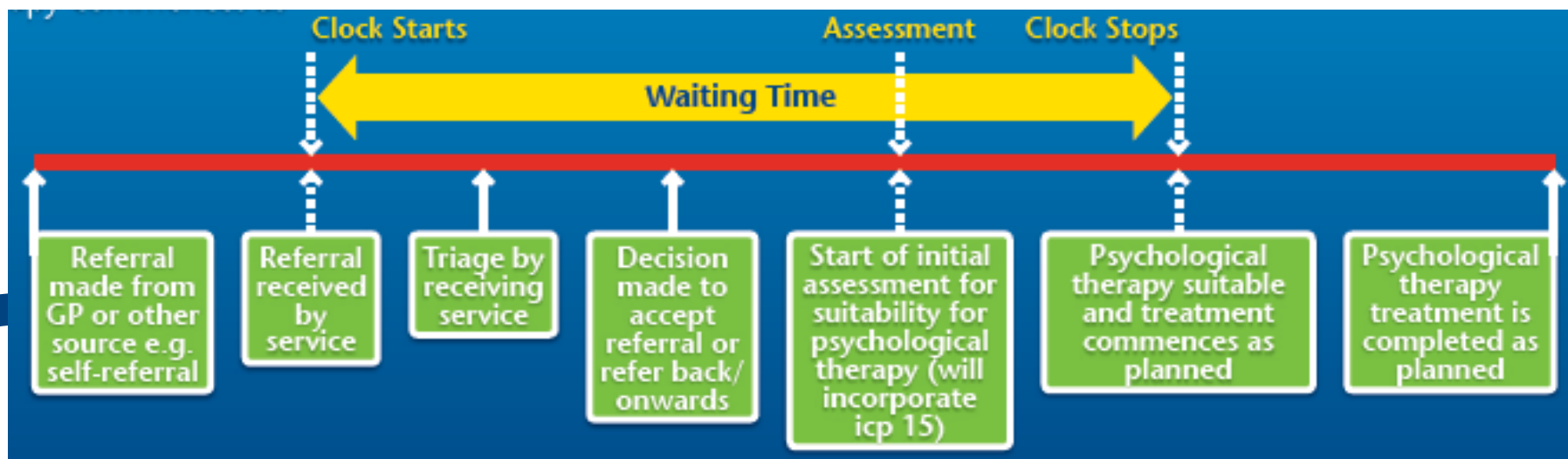
**#DataFest19**

**Richmond Davies**

# The challenge

## The waiting times standard

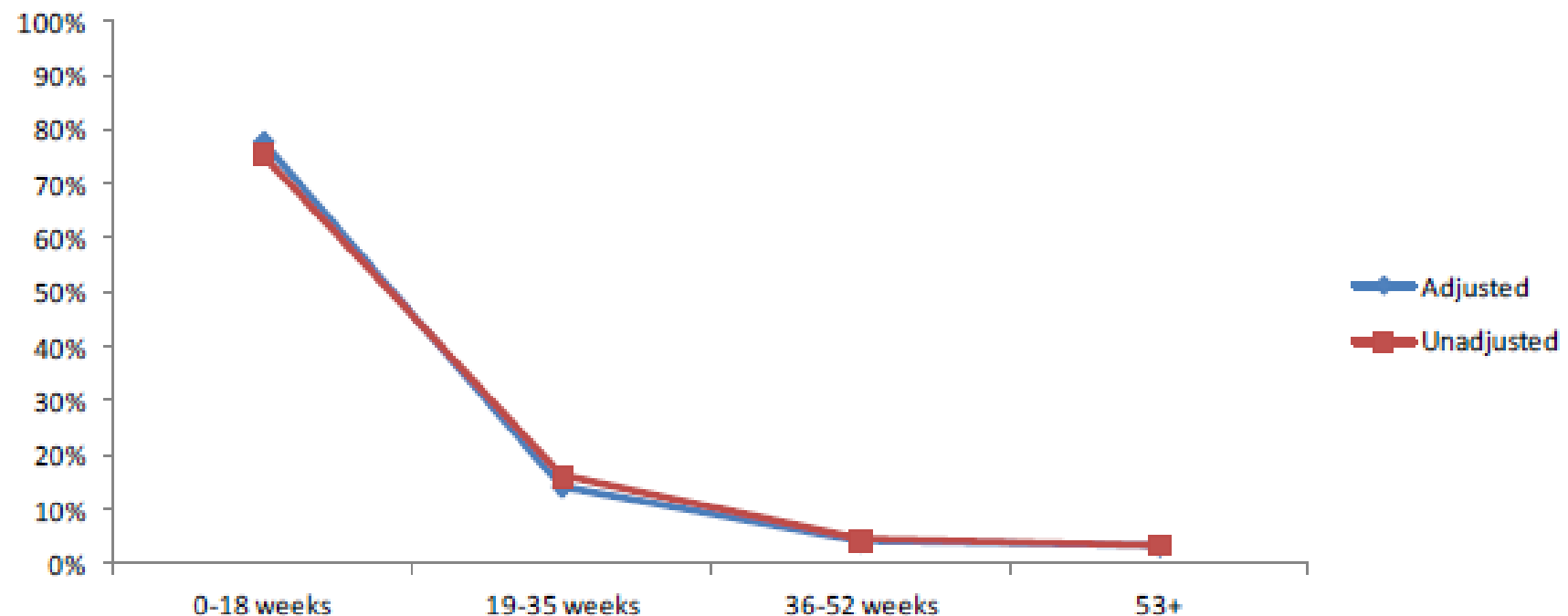
- At least 90% of patients in NHS Scotland must have a maximum wait of 18 weeks from referral to treatment for Psychological Therapies from December 2014



# For quarter ending December 2018

One NHS Board (NHS Greater Glasgow and Clyde) met the standard of treating 90% of patients referred within 18 weeks.

**Chart 5. NHS Scotland <sup>1,2,3</sup>: Distribution of completed waits (adjusted<sup>1</sup> and unadjusted) during the quarter October to December 2018.**



## Notes:

1. Scotland level adjusted information includes unadjusted waits for NHS Boards where adjusted waits are not available, for details of adjustments see Table 5.
2. NHS Borders were unable to submit Child and Adolescent Mental Health Services (CAMHs) and Learning Disabilities (LD) data due to migration issues.
3. NHS Lanarkshire has not included data from CamGlen since July 2018 because of concerns over accuracy.

**Table 2. Waiting times (with adjustments<sup>1</sup>) for people who started their treatment in October to December 2018 by NHS Board<sup>2,3,4</sup>**

<b>NHS Board of Treatment</b>	<b>People seen</b>	<b>People seen within 18 weeks (Number)</b>	<b>People seen within 18 weeks (%)</b>	<b>Average (median) wait (weeks)</b>	<b>Waiting time adjustments<sup>1</sup></b>
Scotland <sup>2,3,4</sup>	16,742	13,063	78.0	6	..
NHS Ayrshire & Arran	1,667	1,367	82.0	5	NA, U
NHS Borders <sup>3</sup>	227	204	89.9	1	NA, U, RO
NHS Dumfries & Galloway	725	477	65.8	9	Unadjusted
NHS Fife	1,195	860	72.0	10	Unadjusted
NHS Forth Valley	671	354	52.8	17	NA, U
NHS Grampian	982	698	71.1	4	Unadjusted
NHS Greater Glasgow & Clyde	4,044	3,688	91.2	4	NA, U
NHS Highland	664	519	78.2	8	NA,U, RO
NHS Lanarkshire <sup>4</sup>	2,073	1,634	78.8	10	NA,U, RO
NHS Lothian	3,037	2,189	72.1	2	NA, U, RO
NHS Tayside	1,301	967	74.3	6	NA, U, RO
NHS Island Boards <sup>5</sup>	119	75	63.0	11	..
NHS 24	37	31	83.8	15	Unadjusted

# Children and young people's mental health



ACCOUNTS COMMISSION 

AUDITOR GENERAL 

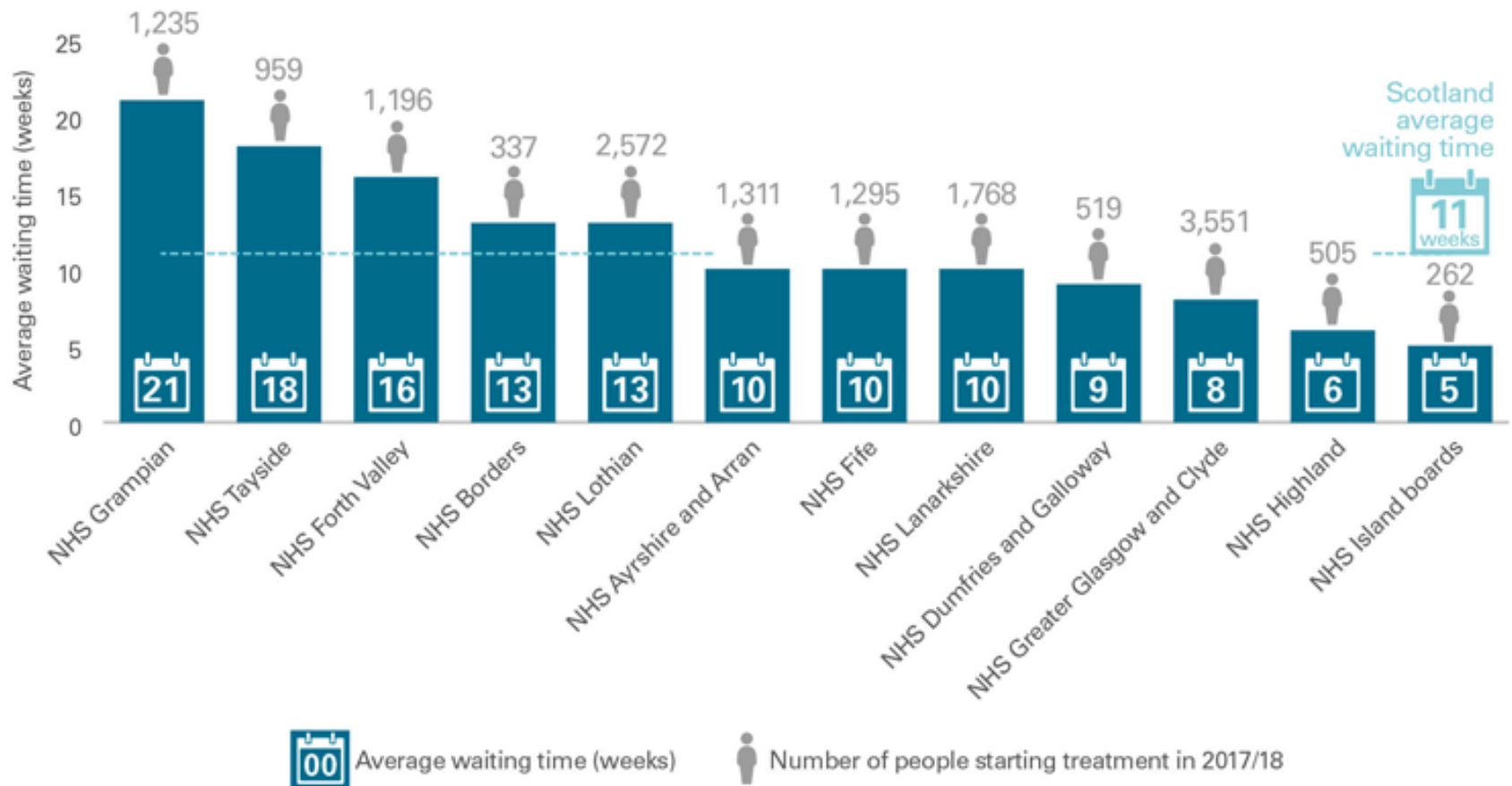
Prepared by Audit Scotland  
September 2018



## Exhibit 5

Average time children and young people waited between being referred and their first treatment appointment in 2017/18

The average waiting time in five NHS boards was longer than the national average of 11 weeks.



### Notes:

1. The average waiting time is based on the median.
2. Data for NHS Orkney, NHS Shetland and NHS Western Isles has been combined and presented as one board for disclosure reasons.

Source: Audit Scotland using data provided by ISD Scotland and CAMHS adjusted completed waits for people seen data, June 2018

# Mental Health Access Improvement Support Team



MHAIST has been set up to support health boards to implement improvements to achieve the Local Delivery Plan (LDP) targets of 90% of patients requiring Psychological Therapies and Child & Adolescent Mental Health Services to receive treatment within 18 weeks.

Healthcare Improvement Services uses improvement methodologies to provide support

NHS National Services Scotland provides data and analytic support

# Tayside Psychology Services - engagement with MHAIST - in progress!

- Aggregate patient demographics and aggregate patient activity data to reveal insights for better managing the service
- Assessment at every appointment – Global Assessment of Functioning to determine changes in how people patients can do everyday activities
- Discharge assessment at the final appointment – Clinical Global Impression Improvement scale to determine whether patient's illness has improved or worsened relative to a baseline state at the beginning of the intervention





# Dashboard – patient demographics

SIMD data by Age Group and Gender  
SIMD Decile by All Age Group and Genders All

Age Groups by SIMD Decile All and Genders All

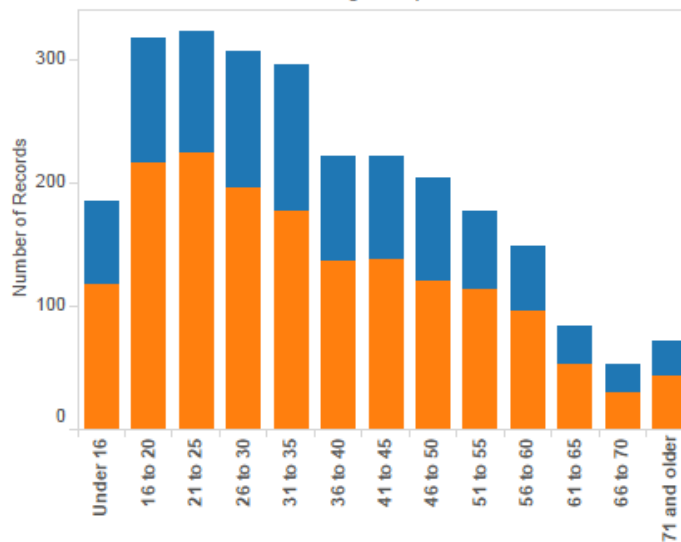
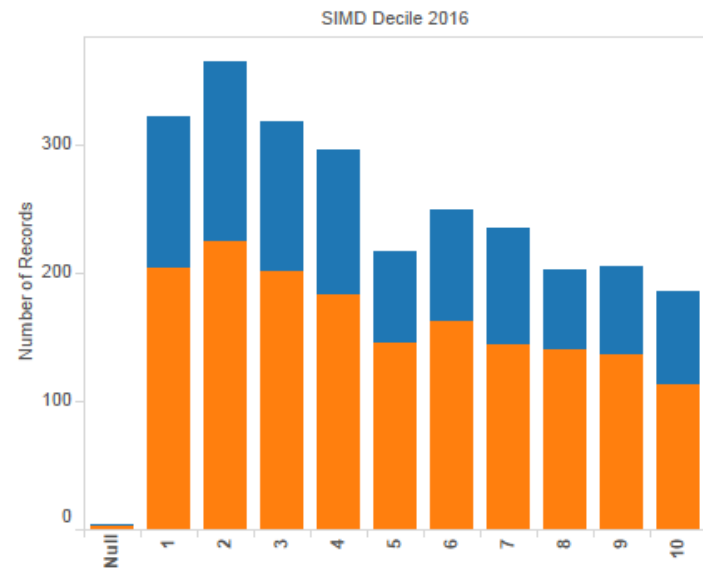
Gender  
 Male  
 Female

Month of Discharge D..  
April 2016 to March 2017

SIMD Decile 2016  
All

Age Groups  
All

Gender  
 Male  
 Female



Age Groups by SIMD Decile All and Genders All

Age Groups

SIMD Decile 2016	Under 16	16 to 20	21 to 25	26 to 30	31 to 35	36 to 40	41 to 45	46 to 50	51 to 55	56 to 60	61 to 65	66 to 70	71 and older	Grand Total
Null			1			1	1			1				4
1	27	44	27	43	54	22	28	25	17	11	9	5	11	323
2	19	45	50	52	44	31	31	18	27	21	10	9	9	366
3	15	35	44	41	37	30	33	29	19	17	8	6	5	319
4	15	30	45	38	28	32	26	26	16	17	6	4	13	296
5	15	22	28	26	20	24	20	14	17	14	9	4	4	217
6	23	34	32	29	28	19	14	16	18	18	6	6	7	250
7	20	24	34	22	33	15	19	23	15	13	7	6	4	235
8	18	26	15	23	20	18	15	16	15	13	7	6	11	203
9	11	27	27	13	19	17	25	16	21	13	12	3	1	205
10	22	30	20	19	12	12	9	21	12	10	9	4	6	186
<b>Grand Total</b>	<b>185</b>	<b>317</b>	<b>323</b>	<b>306</b>	<b>295</b>	<b>221</b>	<b>221</b>	<b>204</b>	<b>177</b>	<b>148</b>	<b>83</b>	<b>53</b>	<b>71</b>	<b>2,604</b>

# Dashboard - patient activity

## Diagnosis by number of appointments

Appt Number	3 digit Primary Diagnosis											
	Null	F00	F01	F02	F03	F05	F06	F07	F09	F10	F11	F12
1	11,334	44	15	2	10	2	7	8	3	244	506	14
2	6,370	18	10	2	13		6	2	1	145	232	3
3	4,116	23	6	2	4		13	2		115	136	4
4	2,865	14	8	2	2		8	2	3	100	90	5
5	2,112	8	2	1	2		6	2	2	82	63	5
6	1,606	5	1				4	1	2	73	46	4
7	1,249	4	1				2	1		59	27	3
8	983	4	2				1	1		50	25	2
9	767	2	1				3	1		45	19	2
10	604	2			1		3	1		41	18	2
11	489	1			1		2	1		36	16	2
12	394				1		2	1		29	13	2
13	326				1			1		22	12	2
14	268				1			1		18	11	2
15	228							1		13	7	2

Cnadna  
All

3 digit Primary Diagnosis  
All

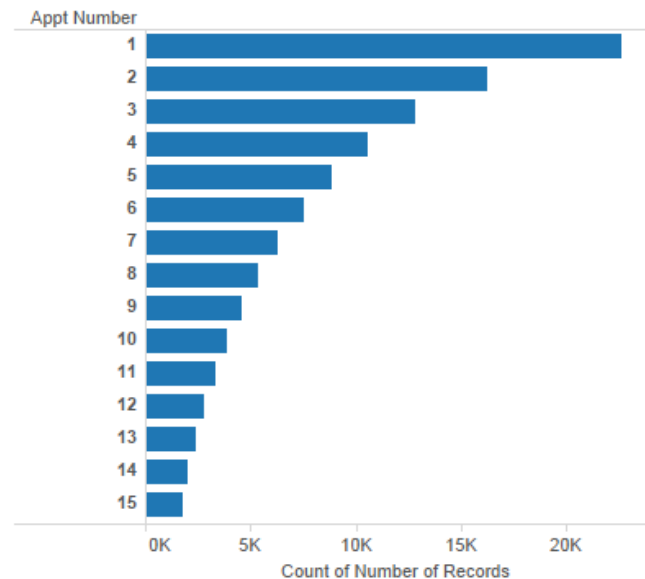
Primary Diagnosis

- Null
- F00
- F01
- F02
- F03
- F03X
- F06
- F07
- F09
- F10
- F11
- F19
- F20
- F21
- F22
- F23
- F24
- F25
- F28
- F29
- F30
- F31
- F32
- F33
- F34
- F38
- F39
- F40
- F41
- F42
- F43
- F44
- F45
- F48
- F50
- F51
- F54
- cca

## CNA/DNA by Diagnosis

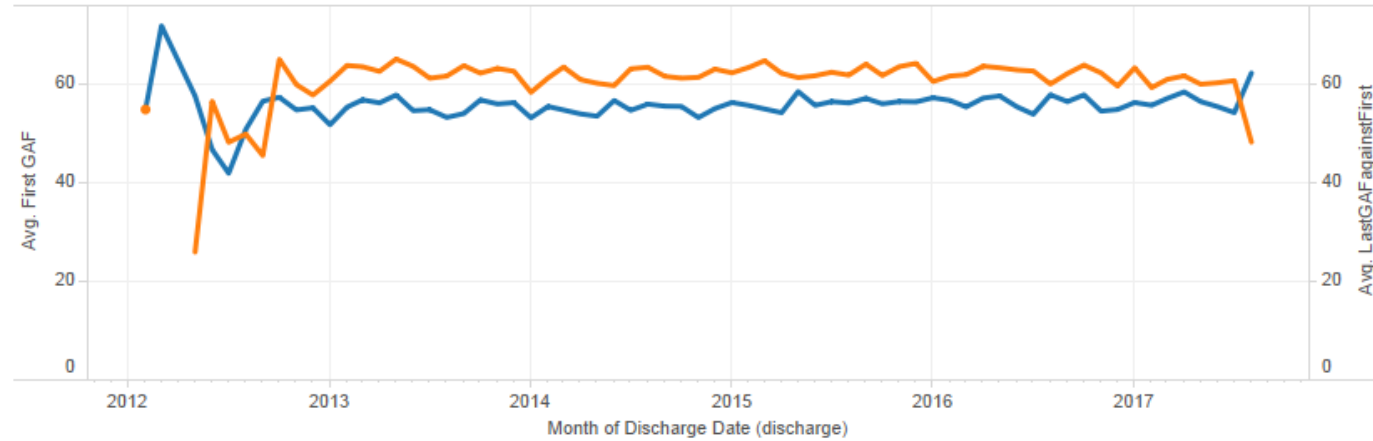
Appt Number	Count
1	22,669
2	16,293
3	12,845
4	10,617
5	8,889
6	7,518
7	6,332
8	5,376
9	4,576
10	3,917
11	3,325
12	2,838
13	2,403
14	2,061
15	1,763
16	1,536

## CNA/DNA by Diagnosis Graph



# Dashboard - Global Assessment of Functioning (GAF)

First and Last GAF



TEAM  
All

T Mh Intervention Type Le..  
All

Primary Diagnosis  
All

Measure Names

Avg. First GAF

Avg. LastGAF againstFirst

Overall GAF Difference Si..

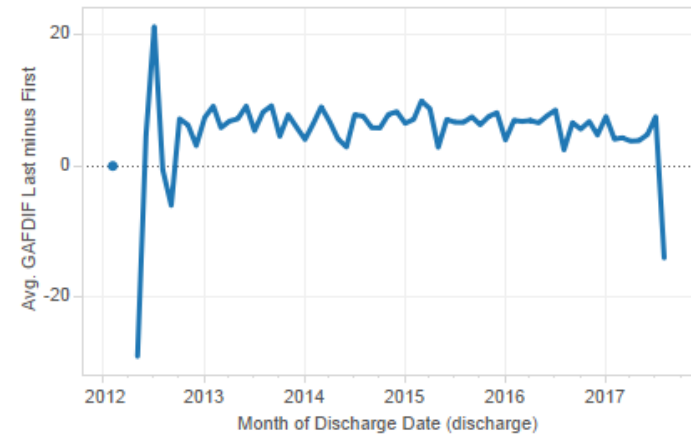
Null

Deterioration

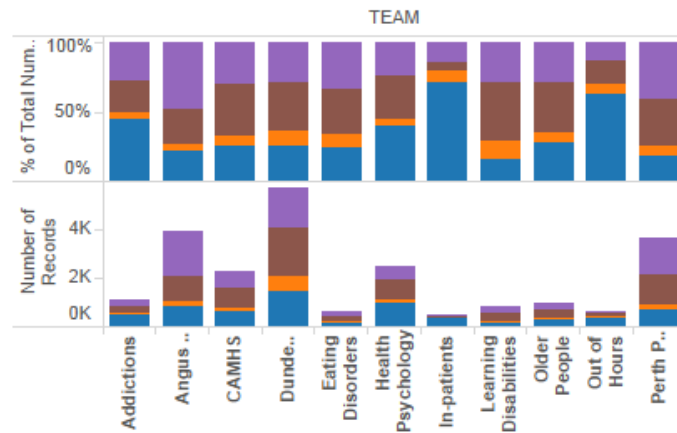
Highly Significant

Significant

GAF Difference



Improvement by Definition %age



Overall GAF Difference Si..

Highly Significant

Significant

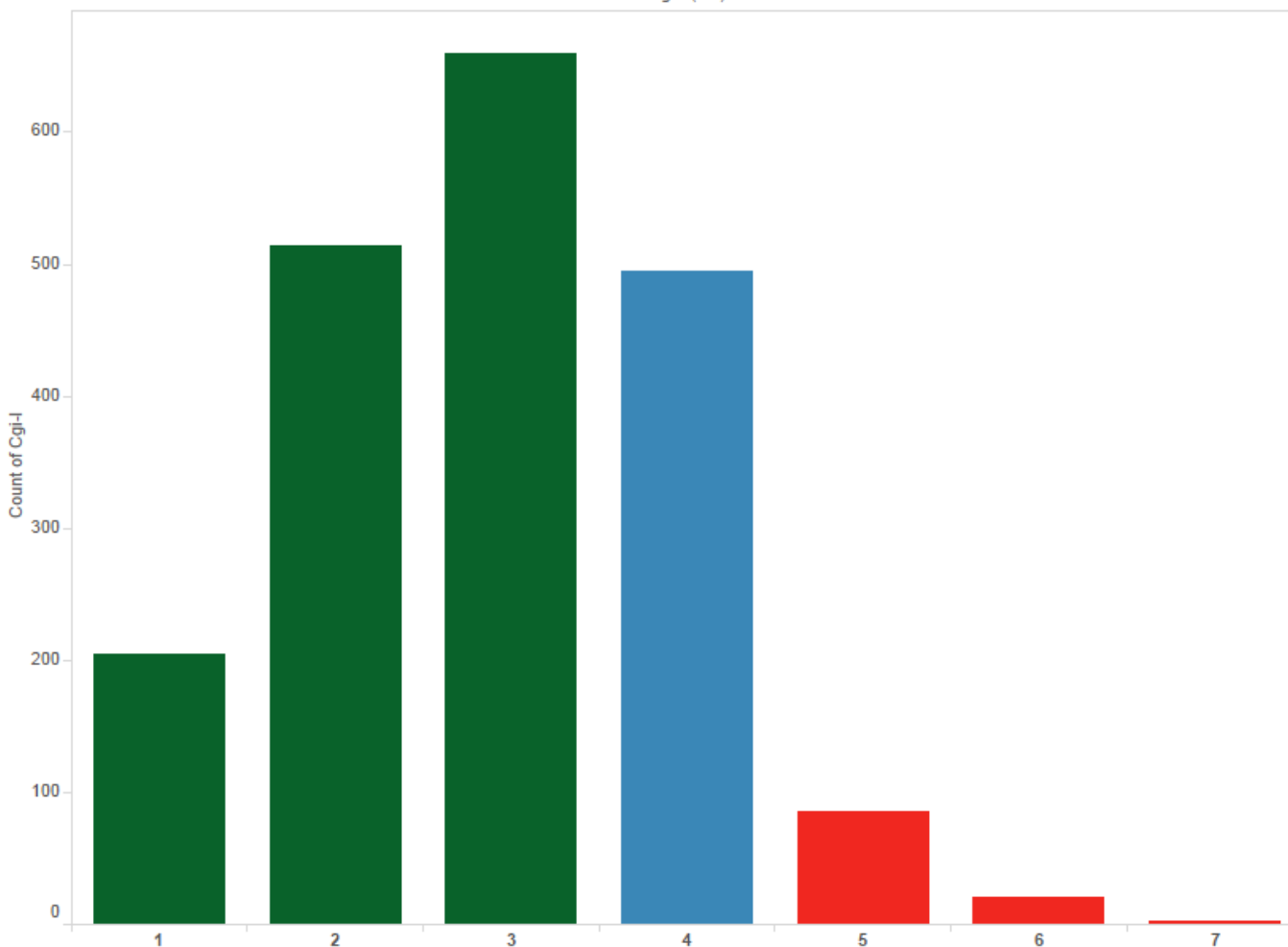
Deterioration

Null

# Dashboard - Clinical Global Impression Improvement Scale (CGI-I)

Cgi-I Graph

Cgi-I (bin)



TEAM

- Addictions
- Angus Primary Care
- CAMHS
- Dundee Primary Care
- Eating Disorders
- Health Psychology
- In-patients
- Learning Disabilities
- Older People
- Out of Hours
- Perth Primary Care

Month, Year of Last conta..  
Multiple values

“

**Thank you**