



Increasing access to psychological therapies within the Psychotherapy department in City and Hackney

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NHS
East London
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Main achievement: An evaluation of the effectiveness of a newly developed first stage treatment psychotherapy group

QI Project and QI SRRP Aim

QI project aims:

To reduce referral to assessment and assessment to treatment waiting times.

SSRP Project aims:

To evaluate the effectiveness of a newly developed 8-session Psychotherapy Foundation & Formulation (PFF) psychoeducational group, introduced into the care pathway as a first stage treatment.

Why is this important to Service Users and Carers?

So that service users do not need to wait as long to receive a meaningful treatment. Feedback was collected from service users who attended the group and this was generally very positive. Future plans are to contact those who dropped out of the group to find out why.

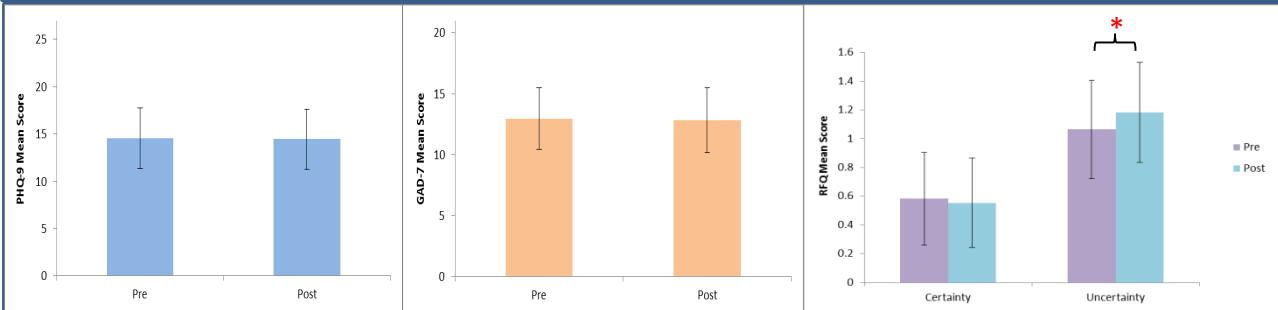
QI SRRP Methodology

- Uncontrolled effectiveness study of pre-group and post-group measures.
- 88 participants who attended the PFF group between June 2017 and May 2019.
- Possible additional analysis of waiting list times and service users' post-group treatment pathway

Driver Diagram with your QI SRRP



Data (Quantitative)



Figures 1, 2 and 3 show the pre and post mean PHQ-9, GAD-7 and RFQ scores (*= p<.05).

Learning and Recommendations

The PFF group appears to be a promising initial intervention in the care pathway, although results must be interpreted tentatively at this initial stage. Qualitative feedback is more promising than what is picked up in the quantitative data. It will be very helpful to now look at how this impacts service users' treatment pathway.