

# **NICE Guidelines for Anxiety and Depression: Audit & Implementation Project**

**Southwark 2008-2009**

**Supporting Information**

# **IMPLEMENTATION PROJECTS**

## **i. Training Sessions**

Training sessions were held at the five Assessment and Brief Treatment teams in Southwark and the ABT Staff, psychologists, counsellors and primary care psychologists from each area were invited to attend. Training was split into two one hour sessions, one covering the Guidelines for Depression and one covering the three sets of Guidelines for Anxiety Disorders (GAD, OCD & BDD, PTSD).

The structure of training was as follows:

- 1) Introductions (to encourage link-working)
- 2) Information on Southwark Services (specific to Depression and Anxiety)
- 3) NICE Guidelines:
  - Recognising and classifying (Depression or Anxiety)
  - Evidence-based treatments
  - Stepped-Care Model (specific to Southwark)
- 4) Vignettes to practice applying the NICE Guidelines to real cases.

On completion of the depression training staff were asked to complete a feedback form which would be used to guide the development of the Anxiety training sessions. The majority of feedback was very positive.

## **ii. Assessment Manual**

The assessment manual project was a response to findings in the NICE Audit which identified significant variations in the standard of assessment throughout the borough ABT Teams. The manual was also designed to be used as a teaching/training tool for new staff and students.

Stages in the manual's development:

- a. Identification of assessment tools currently used by ABT teams.
- b. Literature search for additional assessment documents.
- c. Framework developed for the manual (see next page for details).
- d. Consultation with Service Leads, ABT Team Leaders, ABT Staff (psychiatrists, psychologists, Nurses, Social Workers, OTs).
- e. Identification of an 'Assessment Champion' (team member known for completing excellent assessments) for each ABT team to pilot the manual and provide feedback.
- f. Manual updated using feedback from Assessment Champions and further consultation with service leads.
- g. Manual professionally printed and taken to the ABT teams to introduce to staff members.
- h. Manual sent to Pavilion for consideration for publishing (October 2009).

## **Southwark General Assessment Manual Framework**

**The 5Ws (Why, Where, What, Who, When)**

**Guidance on conducting an assessment**

- a) Assessor skills**
- b) Good practice points**
- c) Information for person being assessed**

**Minimum dataset (name, DOB ethnicity, child risk, Honos etc)**

**1) Reason for referral:**

- a) Referrers Perception**
- b) Clients Perception**
- c) Carer or Significant Other's Perception**

**2) Biographical Information**

- a) Family History**
- b) Personal History**
- c) Spiritual Beliefs**
- d) Cultural Practices**

**3) Mental Health History**

- a) Family MH History**
- b) Personal MH History**

**5) Physical Health History**

- a) Past and Current Physical Health**

**b) Medication**

**6) Drug and Alcohol History**

**7) Current Social Circumstances**

- a) Accommodation**
- b) Employment**
- c) Financial Circumstances**
- d) Immigration Status**
- e) Social Network & Current Social Contact**
- f) Caring responsibilities**
- g) Activities of Daily Living**

**8) Mental State Examination**

- a) Appearance & Behaviour**
- b) Speech**
- c) Mood & Affect**
- d) Thought**
- e) Perception**
- f) Cognition**
- g) Insight**
- h) Interpersonal difficulties/ personality issues**

**9) Risk Assessment (brief risk screen and risk formulation)**

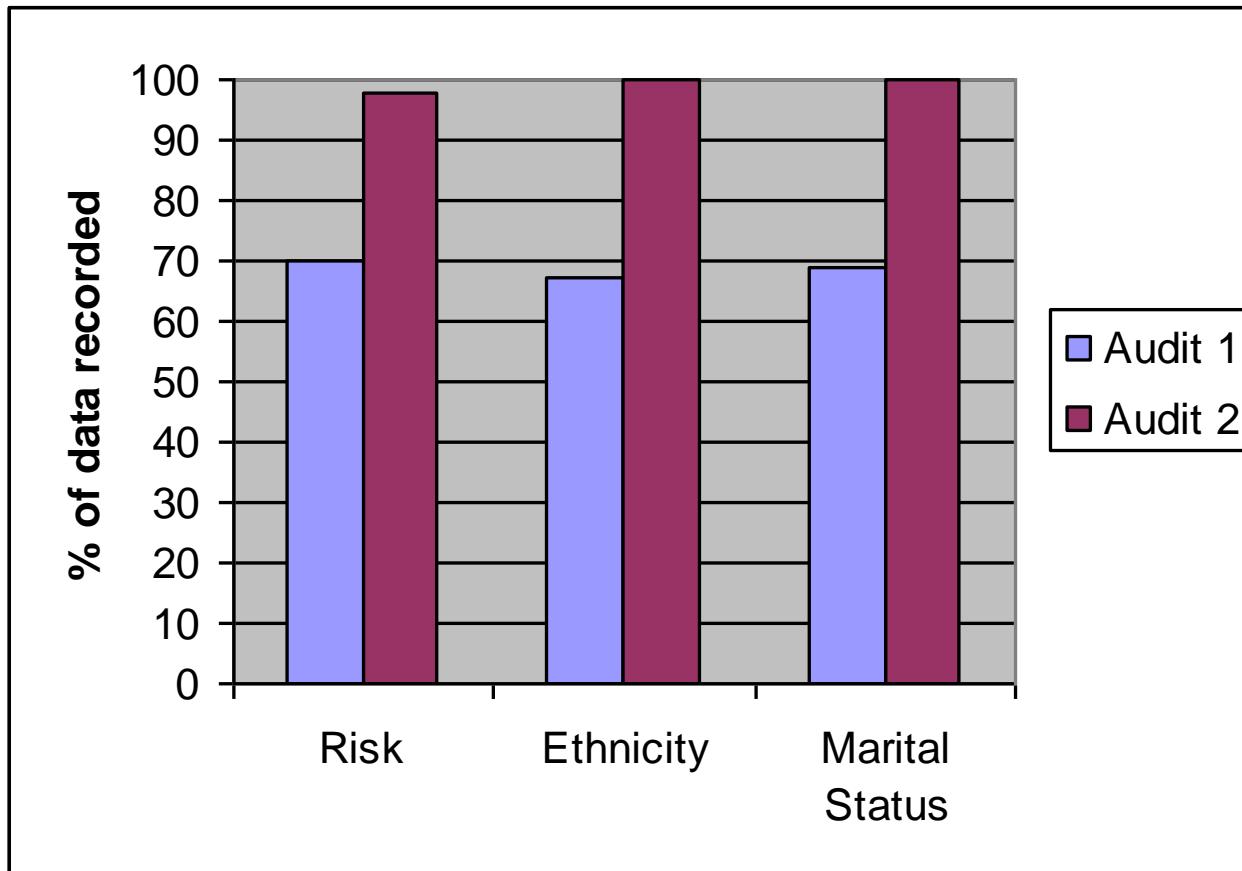
**10) Current Support and Resources**

**11) Formulation & Care Plan**

**2nd Audit**  
**Preliminary Findings from ABT teams**

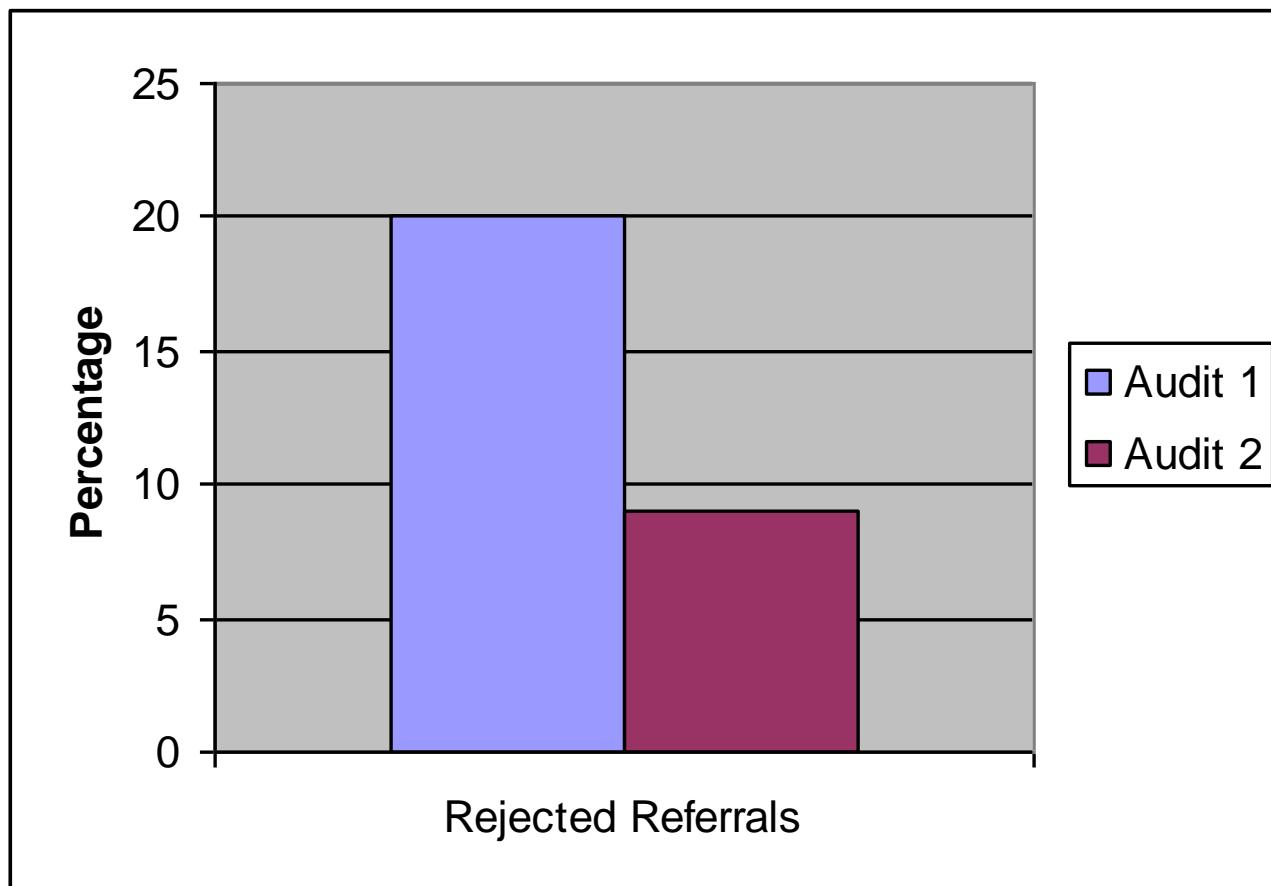
## 1) Has recording of patient information improved at ABT?

The graph below shows that recording of patient information is much better in the second audit compared to the first.



## 2) Are GPs implementing stepped-care better in the 2<sup>nd</sup> audit?

The graph below shows that the ABT Teams are rejecting fewer referrals in the second audit compared to the first. This indicates that the GPs are making more appropriate referrals to ABT in accordance with a stepped-care approach.



## 2) Are the ABT teams offering treatment to more appropriate patients in the 2<sup>nd</sup> audit?

The graph below shows preliminary findings from the second audit for complexity of patients problems (i.e. they have social and/or co-morbid problems in addition to their mental health problems) and if they have had previous treatment. At ABT (step 4) we would expect to find that most patients have complex problems and have had some form of previous treatment. These findings suggest that the ABT teams are treating more appropriate patients in the second audit compared to the first.

