

# Home Treatment Accreditation Scheme (HTAS)



Webinar - Responding to CV  
19 Pandemic

Tuesday 21 April 2020  
16:00

# Housekeeping

- This is a live event, therefore unless you're a designated speaker you are on mute.
- Please use the Q&A function to ask any questions and vote for the ones you want answered.
- This will be recorded and the link will be shared after the event.
- If you have requests or suggestions for future webinars please let us know.

# Agenda

- Service delivery, assessment and gatekeeping
- Team working and home treatment
- Risk assessment and leadership
- Medicolegal and ethical considerations
- Patient and staff support
- Q&A

# Impact of CV 19 pandemic on CRHT/HTT



- *Departure from standard operating procedures.*
- Potential impact on:
  - Service delivery and response,
  - Assessment and gatekeeping, Facilitating early discharge, working with other services
  - Team working, home treatment and staffing.
  - Overall impact on acute mental health pathway

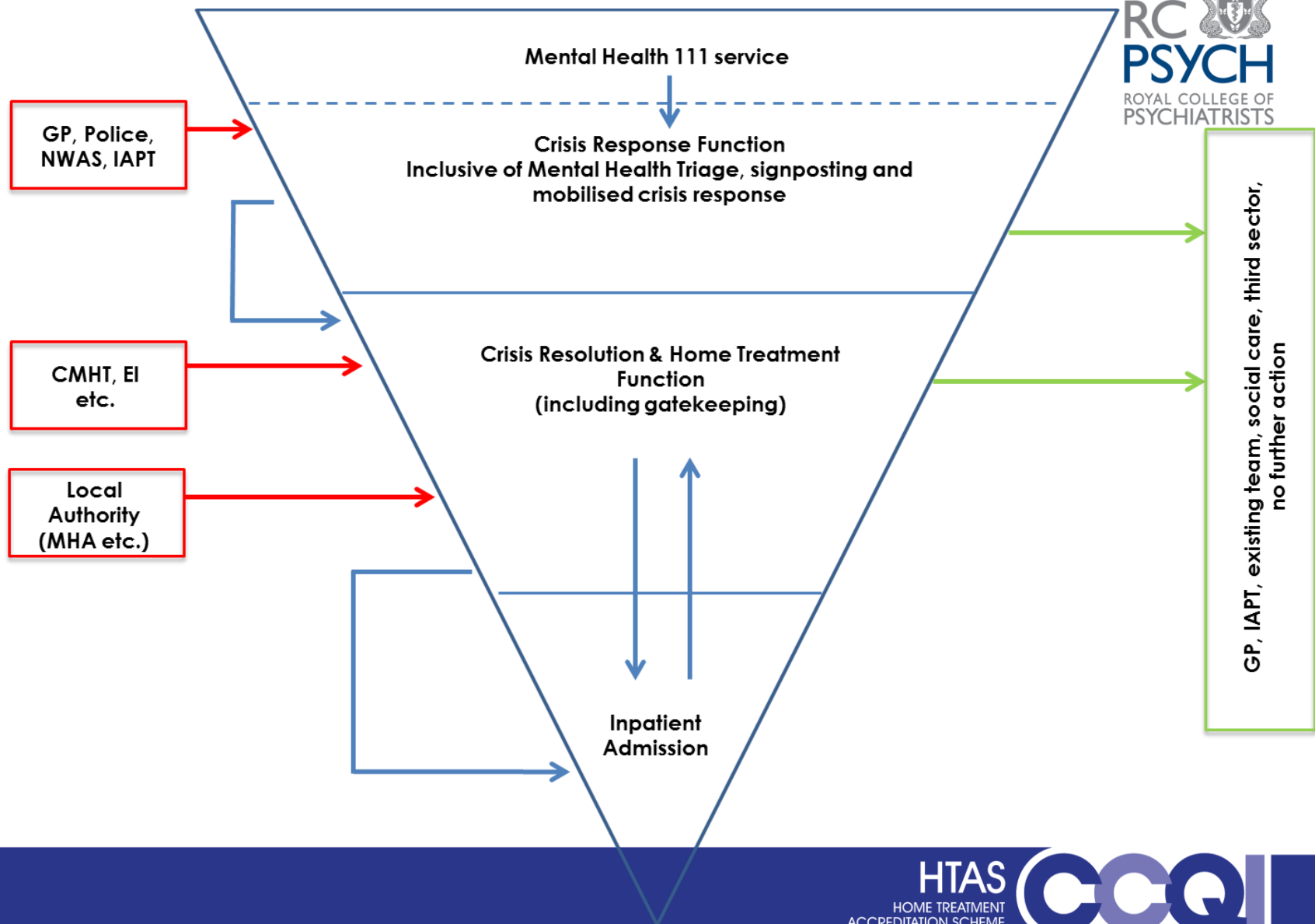
# Service delivery, assessment and gatekeeping



SEAN BOYLE

Clinical director Cheshire and Wirral NHS  
Partnership

Member of the HTAS Advisory Group



# Team working, home treatment delivery



GEORGINA MILLS

Clinical Lead-South West Essex CRHT (EPUT)  
Member of the HTAS Advisory Group

# Team Working

- MDT working during the CV-19 outbreak
- Continuing with face to face staff meetings (with social distancing), but with added technology for staff to join remotely
- Introduction of Microsoft Teams
- Support for staff whom are not as '*tech savvy*' as others





# Service Delivery

- Cleanliness of work environment
- Social distancing
- Use of Personal Protective Equipment
- CV19 tele -screening for all patients prior to visits
- Video calling patients



# Risk management and leadership



DR PRANVEER SINGH

Consultant psychiatrist in CRHT Essex  
Partnership University NHS Foundation Trust and  
Chair of HTAS advisory group

# Risk management and leadership



- To ensure that we continue to have clear pathways into and for onward transfers.
- Working more closely with families. (involve families with consent)- May be an advantage while using video conference..(ask about suicidal thoughts).
- Maintain emphasis on building relationships; and gathering good quality information.
- Multi-disciplinary discussions about all patients care.

- Satisfactory staffing levels
- Particular challenges for people with CV19, determining capacity to consent, those are at high risk or who lack other social supports
- More than usual need for on-going supervision
- Risk of CV-19 infection
- Minimise risk to your own health

- Senior clinicians – engage as MDT in decision making when considerations of departure from standard practices.
- Keep matters of risks- forefront of clinical practice.
- Ensure good communication.
- Fostering team spirit and cohesion.
- Ask for support or raise concerns as necessary.

# Medicolegal and ethical considerations



DR KAPIL BAKSHI

Deputy Medical Director  
Chair, Clinical and Ethical Advisory Group  
Norfolk and Suffolk NHS Foundation Trust

# Key points

- Good Medical Practice
- Treatment of Covid-19 positive patients
- Remote/Virtual working and Patient Confidentiality
- Mental Health Act
- Accountability
- Support with difficult decisions

# Patient and staff support



Dr Luke Sullivan

Senior Clinical Psychologist, Member HTAS  
Advisory Group

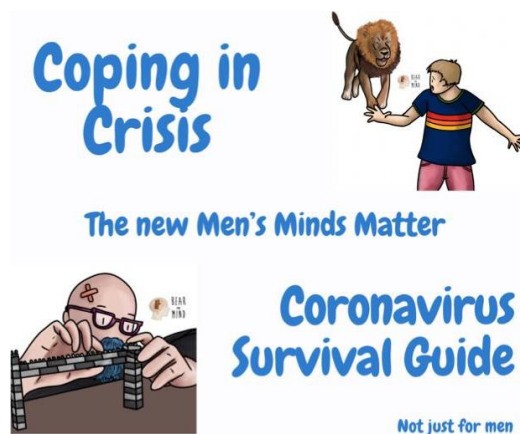
Gabriella Bergin-Cartwright

Honorary Assistant Psychologist  
South London and Maudsley NHS Foundation  
Trust



# Patient and staff support

- Psychological model of working in HTT (Sullivan, 2018, Sullivan & Whiteley, 2019)
- Principles, techniques and tools routinely used in this setting
- Made relevant to service users, staff and general public



# In times of crisis...



## Threat State

Problem-focused  
Anxiety, agitation, anger,  
disgust, feeling trapped



## Depressive State

Withdraw and shut-down  
Sad, low, lonely, hopeless,  
helpless, defeated



Overwhelmed and preoccupied with the problem at the expense of everything else



Failure to recognise the dangers, or feeling numb & depressed

**Goal is to get to the best place psychologically  
to be able to respond effectively and get through challenging times safely**

**1. Managing difficult emotions**

**2. Managing isolation and withdrawal**



# Managing fear, anxiety & strong feelings



Some level of anxiety and fear is **normal and needed** – up to a point

Our threat system is both immediate and predictive, but we **can't control or remove the threat of COVID-19**



## 1. Address immediate threats

First priority is to make things as safe as they can be – **assess the situation and make a plan**

Once immediate dangers have been addressed, anxiety has served its initial purpose

## 2. Techniques to manage strong feelings

Help reduce the sense of threat and **switch on inner safety system**



**Breathing exercises**



**Progressive muscle relaxation**



**Intense exercise**



**Change your temperature**



**Grounding**



**“Dropping Anchor”**



**Meditation & mindfulness**



**Distraction**



# Managing isolation and withdrawal

## Behavioural activation – Baseline Functioning

Staying at home can present many challenges  
Withdrawal and isolation can contribute to depression

### 1. Get the basics right

As things go on for longer, doing the small stuff can start to feel pointless and **people may stop doing the basics**

Establish a **good baseline routine**, focusing on caring for **fundamental physiological needs**

### 2. Remain activated

Engaging in activities will **help to reduce problem-focused thought**

**Achievable** and meaningful in some way

Many free resources currently...



**You can access the full guide online at:**

**<https://www.mensmindsmatter.org/coronavirus-survival-guide.html>**

**Dr Luke Sullivan**

Senior Clinical Psychologist

**Gabriella Bergin-Cartwright**

Honorary Assistant Psychologist

**Men's Minds Matter CIC**

**Lambeth HTT**

# Questions, comments and next steps



## **HTAS WEBINAR: IMPLEMENTING A 24/7 CRISIS LINE**

**Date:** Tuesday 28 April 2020

**Time:** 16:00-17:00

To register your interest please email [htas@rcpsych.ac.uk](mailto:htas@rcpsych.ac.uk)

There will be discussion from teams who have a 24/7 line implemented and those who have recently done so followed by a Q&A session.

