Embedding Patient Led CPA Meetings in a Forensic Rehabilitation Unit

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Background

The Care Programme Approach (CPA) is an important framework for delivering multi-disciplinary care for people with severe mental health problems. CPA meetings are often chaired by senior clinicians. We wondered whether patients taking a more active role in their care would improve levels of engagement, offer agency and ultimately enhance recovery outcomes.

Aims

To empower and involve patients in their care through supporting them to chair their own CPA meeting. This project is one "cog" in a larger portfolio of work supporting the ward to provide increasingly more person-centered rehabilitative care in co-production with patients. This poster discusses the process and feedback of implementing patient-led CPA on the ward.

How It Works

Co-Produced Agenda

A question sheet (10-12 questions) capture the key themes of a CPA is written in co-production between patient and clinician.

Patient Practice

Patients have the opportunity to practice asking the prepared questions before the CPA.

CPA Meeting

Patient chaired with clinician co-chair supporting as needed.

Open discussions using enabling language.

Mutually respectful approach maintained.

Debrief

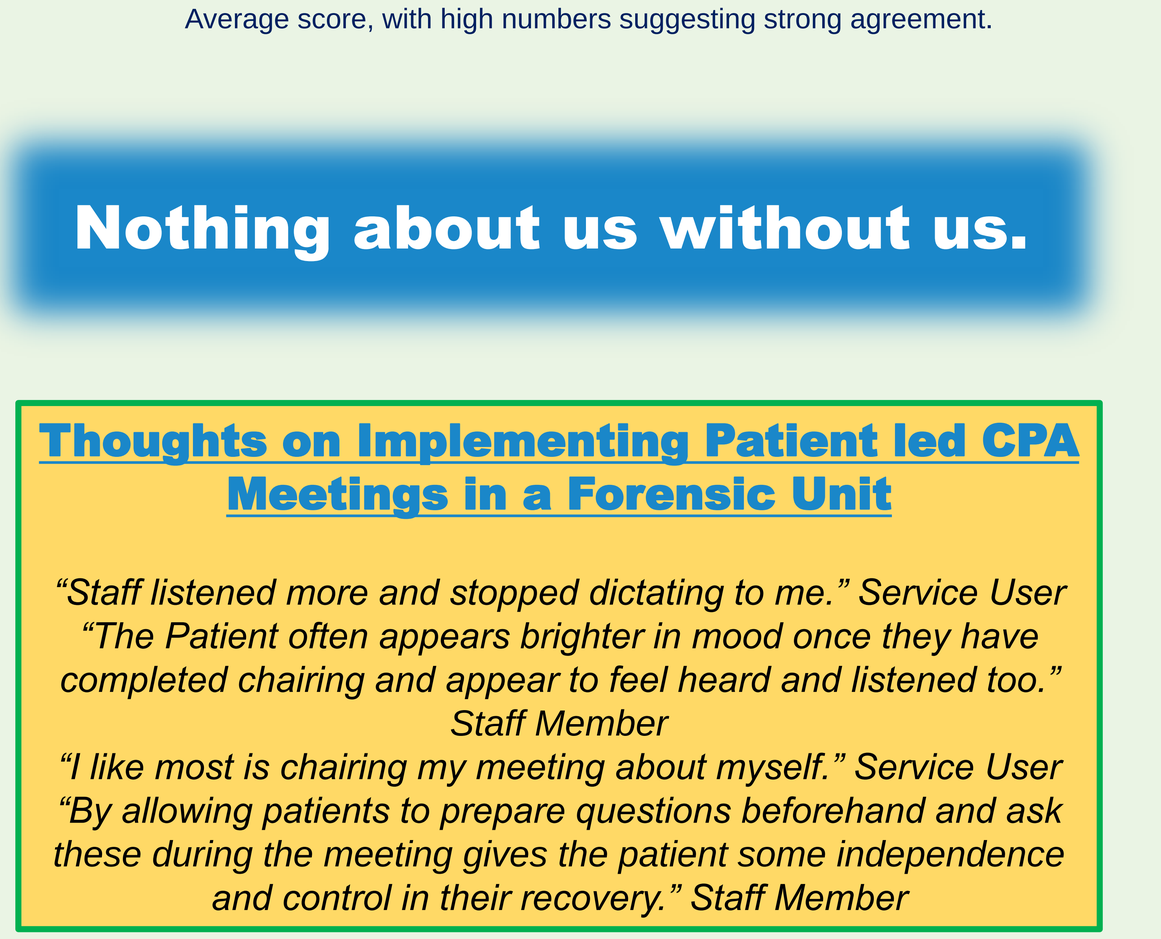
Patient reviews and amends CPA minutes.

Space offered for patient to debrief after CPA.

Patient survey offered.

Results

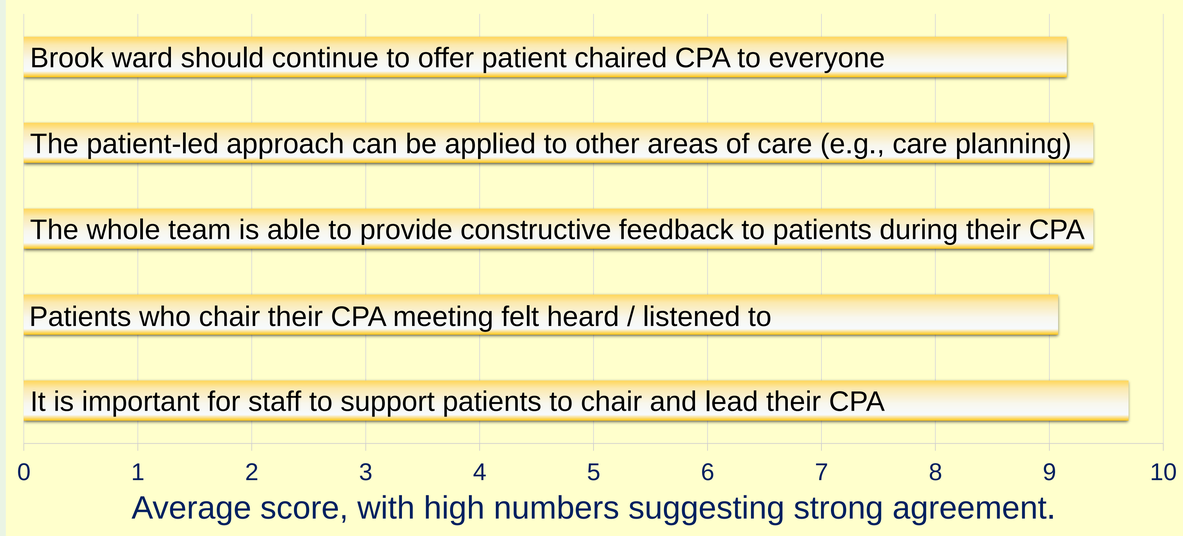
Surveys were given to patients following the CPA. Staff feedback was also obtained. 14 patients and 13 staff completed the survey.



Ward Characteristics

This project was located on a 16 bedded male forensic rehabilitation ward in South London. All patients were invited and supported by the clinical team to chair their CPA meetings. Average age was 37 years (s.d. 9.8) and 50% were of White ethnicity. Diagnoses are summarised in the table below.

Diagnosis	N (%)
Type of psychosis	
Affective	6 (37.5%)
Non-affective	10 (62.5%)
Co-occurring diagnoses	
Personality Disorder	7 (43.8%)
Substance Misuse (including historic)	16 (100%)
ASD and/or LD	6 (37.5%)



Nothing about us without us.

Thoughts on Implementing Patient led CPA Meetings in a Forensic Unit

"Staff listened more and stopped dictating to me." Service User
"The Patient often appears brighter in mood once they have completed chairing and appear to feel heard and listened too." Staff Member
"I like most is chairing my meeting about myself." Service User
"By allowing patients to prepare questions beforehand and ask these during the meeting gives the patient some independence and control in their recovery." Staff Member

Conclusions

All patients took up the offer to chair their meeting with support, showing this approach is feasible.

Patient feedback was overwhelmingly positive, indicating that patients felt they should lead their care meetings.

The approach was welcomed by staff members who felt more able to support patients in care reviews and give enabling feedback.

Staff need to be mindful about power differentials that exist in inpatient care, and ensure people are genuinely supported to lead their CPA.