

An Audit into the Adherence to the RCPsych's Care Programme Approach (CPA) Clinical Guidance at HMP Bullingdon

Carthy, E.R., Phillips, J., Mashimo, T., Byrne, R. & Mitchell, E.

HMP Bullingdon, Oxford Health NHS Foundation Trust, Bicester OX25 1PZ

BACKGROUND

In 2020, the Royal College of Psychiatry (RCPsych) issued guidance of how CPA reviews should be implemented within the prison estate (publication number CCQ1346). This is in accordance with the NHS Long Term Plan and the Community Mental Health Framework.

AIMS & OBJECTIVES:

This audit was conducted to assess local adherence to these guidelines at HMP Bullingdon; a remand prison serving Oxfordshire and Berkshire with an operational capacity of over 1000 prisoners. The Prison Mental Health Service is provided by Oxford Health NHS Foundation Trust.

METHODS

The RCPsych guidelines include criteria relating to timing and recommended components of CPAs. This audit included all patients under the care of the mental health in-reach team at HMP Bullingdon that met the criteria to be managed under CPA.

RESULTS: CYCLE 1

- The first cycle of this audit was conducted in July 2023 (n=38).
- Many of the components comprising the CPA review were met. However, only 17% of initial CPA reviews took place within the recommended 28 days (Fig 1).
- Whilst reviews were conducted jointly by the treating psychiatrist and care coordinator, they did not include a representative from the prison nor a member of the relevant community mental health team (Fig 2).
- Only 13% of assessments documented the patient's capacity to consent to treatment (Fig 2).

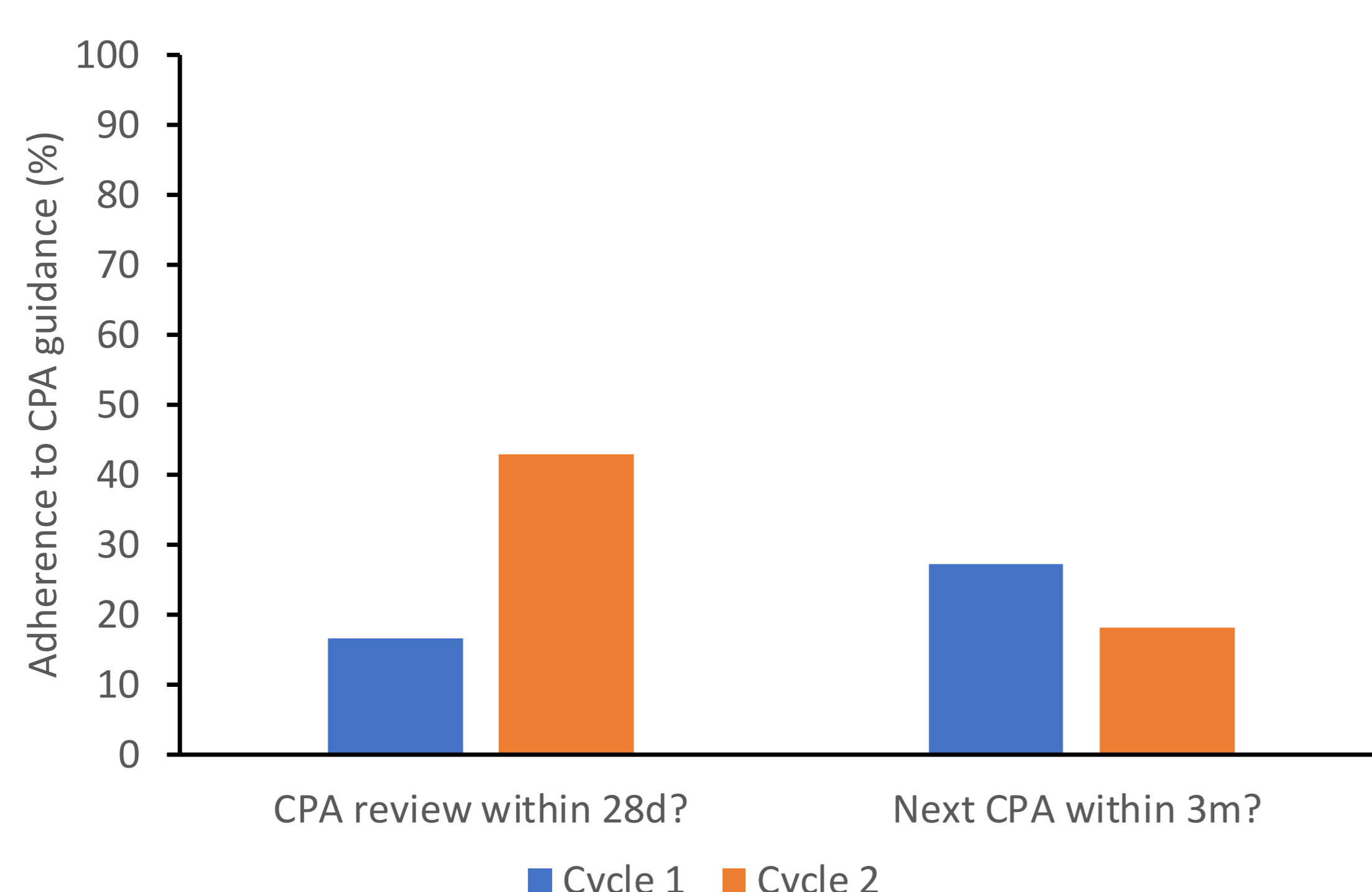


FIGURE 1: Percentage of patients under CPA who had their initial and three-monthly CPA meetings within the recommended time.

RESULTS: CYCLE 2

- The findings were presented locally to the clinical governance committee at Oxford Health NHS Foundation Trust and a template formulated for CPA reviews that was consistent in structure and content to those used in secure inpatient services.
- The second cycle was conducted in January 2024 (n=38). This showed an improvement in CPA reviews conducted in the first 28 days (43%; Fig 1) but little change in the completion of mental capacity assessments (18%; Fig 2).

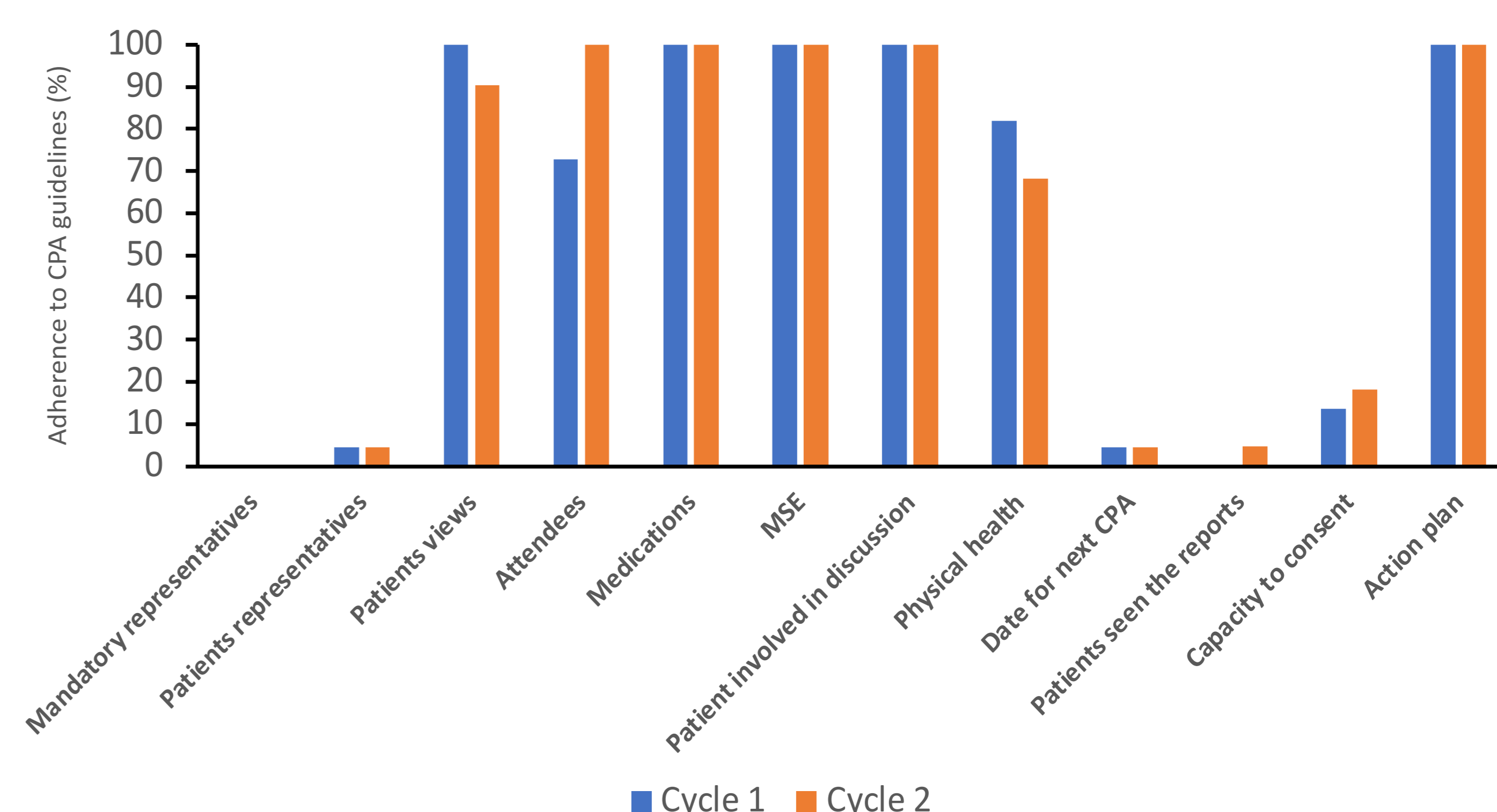


FIGURE 2: Percentage of patients under CPA where the CPA meetings included the recommended components specified in the clinical guidance.

CONCLUSIONS:

- Qualitatively, there were several challenges identified in implementing CPA reviews within the prison. These include difficulties with scheduling CPA meetings in an appropriate room and being subject to availability of the patient and recommended professionals within a changeable environment of a remand prison.
- In addition, there was a lack of local guidance regarding the role of community mental health teams for those in prison.
- The content of the CPA template used on SystemOne electronic record does not align with the content recommended in the RCPsych clinical guidance.
- There was also a lack of awareness about this CPA-specific clinical guideline.

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CONFLICT OF INTEREST: We declare no conflict of interest