

# Organization and CMHT Representation at CPA meetings on admission and discharge on inpatient adult psychiatry wards at Lynfield Mount Hospital, Bradford District Care NHS Foundation Trust

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## Background

The Care Programme Approach (CPA) was introduced in 1991 to provide a framework for effective mental health care for people with severe mental health problems. Its four main elements were:

1. systematic arrangements for assessing the health and social needs of people accepted into specialist mental health services;
2. the formation of a care plan which identifies the health and social care required from a variety of providers;
3. the appointment of a key worker (care co-ordinator) to keep in close touch with the service user and to monitor and co-ordinate care; and
4. regular review and, where necessary, agreed changes to the care plan.

## Aim

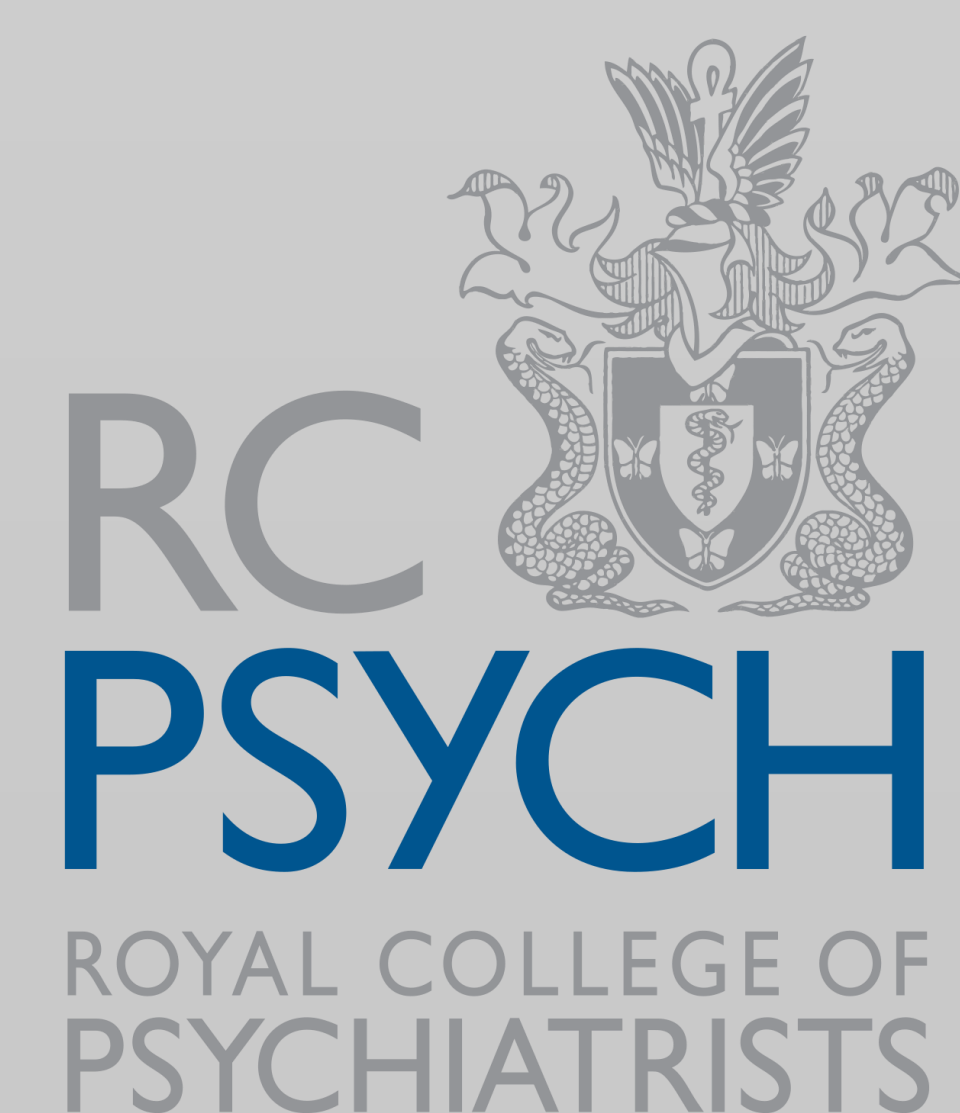
To improve practice in accordance to care programme approach (CPA) both at the time of admission and discharge on an inpatient adult psychiatric ward and to establish whether Royal College of Psychiatrists standards are being followed.

## Objectives

- o To ensure that patients are having CPA meetings in a timely manner at both admission and discharge and that the correct people are in attendance.
- o It intentionally focuses on key principles of the CPA meetings to determine the full attendance and if the involvement of the care co-ordinator has been ensured through invitation and attendance.

## Standards

- a. There is a documented CPA meeting within one week of the patient's admission.
- b. A care coordinator should be invited to attend the CPA admission meeting.
- c. There is a documented CPA meeting prior to discharge from the ward.
- d. A care coordinator should be invited to attend the CPA discharge meeting.



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## Sample and Methodology

- The sample included patients admitted to three acute wards between 01/09/2019 to 31/12/2019, who were discharged before 03/03/2020 were reviewed.
- 15 patients from each ward were randomly selected, a total of 45 patient records were reviewed.

### Selection Criteria:

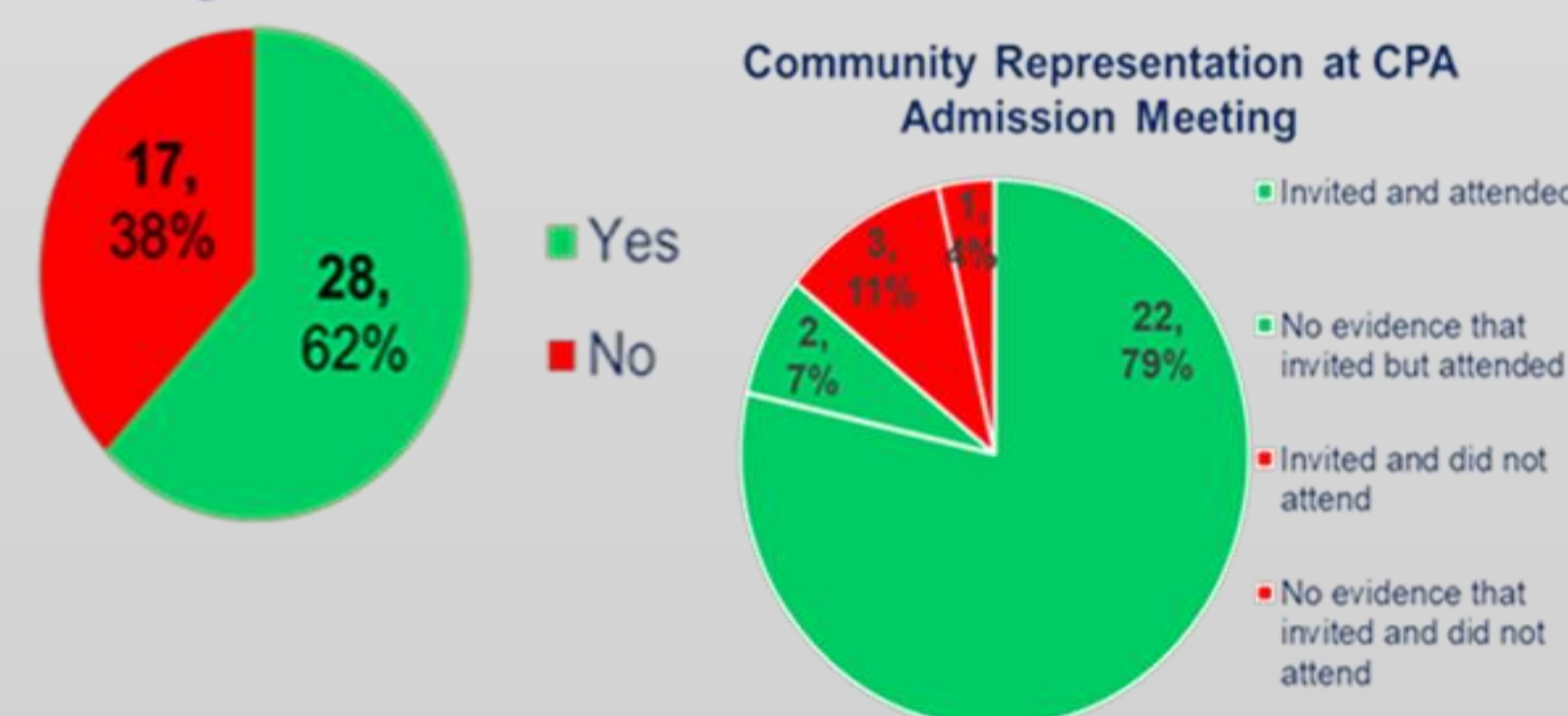
- 35 males
- 15 females
- Aged between 18 to 71
- The mean age: 41 years.
- Patients with variety of diagnosis

Electronic record for each patient was reviewed retrospectively by the audit project leads to determine the following:

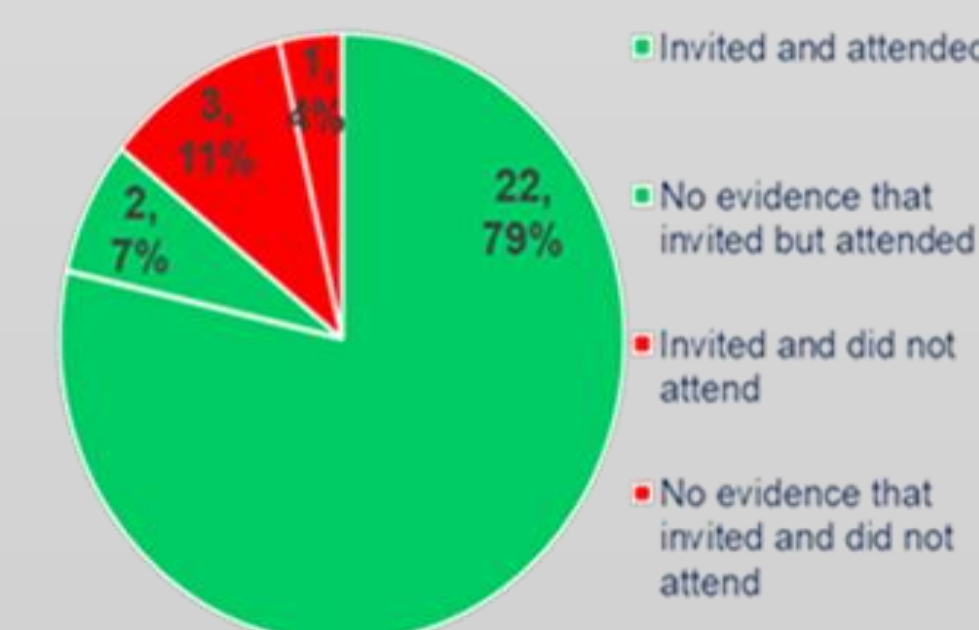
- Date the patient was admitted and whether a CPA meeting was held.
  - ✓ The time of the CPA meeting in relation to the patient's admission.
  - ✓ If care coordinator was invited to attend.
  - ✓ If care coordinator attended the CPA admission meeting.
  - ✓ 'Others' attendance at the CPA admission meeting.
- Date of the patient's discharge from the ward and whether a CPA meeting was held
  - ✓ The time of the CPA meeting in relation to the patient's discharge.
  - ✓ If care coordinator was invited to attend the meeting.
  - ✓ If care coordinator attended the CPA discharge meeting.
  - ✓ Others' attendance at the CPA discharge meeting.

The pie chart below shows the breakdown of CPA meetings at the point that the patient was admitted to the ward

CPA Meeting on Admission



Community Representation at CPA Admission Meeting

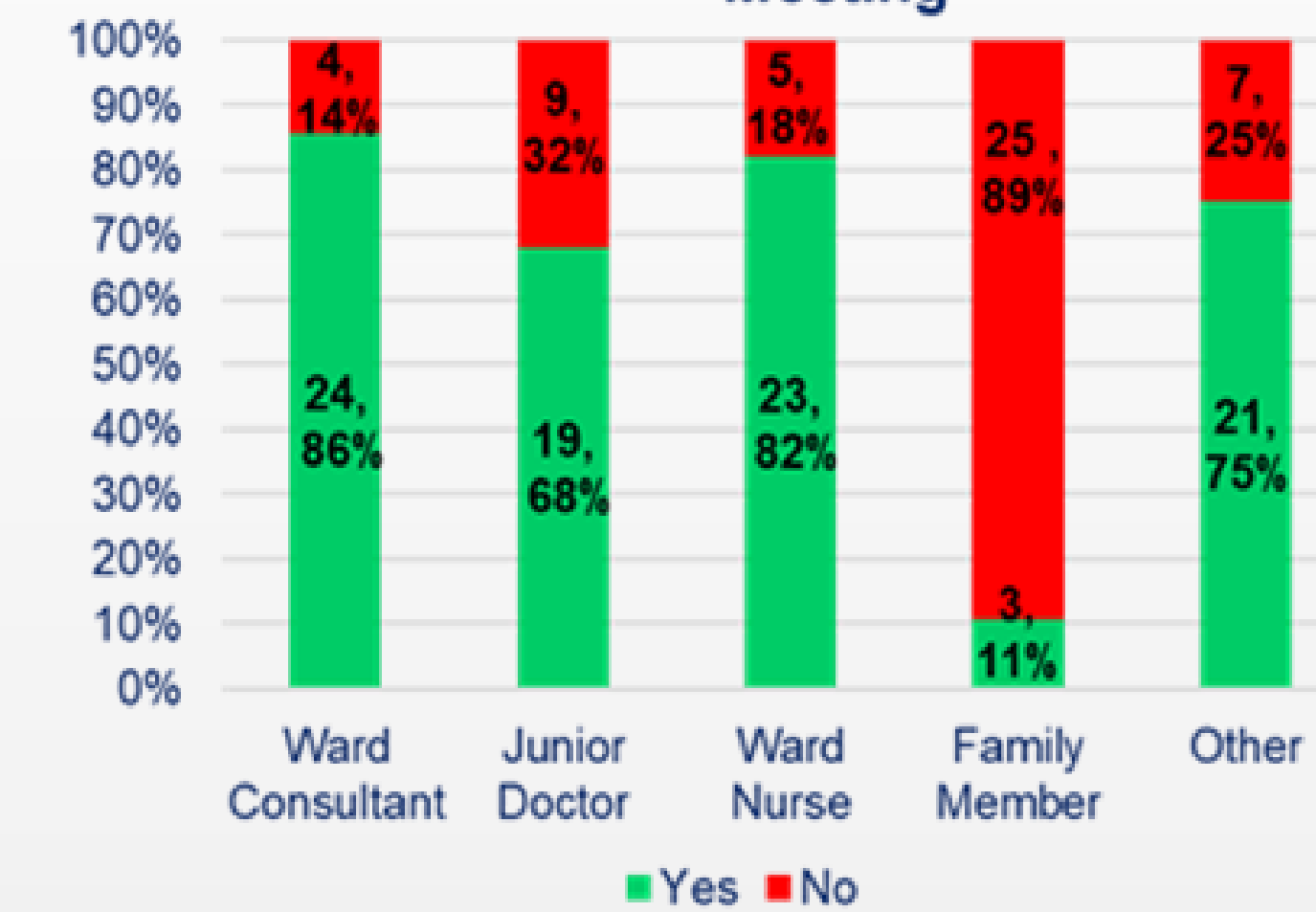


28 patients (62%) had a CPA meeting at the point of their admission to a ward.

Timeframe of CPA admission meetings:

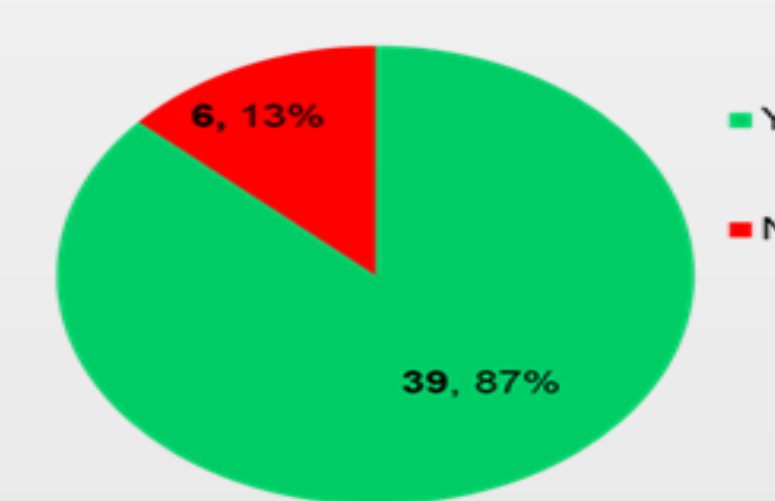
- CPA meetings took place between 2 – 43 days after admission.
  - The average wait time for a CPA meeting was 10 days
- Criteria 1 – There is a documented CPA meeting within one week of the patient's admission  
15/45 = 33% compliance
- Criteria 2 – care coordinator invited to attend CPA meeting 32/45 = 71% compliance
- Based on all cases where a CPA admission meeting took place (n=28), care coordinator attended 86% of CPA meetings.

Overall Attendance at CPA Admission Meeting



The patient was present at all CPA admission meetings that took place.

CPA Meeting on Discharge

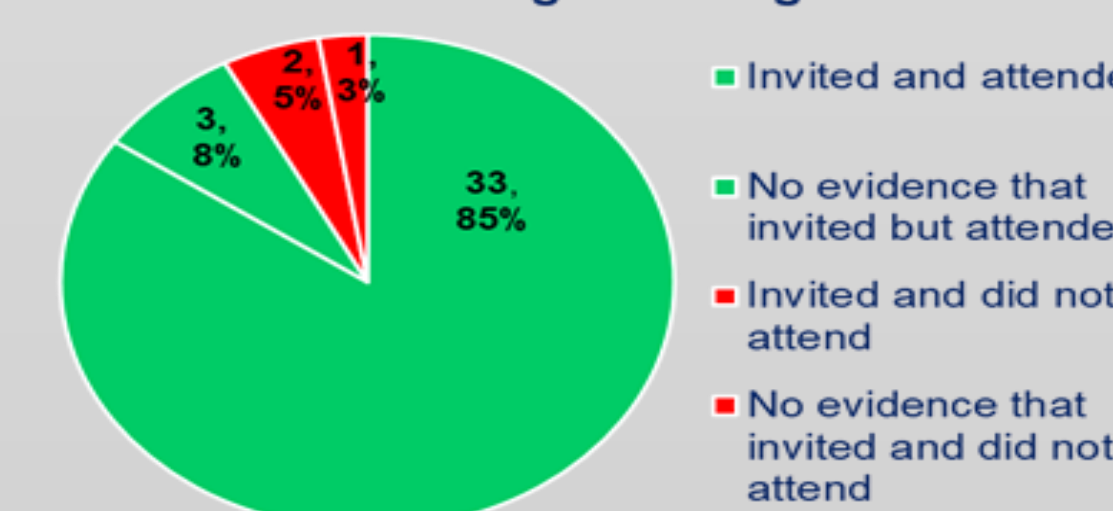


39 patients (87%) had a CPA discharge meeting.

Timeframe of CPA discharge meetings

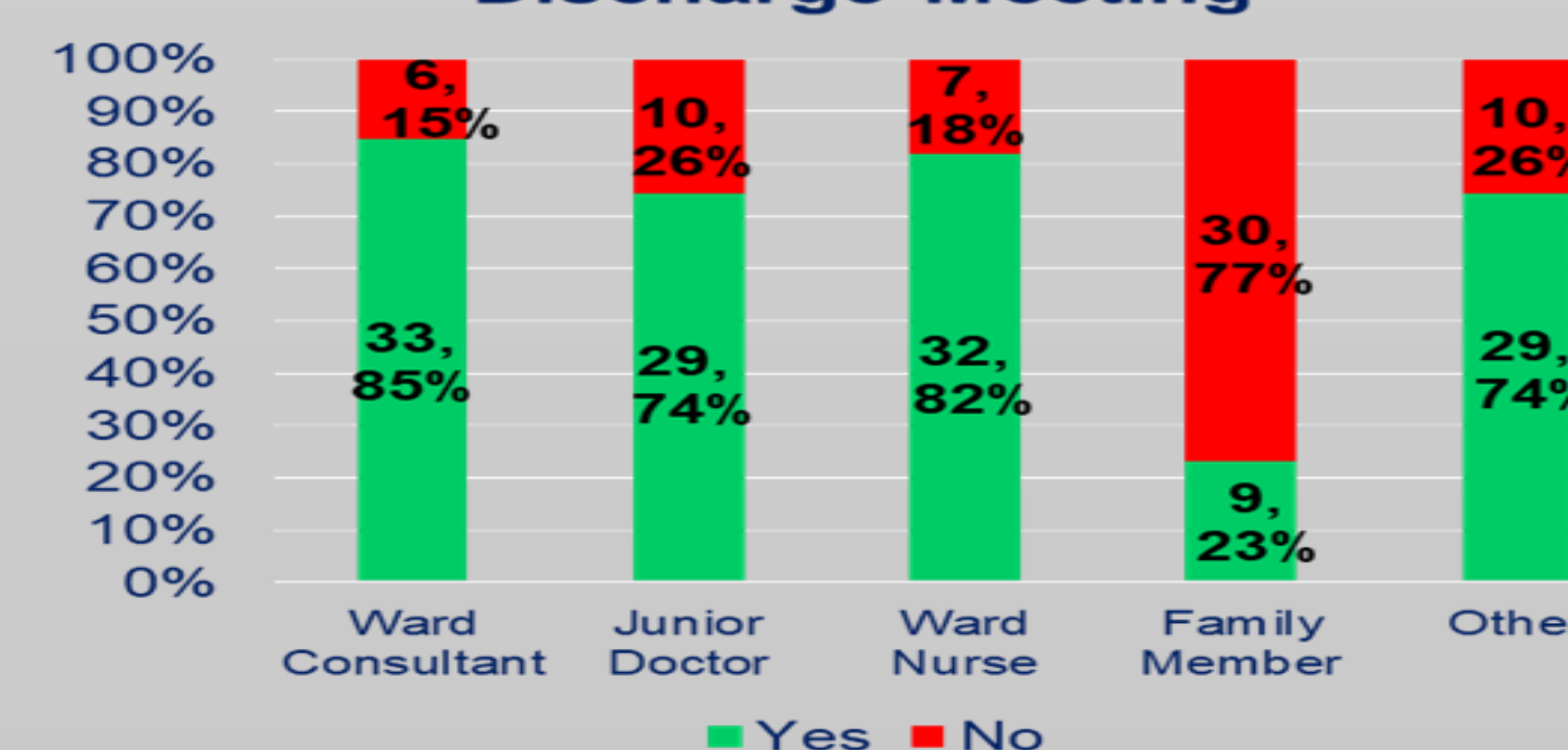
- o The CPA discharge meeting took place between 0-43 days prior to discharge
- o The average time was 5 days prior to discharge
- o Criteria 3 – There is a documented CPA meeting prior to discharge.  
39/45 = 87% Compliance
- o Criteria 4 – care coordinator invited to attend CPA discharge meetings.
- o There was evidence in the notes that CC was invited to attend the CPA discharge meeting in 37 cases (82%) and not in 8 cases (18%).  
37/45 = 82% compliance

Community Representation at CPA Discharge Meeting



- ✓ Care coordinator attended 36 (93%) of the CPA discharge meetings. In 3 cases (8%) care coordinator attended but there was no record of their invite.

Overall Attendance at CPA Discharge Meeting



The patient was always involved in the CPA meeting but in 1 case the patient was on leave at the time of the meeting, so attendance was 98%.

## Conclusion

- i. 33% of patients had a CPA meeting within one week of admission.
- ii. 71% of cases showed documented evidence that care coordinator invited to attend the CPA admission meeting.
- iii. In cases where admission CPA meeting were held, 88% had care coordinator attendance.
- iv. 87% of patients had a CPA meeting prior to discharge.
- v. 82% of cases showed documented evidence that care coordinator invited to attend the CPA discharge meeting.
- vi. In cases where discharge CPA meeting were held, 96% had care coordinator attendance

## Recomendations

The results were discussed in Trust monthly audit meeting and following recommendations were shared with inpatient and outpatient consultant and managers for implementation.

- It was recommended that an improvement in communication was needed between inpatient and community teams through proper planning and documentation of both CPA meetings & invitations to CMHTs.
- The facility of virtual attendance through use of digital technology like MS Teams needs to be promoted.
- It was also felt that adequate time notice needs to be given to all the relevant parties both professionals and family members.
- CMHTs are advised to encourage the culture of nominating alternate team members in case of the absence of CC.
- The recommendations would reiterate the Trust policy and the audit cycle would be completed in 6-12 months to evaluate improvement in the current

## References

### EXTERNAL DOCUMENTS

- Department of Health 'Refocusing the Care Programme Approach' (2008).
- Standards for acute inpatient services for working age adults, 7<sup>th</sup> Edition, standards Royal college of Psychiatrists.
- Department of Health (1999) Effective care co-ordination in mental health services. Modernizing the Care Programme Approach

### INTERNAL DOCUMENTATION

- CPA policy and procedures, BDCFT Connect page
- CMHT Operational Procedures, BDCFT Connect page

