Findings from the second EIP Self-Assessment – 2017/18

Emily Lesnik - Programme Manager
EIP Self-assessment

• EIP Audit 2015/16
• First self-assessment 2016/17
• Second self-assessment 2017/18

• Data collection Oct 2017-Jan 2018

• All EIP services in England participated
EIP Self-assessment areas

- Waiting times (2 weeks)
- Cognitive Behavioural Therapy for psychosis
- Family interventions
- Supported employment
- Carer support and education
- Outcome measures
- Physical health
Caseload

- Average total caseload **153** per service
  - **143** 2016/17

**Age**
- Under 18, 9%
- 18 and over, 91%

**Gender**
- Female, 38%
- Male, 62%

**Diagnosis**
- First episode psychosis, 87%
- At-risk mental state, 5%
- Suspected FEP, 8%

**Gender**
- Male, 62%
- Female, 38%
- Average 8.9 WTE care coordinators per service (range 0-33)
  - Up from 8.4 WTE 2016/17

- 38% teams reported an increase in staff posts in the last year

- Average caseload per care coordinator 18.5 (median 15.9)
  - Up from 16.8 2016/17
Timely Access

• **73%** of patients were assessed, allocated & engaged within **2 weeks** of referral
  - **No change** from 2016/17

• **85% services** now level 4 ‘top performing’
Cognitive Behavioural Therapy for Psychosis (CBTp)

- **33.7%** commenced a course of CBTp (had at least session of CBTp)
  - Up from **24%** 2016/17

- **50% services** now at level 4 ‘top performing’

<table>
<thead>
<tr>
<th>Level</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Level 4</td>
<td>36%</td>
</tr>
<tr>
<td>Level 3</td>
<td>24%</td>
</tr>
<tr>
<td>Level 2</td>
<td>12%</td>
</tr>
<tr>
<td>Level 1</td>
<td>&lt;12%</td>
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Family Interventions

• **18%** commenced a course of family intervention (attended at least one session)
  • *Up from 15% 2016/17*

• **29% services** at level 4
Supported Employment

- **58%** not in work, education or training at time of assessment

- **22%** commenced a supported employment programme (attended at least one session)
  - Down from **30%** 2016/17

- **22% services** at level 4
  - 40% at level 1

Levels:
- **Level 4** – 30%
- **Level 3** – 20%
- **Level 2** – 10%
- **Level 1** – <10%
Carer Support & Education

- 70% had an identified carer
- 51% commenced a course of, or were referred to, a carer focused education and support programme
  - Up from 38% 2016/17
- 28% services at level 4
Physical Health Assessment & Interventions

• Data in your team-level reports differ from CQUIN result
  • CQUIN results calculated per provider (which may include several services)
  • EIPN self-assessment calculated per service
• 45% of service users received a full physical health assessment and relevant interventions (CQUIN data)
  • 39% service users had a full physical health assessment in 2016/17 (but interventions not measured)
• 6% services at level 4
  • 64% at level 1
Outcome measures

- Outcome measures should be recorded two or more times (baseline & follow-up)
- Measured more than once:
  - HONOS/HONOSCa 60%
  - DIALOG 5%
  - QPR 4%
- Two outcomes measures measured more than once 1.5%
  - Down from 20% in 2016/17 (change in question?)
- 3% services at level 4
  - 87% at level 1
Next year’s self-assessment

- Run by National Clinical Audit of Psychosis (NCAP) team
- Also based within CCQI
- Audits service users with psychosis across all services in England
- Focused ‘spotlight audit’ on EIP 2017/18

ncap@rcpsych.ac.uk
Early Intervention in Psychosis Network (EIPN)

Sophie Hodge
EIPN Senior Programme Manager
Why do we do what we do?

We believe everyone living their first episode of psychosis should:

Have the best possible care and treatments
Be able to access services quickly
Be treated by people who have hope and believe in their recovery
Work with people who go the extra mile to engage with them
What is EIPN?

• A quality improvement and accreditation network for EIP teams in the UK
• College Centre for Quality Improvement (CCQI) has over 15 years’ experience running networks
  • 25 mental health networks
• Help you improve the quality of care you provide
• Collect valuable feedback about your service from:
  • staff
  • service users and family, friends and carers
  • partner agencies
• From 2018, now offering accreditation
  • Assures commissioners, service users, carers and staff of quality of service
Last year we were invited to work with five teams in England.

First, we collected more detailed information about their teams.

We visited them for a day to help them reflect on practice, by discussing the information and self-assessment results:

- Conducted by a trained team of peers
- Help us understand local context
- Highlight areas of achievement and areas for improvement
- Work together to generate solutions to problems

We provided them with a report, summarising our findings.

Action planning
New standards for EIP services

- [www.rcpsych.ac.uk/eipn](http://www.rcpsych.ac.uk/eipn) download free!

  - Comprehensive guide to best practice in EIP
  - Encompass self-assessment standards as well as:
    - Assessment, care and treatment
    - Staff training, supervision & support
    - Ethos of EIP teams
    - Policies and procedures

- If you join our network, we’ll use this framework to review your service
# Membership options

<table>
<thead>
<tr>
<th>Consultancy</th>
<th>Developmental</th>
<th>Accreditation</th>
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</thead>
<tbody>
<tr>
<td>If you want some focused advice from an expert</td>
<td>If you want to work towards accreditation, but would like some time &amp; support to achieve this</td>
<td>If your team wants support and a seal of approval from an independent body about the quality of your service</td>
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Developmental Membership

Providing support

Self review

Peer review visit

Sharing good practice

Aiming for accreditation

Report & action plan
Accreditation Membership

- Accreditation can last for up to 3 years
- We check in with teams at a minimum 18 months after accreditation
- Look for progress against action plans
Consultancy Visits

• We can support you to identify areas you want to work on

• An EIPN representative will visit you to:
  • review the service’s practices against our standards
  • Provide you with expert practical advice and recommendations (drawn from best practice)
  • Help you action plan to improve the service and consider how to move towards accreditation
Benefits of membership

- Individualised reports
- Benchmarking with other EIP teams
- Peer support & learning from service users
- Free places at our future annual conferences & special interest days
- Bespoke quality improvement advice
- Opportunity to visit other services in our network
Get in touch

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