

# Oxfordshire TalkingSpace Plus Integrated IAPT LTC Service Expansion Update for CCG Locality Meeting October 2017

## Expansion of TalkingSpace Plus Service for patient with long term physical health conditions

TalkingSpace Plus has been selected as a Wave 1 site by NHS England to expand the service to increase access for patients with **anxiety and/or depression and long term physical health conditions and/or Medical Unexplained Symptoms** until March 2018. These patients are up to three times more likely to have anxiety and/or depression than the general population and are frequent users of health care services.

At present TalkingSpace Plus are developing integrated pathways for any patient(s) with **Diabetes, Cardiac Disease, Chronic Obstructive Pulmonary Disease (COPD) and Chronic Fatigue Syndrome (CFS/ME)**, by working alongside specialist nurses and health care professionals in cardiac rehab and the other pathways to help inform and increase access to the service for these patients.

Evidence based treatment is provided by low intensity and high intensity psychological therapists who have received additional training, working closely with physical health colleagues. A 'stepped care' approach is used, see Appendix A.

TalkingSpace **would welcome referrals for patients in these categories** to develop this LTC service.

Appendix B illustrates examples of patient feedback to date.

## Progress to date

The TSP Integrated IAPT LTC team is now in place, providing treatments, support and training. Highlights include:

- In Q1 there were 201 patients seen from within the four focus LTC/MUS pathways, and they are confident they will be able to see the 911 LTC patients agreed for this year.
- Participation in the Diabetes Multidisciplinary Team (MDT) project and the Cardiology GP training programme.
- Participation in Oxfordshire CCG project boards for Diabetes, Cardiology and Respiratory (COPD/Asthma).
- Liaison with the community based integrated locality teams working with patients with comorbid physical health problems (often older people)
- Working with Older People's CMHTs within OHFT to develop pathways
- Developing links with A&E in OUH, receiving referrals for frequent attenders with conditions in our four focus pathways
- Plans to contribute to the training of junior doctors
- Training district nurses for OHFT

## Training

You will know that MH awareness training is available through the primary care LIS for your practice champion and we would encourage attendance from any other practice clinicians to learn more psychological perspectives in primary care, integrating mental health and long term conditions care.

Training for the SW locality is on 14 November 2017, 12:30-14.30, All Saints Room, Didcot Civic Hall, OX11 7JN - this is bookable on line [Book Didcot PPIPC Training](#)

## Access and Referral:

Please ask your patients to refer themselves in the usual way via self-referral but mention their Long Term Condition (LTC) as well (one of **Diabetes, Cardiac Disease, Chronic Obstructive Pulmonary Disease (COPD) and Chronic Fatigue Syndrome (CFS/ME)**)

**Self-referral** - Patients can refer themselves by:

- \* Calling TalkingSpace Plus on 01865 901222

or

- \* Via TalkingSpace Plus website [www.talkingspaceplus.org.uk](http://www.talkingspaceplus.org.uk)

**Health Care Professionals referral** via:

- \* Our website: [TalkingSpace Plus | Information for Professionals](#) via the usual electronic portal
- \* An EMIS referral form is also in development as another option to refer direct and the OCCG will let up know when it is available.

**Contact:** If you would like to discuss a potential referral contact the Day Supervisor on 01865 901222.

## Appendix B - Integrated Stepped-Care Model

The integrated stepped-care model relies on co-located working, collaboration, training, mutual support, and delivery of evidence-based talking therapies provided in physical health care settings. Patients are offered the 'least Intervention first time' (LIFT) and a stepped-care approach.

<p><b>Step 1 Health Care Professionals</b></p> <p>GPs, practice nurses, district nurses, consultants, specialist nurses, dieticians, and other health care professionals (HCPs)</p> <p>Routine screening for anxiety and depression in hospital and community sites and support for patients with LTC/MUS</p>	<p><b>Step 2 - Psychological Wellbeing Practitioner:</b></p> <p>CBT (cognitive behavioural therapy) psycho-education sessions embedded in patient education sessions e.g. cardiac &amp; pulmonary rehabilitation groups, diabetes education groups,</p> <p>PWP (psychological wellbeing practitioner) screening &amp; risk assessment.</p> <p>Telephone Guided Self Help</p> <p>Computerised CBT</p> <p>Step 2 LTC Anxiety and Depression Groups</p>	<p><b>Step 3 - High Intensity CBT Therapist:</b></p> <p>Face-to-Face CBT (cognitive behavioural therapy) for patients with long term conditions (LTCs) or medically unexplained symptoms (MUS) who have depression and/or anxiety, in health care settings</p> <p>Mindfulness-based CBT (cognitive behavioural therapy) classes/groups for patients with LTC/MUS</p> <p>Step 3 LTC Anxiety and Depression Groups</p>
<p><b>CBT Supervisors and Clinical Health Psychologists</b></p> <p>Provide review and advice to clinicians, GPs, specialist nurses and other MDT professionals for complex cases or where patients have not responded to interventions.</p> <p>Provide regular Clinical Supervision &amp; Training for IAPT workers and physical healthcare professionals</p>		

## Appendix A – Patient feedback

Joy aged 67 years with a heart problem and COPD said “this has helped me have confidence to go out again, I didn’t realise how much my anxiety had stopped me doing things. I was getting so out of condition which was making my breathlessness worse. I had a graded programme that helped me to face the things that make me anxious. I am so pleased I did it (CBT) as I am going out again and my breathing is not as bad as I am not panicking about it anymore like I was.”

Michael aged 35 years said “I was rather sceptical and embarrassed about seeing someone because I thought it meant I was weak. CBT has been a great help to me overcoming my depression and managing my Diabetes so much better. I can’t recommend TalkingSpace Plus enough”.