

Psychodynamic Psychotherapy

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Recap

- A treatment pathway that has been consulted on previously
- All services and treatment pathways subject to review as part of CCG and Provider QIPP/CIP
- Psychodynamic psychotherapy identified to be reviewed resulting in a proposal to decommission on the basis of affordability, inequity and NICE recommendations
- Informal notification of service review with Improvement & Scrutiny Committee 13th September
- CCG Governing Body agreement to proceed
- Meeting held with staff group
- CCG about to launch consultation from May 2018 (Following Purdah)
- Attending today to provide update.

Background

- Psychodynamic Psychotherapy is a psychological therapy delivered by Derbyshire Healthcare NHS Foundation Trust (DHcFT)
- The therapy is long-term and for people with more complex mental health problems – average therapy duration 2 years but can be longer, up to 10 years or more.
- It is not a commissioned service in terms of the modality and there is no service specification - as a result no outcomes reported.
- It is only available in the South of the County. North Derbyshire and Hardwick CCGs have never had this service.

Review – 3 stages

Stage 1

- **Review the clinical evidence**

The clinical evidence for PPT is weaker than for other modalities such as cognitive behavioural therapy (CBT) but insufficient basis on which to propose to decommission on this alone

- **Review Nice Guidance**

PPT not categorised as a commissioning 'must do' – i.e. not a first line treatment unlike other therapies e.g. CBT which NICE suggests should be offered for a variety of MH diagnoses

Review – 3 stages

Stage 2

- **Options appraisal** – A series of options were presented to CCG Governing Bodies. Options were based on previous consultation feedback and service review (stage 1) – these included;
 - Do nothing – keep the service as currently configured
 - Reduce the service – e.g. offer group work only
 - Integrate the service fully into neighbourhood teams (not a reduction but a spread)
 - Decommission
 - Reduce entire psychological therapies service by fixed £

Review – 3 stages

Stage 3 – Consultation

- A draft consultation document is being finalised and will be shared with DHcFT prior to formal consultation start date
- Consultation delayed until completion of Purdah
- Service user and carer engagement service are aware will be asked to offer support where required
- Patients on the current caseload will be reviewed on an individual basis pending outcome of the consultation

Governance Timescales

- August 2018 – consultation period ends
- August - September 2018 – analysis of feedback
- September - October 2018 – recommendation to CCG Governing Bodies on next steps