FOI 0214/2022 Request

IAPT and Bipolar: Freedom of Information Request for Services: Version 1, 09/08/2022

Please enter the name of your NHS trust or IAPT service name and location:

- Birmingham and Solihull Mental Health NHS Foundation Trust provide Improving Access to Psychological Therapies (IAPT) via Birmingham Healthy Minds.

  Birmingham Healthy Minds are based across the areas of Birmingham.

1. **Do you have local policies/guidelines about accepting referrals for those with Bipolar Disorder in your IAPT services?**

   - Yes

   a. **If NO, please give details why this is e.g. national guidelines or local policies:**

   - N/A

   b. **Is Bipolar Disorder an exclusion criterion for your services?**

   - A current diagnosis, yes.

   c. **Does your service work with Bipolar Disorder specifically, or other issues in the context of Bipolar Disorder (e.g. anxiety, PTSD)?**
      - **Bipolar disorder specifically.**
      - **Other issues in the context of Bipolar Disorder (e.g. anxiety, PTSD).**
      - **Both**

   - No, we don't work with bipolar disorder specifically.

2. **Do you routinely screen for Bipolar Disorder in initial assessments?**

   - Yes

   Please give details here if you wish:

   - We screen for any serious mental illness diagnosis.

   a. **If YES, what is the process you use for screening?**

      - **Self-report measure (e.g. mood disorders questionnaire, hypomania checklist)**
      - **Structured interview questions**
      - **Other (Please state): _____**

   - Self-report and mental health care record checks.

b. If YES, what is the process when you suspect somebody has Bipolar Disorder?

- If we have assessed a patient and suspect that they are suffering with Bipolar disorder, we would than refer them to a secondary mental health team.

- If we receive a referral and upon screening the referral, we become aware that the patient has a current diagnosis of Bipolar disorder, we will than ask them to contact their GP so that they can be referred to Community Mental Health Team (CMHT). We will also inform the GP that the patient contacted our service and that we have asked them to seek a referral to the CMHT.

3. Have your staff received training about Bipolar Disorder (tick all that apply)?

- *Some training on screening for serious mental illness*

4. In the past two years, how many referrals have you received in total? _____
   a. How many of these people had a Bipolar disorder diagnosis at the point of referral?

- Please see the table below and note the following:

   o The data provided for Referrals is from the period 01-Jan-2021 - 30-Nov-2022.

   o Identifying people referred to IAPT with a diagnosis of Bipolar required cross-referencing against the Trust's Secondary Care Services' electronic patient record system, wherein the person had a previous referral to secondary care during which they received a diagnosis of Bipolar

Measure	Referrals
Total referrals received	45375
of which had pre-existing Bipolar diagnosis	*112*

5. In the past two years, how many referrals were not accepted at the point of referral (without an assessment) in total?
   a. How many of these were due to Bipolar Disorder?

Please see the table below and note the following:

   o The data provided for Referrals is from the period 01-Jan-2021 - 30-Nov-2022.

   o Identifying people referred to IAPT with a diagnosis of Bipolar required cross-referencing against the Trust's Secondary Care Services' electronic patient record system, wherein the person had a previous referral to secondary care during which they received a diagnosis of Bipolar

- o The data below are all a subset of the figure reported for Q4 (e.g., counts of assessed etc. are a subset of referrals received in period and not a reflection of all referrals assessed etc. in period)

Measure	Referrals
Referrals rejected with no assessment	101
of which had pre-existing *Bipolar diagnosis*	1

6. **In the past two years, how many referrals were offered an assessment/screening and then discharged without being offered therapy?**
   a. **How many of these were due to Bipolar Disorder?**

   - Please see the table below and note the following:

     o The data provided for Referrals is from the period 01-Jan-2021 - 30-Nov-2022.

     o Identifying people referred to IAPT with a diagnosis of Bipolar required cross-referencing against the Trust's Secondary Care Services' electronic patient record system, wherein the person had a previous referral to secondary care during which they received a diagnosis of Bipolar

     o The data below are all a subset of the figure reported for Q4 (e.g., counts of assessed etc. are a subset of referrals received in period and not a reflection of all referrals assessed etc. in period)

Measure	Referrals
Referrals discharged with assessment but no treatment	1874
of which had pre-existing *Bipolar diagnosis*	1

7. **In the past two years, how many people have entered treatment with you in total (2 or more active sessions)?**
   a. **How many of these had Bipolar Disorder?**

   - Please see the table below and note the following:

     o The data provided for Referrals is from the period 01-Jan-2021 - 30-Nov-2022.

     o Identifying people referred to IAPT with a diagnosis of Bipolar required cross-referencing against the Trust's Secondary Care Services' electronic patient record system, wherein the person had a previous referral to secondary care during which they received a diagnosis of Bipolar

Measure	Referrals
Referrals with 2 or more treatment sessions	9655
of which had pre-existing Bipolar diagnosis	12

8. **What is your definition of treatment completion?**

In IAPT, patients are considered to have completed a course of treatment when they have attended 2 or more treatment sessions. However, this may not have been the intended length of treatment.

Within the Trust's IAPT service, we will discharge a patient with the reason 'completed treatment' when the intervention comes to a planned end. At completion of treatment, the patient may or may not have 'recovered' on the depression and anxiety outcome measures we use.

Please note that recovery is measured on the Patient Health Questionnaire 9 (PHQ9) and either the Generalized Anxiety Disorder 7 (GAD7) or Anxiety Disorder Specific Measure (ADSM).

To achieve recovery the person will have been above 'caseness' (so are symptoms considered to be in a clinical range) on either the PHQ9 and GAD7/ADSM and be below 'caseness' on both at the point of discharge.

9. **In the past two years, how many people who entered treatment have completed the scheduled treatment with you?**
   a. How many of these had Bipolar Disorder?

   - Please see the table below and note the following:

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     o Identifying people referred to IAPT with a diagnosis of Bipolar required cross-referencing against the Trust's Secondary Care Services' electronic patient record system, wherein the person had a previous referral to secondary care during which they received a diagnosis of Bipolar

     o The data below are all a subset of the figure reported for Q4 (e.g., counts of assessed etc. are a subset of referrals received in period and not a reflection of all referrals assessed etc. in period)

Measure	Referrals
Referrals completing treatment as per national guidelines	7903
of which had pre-existing Bipolar diagnosis	11

10. In the past two years, how many people have completed treatment with you in total (using your service definition on of completion?

a. How many of these had Bipolar Disorder?

- Please see the table below and note the following:

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    o Identifying people referred to IAPT with a diagnosis of Bipolar required cross-referencing against the Trust's Secondary Care Services' electronic patient record system, wherein the person had a previous referral to secondary care during which they received a diagnosis of Bipolar

    o The data below are all a subset of the figure reported for Q4 (e.g., counts of assessed etc. are a subset of referrals received in period and not a reflection of all referrals assessed etc. in period)

Measure	Referrals
Referrals completing treatment as per local guidelines	10459
*of which had pre-*existing *Bipolar diagnosis*	18