

Wales Early Intervention In Psychosis

Service Development and Improvement

Series Two: Realising Data Improvements



Early Intervention in Psychosis

Improvement Cymru is the improvement service for NHS Wales. Our aim is to support the creation of the best quality health and care system for Wales so that everyone has access to safe, effective and efficient care in the right place at the right time.

Introduction

Early Intervention in Psychosis (EIP) services help young people with a First Episode of Psychosis (FEP) in their recovery and to gain a good quality of life. Services support more than 10,000 young people each year in the UK (1).

To ensure safe and effective EIP services in Wales, there is a need to understand the activity of services, how they are meeting national standards and the quality of care being provided.

Services in Wales work towards achieving standards identified by the Royal College of Psychiatrists EIP Network (EIPN) (2) and the EIP specific National Clinical Audit of Psychosis

(NCAP) (3). Both set out the standards for providers and commissioners of mental health services as a benchmark for delivering timely, effective practice and promote a focus on the function and ethos of delivering the EIP model of care.

NCAP is commissioned by the Healthcare Quality Improvement Partnership (HQIP) as part of the National Clinical Audit and Patient Outcomes Programme (NCAPOP). NCAP measures services against criteria relating to the care and treatment they provide, so that quality of care can be improved.

Early Intervention in Psychosis



35% of young people in EIP services are in employment compared to 12% receiving standard care (4)

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Individuals accessing specialist EIP services experience the difference between a life of disability and a life of relatively high functioning (5)



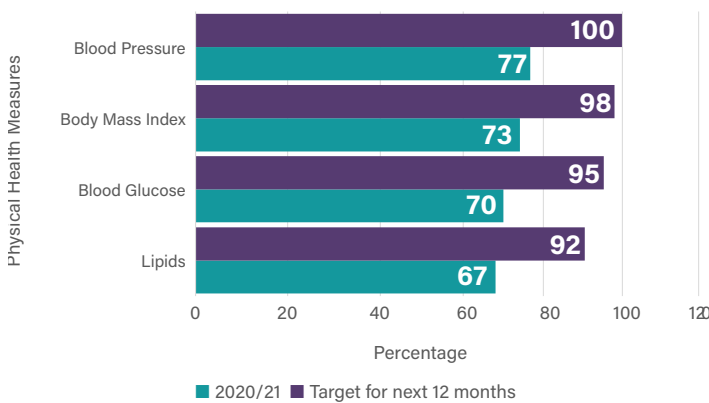
Access to quick effective treatment leads to improved physical health and educational outcomes (6)

Position in Wales

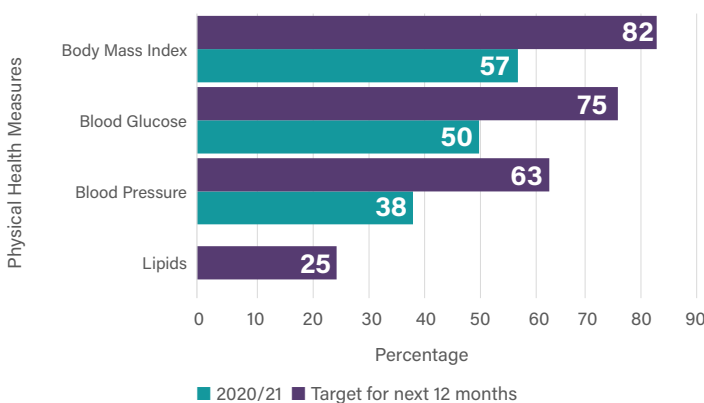
Services in Wales set targets against NCAP reported figures for key improvement areas. A 25% improvement target been identified for the period 2022 - 2023 based on NCAP 2021 - 2022 figures for physical health, provision of carer focused education and support and delivery of outcome measurement.

These key national and local improvement targets are set out as commitments in the 2022 position paper 'Investing in the Next Generation: what needs to change for people with early psychosis living in Wales' (7) and provide a foundation for targets during 2023 - 2025.

Screening Measures **Offered** in Wales

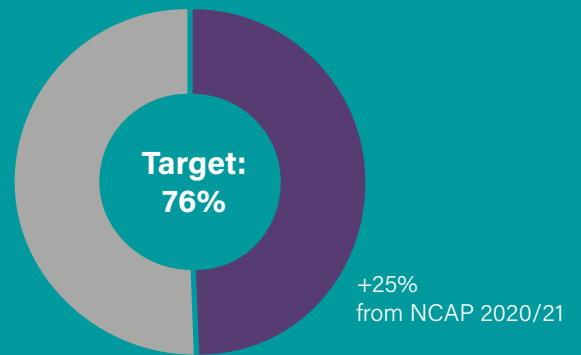


Interventions **Offered** in Wales



2022 - 2023 National Targets

Percentage of service users who will be offered all 7 screening measures in the next 12 months



50% of families and carers will take up an offer of carer focused education and support [+25%]



40% of service users will have had 2 or more outcome measures recorded at least twice [+25%]

Through the use of improvement methodology, Improvement Cymru are committed to supporting services nationally to promote safe, effective and efficient care delivered at the right time and at the right place. Currently, Improvement Cymru are working with EIP services in Wales to support understanding of why data for improvement is key in delivering good quality care, agree what data needs to be collected to evidence outcomes and impact and develop robust lean processes to source data.

This work supports:

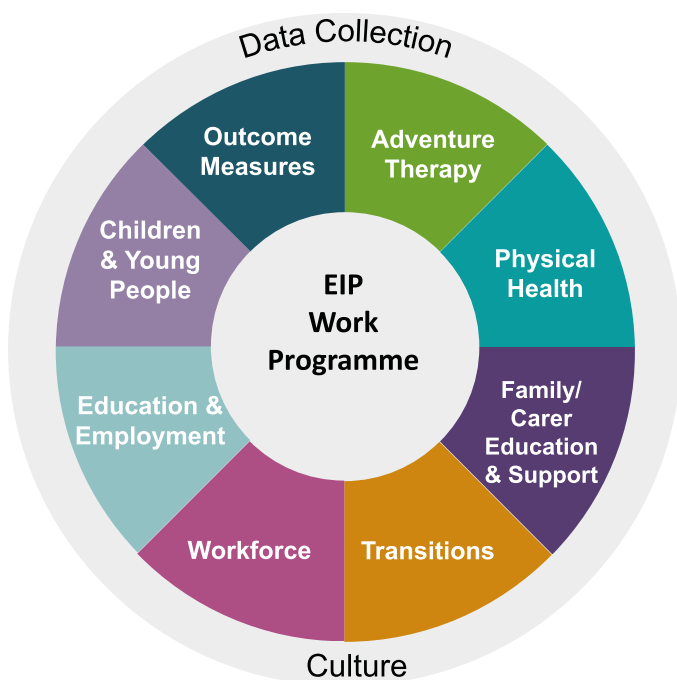
- Developing baseline measurements
- Scoping and developing a process to source data
- Monitoring the quality of patient care over time
- Decision making and evaluation of provision
- An appreciation of how and where resources are utilised
- Understanding of bottlenecks and constraints that exist within the system
- Knowledge around the capability and capacity of services
- Service improvement initiatives
- Key improvement targets locally and nationally

Work by EIP services across Wales and Improvement Cymru has initially focused on identifying a data set that offer value to improving the care delivered to service users, test and develop the processes, data sources and capture baselines.

To ensure alignment with NCAP, the proposed EIP data set has included items identified as national standards. As the 2022 - 2025 NCAP programme is moving toward collection of routine data instead of bespoke annual items, the data set being developed in Wales has catered for both to allow recognition and measurement of all aspects of EIP care.

The national EIP work programme in Wales supports a workstream model to promote a consistent approach to service improvement and practice across Wales.

Data collection plays a key role in all eight of the workstreams identified to inform learning, provide evidence, improve understanding and support communication.



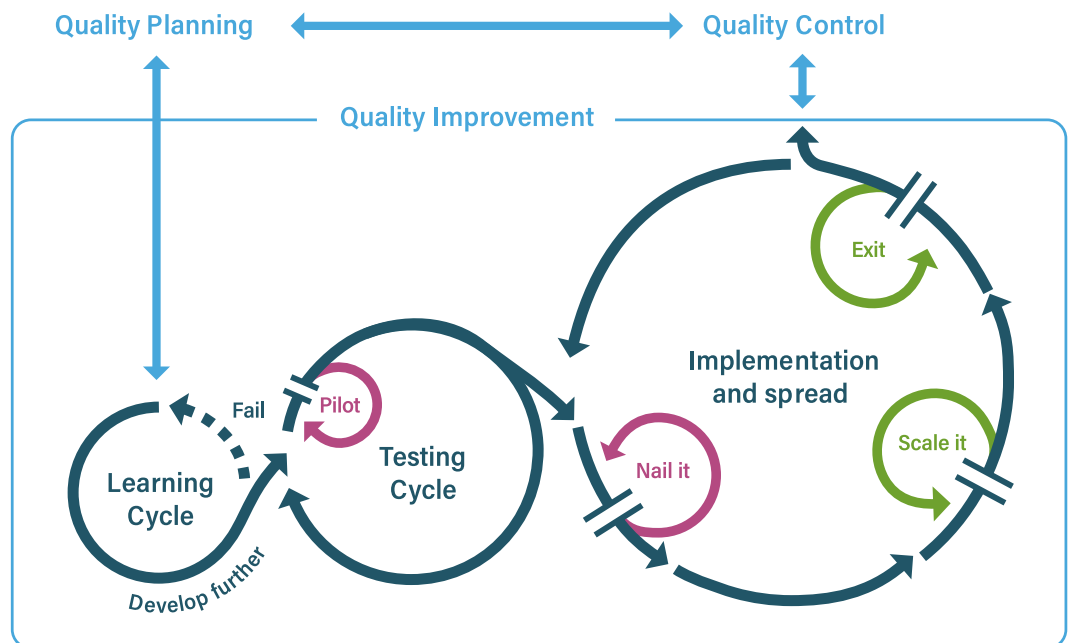
“The purpose of measurement is learning”

“Without data you're just another person with an opinion”

(W. Edwards Deming)

Improvement Cymru Delivery Framework

The EIP data set is being developed through improvement cycles and methodology. Currently the work is at the planning and testing phase in line with the delivery framework.



The Improvement Cymru Delivery Framework offers a systematic, repeatable process that adapts to the specific needs of each regional context and provides opportunities for learning, testing and sharing ideas. It seeks to support organisations and health and care professionals to navigate the stages of adoption in the critical early stages by enabling the testing and co-producing of improvements. Regions can use the framework to enable a focus on planning, engagement, testing and spread and scale of improvements, looking to build more effective,

system wide improvement capability that integrates with local and national priorities. The EIP workforce have access to training and resources to equip teams with knowledge and support to utilise quality improvement methodologies in the development and evaluation of EIP services in Wales.

Realising Data Improvements in Wales

Improvement Cymru data analysts are supporting EIP services across Wales with this work. A national bi-monthly meeting allows ongoing planning and the sharing of experiences through testing cycles. Analysts have met with EIP service leads on an individual basis to explore local processes and a programme of national training opportunities focused on measurement for improvement is being delivered to all EIP practitioners.

Once defined and tested, the agreed proposed EIP data set will be shared with Welsh Government and other partners to determine the next steps in developing a national data collection for mental health and EIP services.

The output will be a co-produced piece of work between Improvement Cymru and all seven EIP services in Wales. The data set will meet the needs of local health board services, inform improvement and learning, serve local decision making and produce routine national data in the longer term. The ambition is to create a real time national EIP data dashboard which allows services to view their activity on a month-by-month basis as well as offer a national perspective on EIP service provision in Wales.



Improvement is a systematic approach to achieving better experiences and outcomes through changing provider behaviour and organisation



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Acknowledgements

Paper developed by the Improvement Cymru EIP Programme team

To the EIP workforce and all partner agencies involved in supporting EIP services in Wales, thank you for your commitment, passion and drive to improve care and experiences for young people with early psychosis

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