

## FOI Request Response information

FOI request reference:	2015/144
Date request received:	08/07/2015
Date request responded to:	28/07/2015
Category:	Service Delivery
Tags:	IAPT, OCD, mental health

### Request Detail:

Info re OCD treatment

After analysing the IAPT quarterly figures of recovery rates for quarter 2, we found that IAPT services with the lowest recovery rates for people with OCD were Outlook Southwest, 2gether (Gloucestershire), and Lancashire Care NHS Foundation Trust.

With this in mind, we would like to get a better understanding of what these results mean in order to us help us to fulfil our manifesto aims.

1. How is recovery measured? Do you use the OCI?
2. How many patients have relapsed after being discharged?
3. To what extent are patients monitored after psychotherapy sessions have concluded?
4. Is BDD included in the OCD category, or does it come under Somatoform Disorders?
5. To what extent are NICE guidelines being followed and where do your therapists find themselves straying from protocol?
6. Where are the 70%+ of patients who have been recorded as not recovering being referred on to?
7. What do you consider to be the reasons for such low recovery rates this quarter?

### Response Detail:

#### ***How is recovery measured? Do you use the OCI?***

Yes the OCI is used. However historically has not been used consistently and this has been addressed recently.

#### ***How many patients have relapsed after being discharged?***

This data is not available.

#### ***To what extent are patients monitored after psychotherapy sessions have concluded?***

They are not routinely monitored but patients can be re-referred any time.

***Is BDD included in the OCD category, or does it come under Somatoform Disorders?***

Although BDD is treated by our service we do not categorise it separately in the data that is collated. As no consensus has emerged about which diagnostic (ICD10 or DSM5) system best categorises BDD for reporting purposes, we have not offered guidance to clinicians about how to describe it on the IAPT diagnosis list.

***To what extent are NICE guidelines being followed and where do your therapists find themselves straying from protocol?***

All clinicians are instructed to follow NICE. Where OCD is identified as the focus of treatment then CBT (incorporating ERP) is offered. There is no audit information to share on protocol adherence

***Where are the 70%+ of patients who have been recorded as not recovering being referred on to?***

Those patients who do not recover either have dropped out of treatment, are referred on to other mental health services (Step 4 or 5), or are discharged to their GP by mutual agreement. Clinicians are also aware that referrals to the national OCD centres may be an option if they fit eligibility criteria.

***What do you consider to be the reasons for such low recovery rates this quarter?***

We have identified many reasons for low recovery rates such as data quality, inconsistent use of descriptors, the number of patients stepped up to step 3, selection of the right treatment and its quality. Our Reliable Improvement rate has been much closer to the national average than our recovery rate therefore this may suggest a relatively higher level of severity of problems at outset.