

The Tavistock and Portman



NHS Foundation Trust



Steps, Skips and Hoops: how do we design patient-centred care pathways across the age range?

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Introduction

- Approaches to levels of service provision in CAMHS
- Difficulties in defining care pathways in CAMHS.
- Difficulties in developing best practice
- Depression in children and young people as an example
- Developing referral pathways.

Approaches to levels of service provision in CAMHS

- HAS report (1995) Together We Stand
NSF Standard 9
- Tier 1 Primary care services
- Tier 2 CAMHS professionals relating to
primary care workers
- Tier 3 CAMHS, services for more
severe, complex or persistent
disorders
- Tier 4 CAMHS Tertiary-level service, Day/In
patient units

Difficulties in defining care pathways in CAMHS

- Who is the patient? What is the problem?
- Child mental health problems do not come in tidy packages
- A clamour of voices/context
- Liaison and consultation
- Narrowing definitions reduces anxiety at cost of effectiveness

Best practice in CAMHS

- Designed to increase certainty at the expense of clinical practice
- Evidence base is not synonymous with best practice, nor can it be generalised
- Limited information about what causes outcomes
- NICE
 - ADHD – good practice in CAMHS is not supported
 - Requires Tier 1 training – limited evidence re: efficacy
 - Limited time in primary care
 - No good evidence re: who will benefit from which types of treatment
 - Ltd. Evidence that starting with simplest intervention is necessarily best

Depression in Children and Young People

Who is responsible for care	What is the focus?	What do they do?
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Step 5

Tier 3/4 CAMHS	Depression unresponsive to treatment, recurrent, psychotic depression	Intensive psychological treatment +/- medication
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Step 4

Tier 2 or 3 CAMHS	Moderate to severe depression	Brief psychological intervention +/- medication
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Step 3

Tier 2 CAMHS	Mild depression	Watchful waiting, non-directive supportive therapy group, CBT, guide of self-help
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Step 2

Primary Care and/or Tier 2 CAMHS	Recognition	Screening, family history
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Step 1

Tier 1 Primary Care Services	Detection	Risk profiling
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Depression: issues in applying stepped care

- Recognition and management of co-morbidity
- Care that is culturally sensitive
- Diagnosis versus intervention
- Where to intervene
- Treatment of others

Referral Pathways: guiding principles

- Choice – referrers and patient
- Special needs
 - Disability
 - Child Protection
- Clinician skills
- Waiting Lists
- Previous involvement with CAMHS or other issues within the family
- Modalities