

WELSH INFORMATION STANDARDS BOARD

DSC Notice:	DSCN 2017 / 09
Date of Issue:	21 st November 2017

Ministerial / Official Letter: N/A	Subject: Access to Psychological Therapies in Specialist Adult Mental Health Services - Wait Times
Sponsor: Dr Liz Davies, Deputy Director, Mental Health and Vulnerable Groups Division, Welsh Government	
Implementation Date: 1 st January 2018	
<div>DATA STANDARDS CHANGE NOTICE<p>A Data Standards Change Notice (DSCN) is an information mandate for a new or revised information standard.</p><p>This DSCN was approved by the Welsh Information Standards Board (WISB) in TBC</p><p>WISB Reference: ISRN 2017 / 006</p></div>	
<div>Summary:<p>To introduce a data collection to monitor performance against waiting times for referral to treatment for a psychological therapy in specialist adult mental health services.</p></div>	
<div>Data sets / returns affected:<ul style="list-style-type: none">None – new standard</div>	
<div><p>Please address enquiries about this Data Standards Change Notice to the Data Standards Team in NHS Wales Informatics Service</p><p>E-mail: data.standards@wales.nhs.uk / Tel: 029 2050 2539</p></div>	
<div><p>The Welsh Information Standards Board is responsible for appraising information standards. Submission documents and WISB Outcomes relating to the approval of this standard can be found at:</p><p>http://howis.wales.nhs.uk/sites3/page.cfm?orgid=742&pid=24632</p></div>	

DATA STANDARDS CHANGE NOTICE

Introduction

The term 'psychological therapies' refers to a range of treatments and interventions that are derived from specific psychological theories and formulated into a model or treatment protocol. The therapies help people understand and make changes to their thinking, behaviour, feelings or relationships in order to relieve distress and to improve their functioning, wellbeing and quality of life and are mediated by the therapeutic relationship.

Access to a wide range of more highly specialist, specific evidence based psychological therapies is provided by a range of different professionals, as detailed in Section 3 of [Matrics Cymru](#). Appendix 2 of Matrics Cymru provides guidance on which interventions would be considered to be psychological therapies for the purpose of workforce planning and services delivery.

The Welsh Government published a ten year mental health strategy, Together for Mental Health, in 2012. A key action in the Strategy was to:

- 12.3 To improve access to and provision of Psychological Therapies.

Description of Change

To introduce a data collection to monitor access to referral to treatment for a psychological therapy in specialist adult mental health services.

Health Boards to report (to the Welsh Government) monthly on waiting time for referral to treatment for a psychological therapy in specialist adult mental health services.

The provided data will reflect the current number of patients waiting to start a psychological therapy i.e. a census/snapshot at the end of the reporting period (the last calendar day of each month.) Wait will not be measured retrospectively on receipt of treatment (i.e. how long did the patient wait); it will be the current wait i.e. census at the end of the month.

Data Dictionary Version

Where applicable, this DSCN reflects changes introduced by DSCN and/or DDCN since the release of version 4.9 of the NHS Wales Data Dictionary.

The changes introduced by such DSCNs will be published in version 4.10 of the NHS Wales Data Dictionary.

Actions Required

Local Health Boards / Trust:

- Ensure arrangements are in place to enable the collection of the information required in accordance with the definitions set out in this DSCN.
- Ensure that proformas are submitted monthly to the Welsh Government Delivery & Performance Division (HSS.Performance@gov.wales).

Actions for the Welsh Government Delivery & Performance Division:

- On an annual basis, make the form available for Mental Health Services to complete and notify them of the deadline for the submission of data.

Appendix A: Table reflecting areas that are impacted as a result of this DSCN

The following table shows where there are changes to the scope and/or definitions of applicable data sets, data items, terms and other associated areas that are linked with the changes documented within this DSCN.

Each data definition type is listed in alphabetical order and is shown in the sequence in which it appears in this DSCN.

Data Definition Type	Name	New/Retired/Changed	Page Number
Aggregate Proforma	Access to Psychological Therapies in Specialist Adult Mental Health Services - Wait Times	New	5

Appendix B: Highlighted changes to be made to the NHS Wales Data Dictionary

Changes to the NHS Wales Data Dictionary are detailed below, with new text being highlighted in **blue** and deletions are shown with a ~~strikethrough~~. The text shaded in **grey** shows existing text copied from the NHS Wales Data Dictionary.

Access to Psychological Therapies in Specialist Adult Mental Health Services - Wait Times **Return Submission Details**

This form should be completed by each Local Health Board (LHB) and submitted to the Welsh Government Delivery & Performance Division:

HSS.Performance@gov.wales

Local Health Boards to submit one completed pro forma per month, by the dates provided in the Definitions and Guidance section of the form.

Information should be provided in relation to those patients who are waiting to start high intensity or specialist psychological therapies / interventions (as defined in [Matrics Cymru](#)). Referrals for low intensity interventions i.e. those delivered via Local Primary Mental Health Support Services (LPMHSS), are excluded.

Local Health Boards are to report on a provider basis (i.e. for the services they provide as a Health Board) and not on a resident basis (i.e. for the residents of their Health Board).

The latest version of each form is available on the Welsh Government's Performance Management Website:

<http://howis.wales.nhs.uk/sitesplus/407/home>

Any further queries regarding the data collection forms should be directed to the Delivery & Performance Division, Welsh Government, on 03000 258871, or e-mail:

HSS.Performance@gov.wales

Information Requirements 2018 onwards

Number of patients who are waiting to start a psychological therapy

This is the number of patients who are currently waiting to start a psychological therapy as at each census snapshot (i.e. the last calendar day of each month).

Psychological therapy denotes referrals received for high intensity or specialist psychological therapies / interventions (as defined in [Matrics Cymru](#)). Referrals for low intensity interventions i.e. those delivered via Local Primary Mental Health Support Services (LPMHSS), are excluded.

Waits should be categorised into the following time bands:

- Patients waiting up to and including 84 days (<= 11 weeks)

- Patients waiting 85 days and over and up to and including 126 days (12-17 weeks)
- Patients waiting 127 days and over and up to and including 182 days (18 - 25 weeks)
- Patients waiting 183 days and over and up to and including 252 days (26 - 35 weeks)
- Patients waiting 253 days and over and up to and including 364 days (36 - 51 weeks)
- Patients waiting 365 days and over (≥ 52 weeks)

When calculating wait times, the following guidance applies:

Clock start point is the date which the referral for a psychological therapy is received by the team which will be delivering the psychological therapy (regardless of whether opted in).

Clock stop point is the date which the patient starts their psychological therapy i.e. when the clinician deems that the patient has started treatment.

Could Not Attend (CNA) and Did Not Attend (DNA)

CNA – The clock start point is reset to the date at which the patient notified the service that they were unable to attend the appointment. There are no restrictions applied regarding the maximum number of times a date can be reset.

DNA – The clock start point is reset to the date the patient did not attend the appointment. There are no restrictions applied regarding the maximum number of times a date can be reset.

Adjustments

Where the patient is unavailable for medical or social reasons, an adjustment should be made to the wait time to take account of the period of unavailability.

Cancellations by the team delivering the psychological therapy

If the team delivering the psychological therapy cancels a patient's appointment, the waiting times clock continues and a new appointment must be booked i.e. the clock is not reset.

Note: Where there is a requirement to obtain additional information in support of the referral the clock should not be stopped.