

PRACTICE BASED COMMISSIONING HOW HASCAS CAN HELP YOU

INTRODUCTION

The Department of Health website states that "Practice based commissioning enables GPs and other front line clinicians to redesign services that better meet the needs of their patients". There is also an expectation that it will be fully up and running across the country by the end of the current calendar year – 31 December 2006.

The Health and Social Care Advisory Service (HASCAS) is an evidenced based service development organisation working in all aspects of mental health and older people's services across the health and social care continuum. HASCAS is a registered charity with independent status and was formed in August 2003 from the merger of two well established and respected organisations, the Centre for Mental Health Services Development at King's College, London and the Health Advisory Service.

HASCAS has an established track record in service development, research and consultancy. Consequently HASCAS has extensive experience of managing large scale projects within agreed timescales, to a high quality and is well versed in working successfully with a wide range of stakeholders. The work of HASCAS is underpinned by the notion of using those in the service with particular expertise and experience. HASCAS teams are put together to meet the specific needs of each project commissioned, and central to all our work is the involvement of carer and user representatives on our teams.

Dr Tim Saunders, a GP in Chester, is a HASCAS Associate who has worked with NIMHE North West and is very experienced in working with groups of Primary Care and PCT staff to develop local services. By working together we feel that we can offer local Primary Care Services the opportunity to examine how they can best seize the opportunities afforded by Practice Based Commissioning to better meet the needs of their local populations.

June 2006

Making a positive difference



THE PROPOSED WORK

The aim of HASCAS and Dr Saunders is to run local development workshops in order to help staff consider how they can improve their local mental health services in both primary care and in enabling better 'joined up' care with secondary mental health services. The programme can be tailored to meet the exact needs of the participants, and can be with individual GP practices or groups of practices, or be across a whole PCT.

Dr Saunders has extensive experience of working with the opportunities provided through the new GP Contract, and is able to describe initiatives taken forward in Cheshire using:

- NICE Guidance in 2004 on Depression and Anxiety Disorders
- The NIMHE North-West 'enhanced service guide' incorporating the stepped care model, an evidenced-based ideal model of care and a framework for local service development
- The GMS Contract commissioning a LES for Common Mental Disorders
- The use of a 'Local Collaborative' to gain clinical consensus, leadership and a healthy peer pressure to achieve change

The work-streams likely to be useful in the workshops will include the following:

- stepped care and case management in practice
- use of objective measures in practice (eg ICD 10, PHQ9, HADS)
- self-help and guided self-help development
- referral and communication with the Primary Care Mental Health Team (or local equivalent)
- data recording, coding, audit and monitoring
- medication guidelines
- liaison with specialist services

HOW YOU CAN SIGN UP

Each workshop will cost £2,500 for up to 12 participants, and can be held in a local venue provided by the Practice(s) or the PCT. Dr Saunders and/or Ian Allured from HASCAS will speak to the local organiser about the exact requirements of the local staff and construct a workshop to fully meet these needs.

There can also be larger workshops periodically where those participating in the small local workshops can come together to share their experiences and learn from each other about both good practice, and those things which failed to deliver as expected and the reasons why. These workshops will be held in regional venues and would cost £120 per person attending.

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The workshops will also draw upon the Chester Experience which was to develop a multidisciplinary Primary Care Mental Health Team employed by the PCT, and to have mental health workers in Primary Care (nurses, OTs, psychologists, graduate mental health workers as well as support workers). These workers were allocated on a cluster basis. The Primary Care Mental Health Team also worked closely with practice counsellors, district nurses and health visitors.

The overall benefits of the new methods of working were to:

- provide rapid access to mental health services in Primary Care
- improve the relationship between primary and specialist mental health services
- close working between the Primary Care Mental Health Team and the CMHTs, with joint liaison at allocation meetings
- more appropriate referrals to the CMHTs and less of them
- greater appreciation of unmet need.



HASCAS