

Report for the TEWV Children and Young People's Directorate Clinical Audit & Effectiveness  
Annual Presentation Day 2014.

Acknowledgements

We would like to thank the Foundation for Professionals in Services to Adolescents (FPSA) for their generosity in funding our annual clinical audit and effectiveness presentation day. This event is held each year, usually within trust property, however due to increasing numbers of attendees each year, the decision was made to hold the event in an external venue as we could not access a large conference room within the trust. The funding received from the FPSA allowed us to book an appropriate venue on 12<sup>th</sup> February 2014 which was geographically central to the trust. The funding also allowed us to offer refreshments to the organisers, attendees and presenters.

We would also like to thank the staff who provided presentations and to those who attended.

Aim of the annual audit and service evaluation presentation day

The Children and Young People's Clinical Audit and Effectiveness Annual Presentation day is a registered CPD event and an opportunity for staff within the trust to communicate the results of recently completed audits and service evaluations. The event is held across Tiers 3 and 4 and LD CAMHS. The audit presentation day is a full day event in which staff who have recently completed a clinical audit or service evaluation are invited to present their results. Staff attending the presentation day are encouraged to discuss the results and think about how these can be applied to practice and inform service development. The event also allows the opportunity for staff to learn more about the trust audit cycle and meet professionals who can offer help and guidance to those interested in completing an audit or service evaluation.

The presentation day has been evaluated in previous years and staff commented on the importance of making time for these events to reflect on your own clinical practice and generate ideas for future projects. Staff also commented they gained an increased knowledge of audit within CAMHS, and the importance of these projects for service improvement. Staff also commented that they had increased enthusiasm to take projects forward. To ensure the event continues to meet the expectations of attendees we evaluated the event once again, feedback we received is discussed in this report.

The agenda for 2014's annual audit presentation day included the following presentations:

- Current projects in the trust and how they link to audit
- Learning lessons from clinical audit
- Audit: Emerging Personality Disorder in young people: treatment and management of Emerging Borderline Personality Disorder in CYPS
- Service evaluation of the effectiveness of the Life Skills Group for adolescents who self-harm
- Clinical audit of NICE CG133 self harm: longer term management

- An analysis of the Sheffield Learning Disability Outcome Measure (SLDOM)
- Audit of atypical antipsychotic use in CAMHS prescribers.
- Children and Young People's Improving Access to Psychological Therapies (CYP-IAPT): Cognitive Behavioral Therapy (CBT) trainee pre & post data – considering reliable change
- Violence in the home perpetrated by young people open to CAMHS: a service evaluation
- Summary of risk assessment work and re-audit of CRAM

### Summary of selected presentations

#### *1. Audit: Emerging Personality Disorder in young people: treatment and management of Emerging Borderline Personality Disorder (EBPD) in CYPS.*

This presentation provided an overview of the audit which assessed the treatment offered to young people under the age of 18 years with EBPD in order to inform development of a future pathway and check whether this is according to NICE guidelines.

A total of 9 community CAMHS teams and 1 inpatient CAMHS unit were included in this audit whereby 53 clinical records were assessed using an audit tool developed using NICE guidance to look at current treatment and management of EBPD across CYPS.

The results were positive and areas of good practice were described in the presentation. These included transitions and endings on the whole are carefully planned, psychological treatment is considered and offered and it appears that drug treatment in the majority of cases is for co-morbid conditions.

#### *2. Service evaluation of the effectiveness of the Life Skills Group for adolescents who self-harm*

This presentation provided an overview of the evaluation of the Life Skills Group for teenagers who self harm which was offered within a Tier 3 CAMHS team. This programme comprises of 4 sessions which focus on emotion regulation, distress tolerance, mindfulness, interpersonal problems and low self esteem.

The service evaluation used a number of outcome measures including the Beck Self-Concept Inventory for Youth (BSCI-Y), the Beck Anxiety Inventory for Youth (BAI-Y) and the Mood and Feelings Questionnaire (MFQ) – Child Version. A total of 3 young people attended the Life Skills Group and their responses were included in the service evaluation.

The authors presented the outcomes for each individual participant. For example, for one young person, scores on anxiety and depression improved significantly from pre to post and although scores for anger and self-concept demonstrated positive change, it was not concluded to be clinically significant.

The presentation also provided a summary of the qualitative data which was analysed in terms of themes that emerged within responses. For example, one theme which was

identified within the data was the adolescents understanding of emotion regulation skills. This was reflected in comments such as “I have understood more about emotions and stuff and what makes people feel a certain way.”

### *3. Clinical audit of NICE CG133 self harm: longer term management*

This presentation described the results of an audit which aimed to assess whether our practices are compliant with NICE CG133 guidance for the long-term management of self-harm and also guideline 16 which refers to the short-term management of self-harm in secondary care.

Data collection took place between February and March 2013 using an audit tool developed from NICE guidance. All CAMHS teams across the trust were requested to identify patient ID's of those assessed on the self harm rota between September and November 2012. A total of 70 cases were included in the analysis whereby 79% had taken an overdose/ ingestion of toxic substance within the specified time period.

The audit highlighted many areas of good practice including current suicidal intent, method of past self-harm, depressive symptoms; specific factors preceding self-harm, significant relationships and the level of immediate risk were well documented. Recommendations suggested by the authors as a result of the audit included a need to develop a self harm pathway and to develop more specific psychological interventions for self harm within CAMHS services.

#### Evaluation of the 2014 event

Contrary to our prediction, fewer members of staff were able to attend the audit presentation day this year. One possible reason for this could be the current climate of CAMHS and staff having increasing caseloads and little time to spare to attend CPD events.

A total of 25 members of staff attended the event from a range of disciplines including occupational therapy, psychology, psychiatry, nursing and service development. A representative from Teesside University also attended due to strong research and psychology links between the trust and the university.

Evaluation forms were given to all attendees, 11 (44%) were completed and returned. The form aimed to gain feedback on the content of the event, the venue and suggestions for improvement. The responses to each question are summarised below.

#### *The content of the event*

##### **Did you feel the presentation day was a beneficial use of time?**

- 100% agreed the event was a beneficial use of time
- The main theme highlighted within responses was that the event helpfully highlighted what developments, projects and audits are currently going on in the trust and their importance.

### **What did you gain from the presentation day?**

- 100% of respondents answered
- The main themes reflected were:
  - It helped develop an awareness of work going on in the trust, particularly in different areas
  - It provided an opportunity to network and consider ideas to take to practice
  - Provided better understanding of CAMHS drivers, value of audit and outcome measures
  - Greater understanding of the benefit of ROMS
  - Understanding of how projects link together (e.g. pathways and audits)

### **Is there anything that was not on the agenda that you would have liked to have been?**

- The majority of responses did not identify any thing missing
- We did however receive a request for...
  - More question time (especially in the morning)
  - More corporate audits

### **What was the most useful part of the day?**

- A few responses indicated that everything was useful
- Other themes regarding what was most useful were:
  - Presentation on ROM's and good outcomes
  - Developing an awareness of audits/projects going on and how they link
  - Opportunity to network
  - The discussions following presentations

### **What was the least useful part of the day?**

- One respondent commented that they perhaps struggled to understand the data analysis parts of the presentations as they identified this to not be their area of expertise

### **Is there anything that could be improved?**

- The following comments were regularly made:
  - Increase attendance next year. It was suggested staff to be more supported to attend
  - More managers to attend so audit action plans can be actioned
- Further individual comments that were made were:
  - "Better catering for minority diets"
  - "A Trust venue would be preferable"

*The venue*

Chart 1 displays responses regarding ease of getting to the venue. Results suggest the majority found the Rugby Club either “OK” or “very easy” to get to.

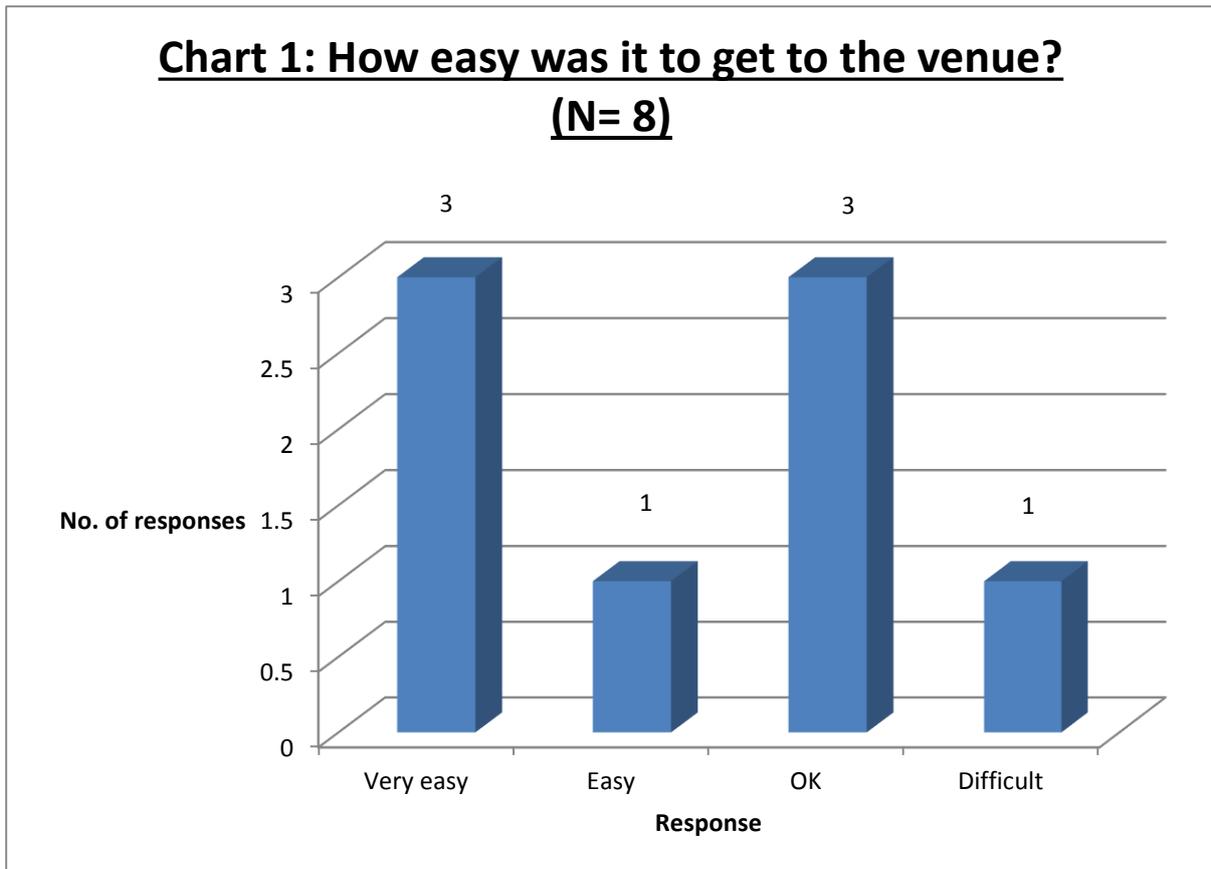
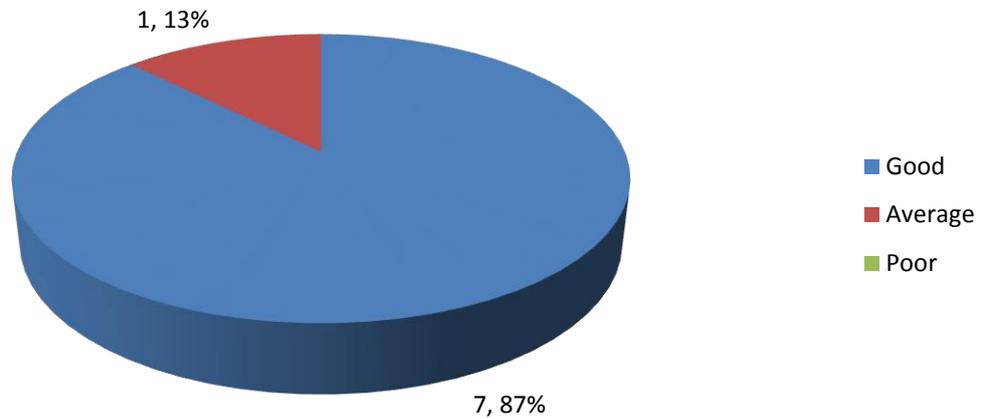
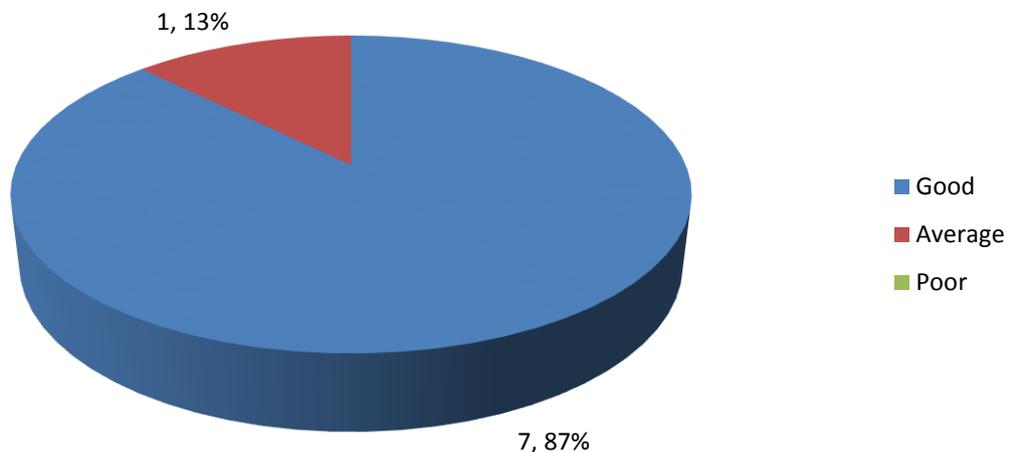


Chart 2 and 3 displays opinions on the room environment and facilities whereby 87% felt the room and facilities were good. There was no one who commented that the environment or facilities were poor.

**Chart 2: How was the room environment?**  
**(N= 8)**



**Chart 3: How were the facilities? (N= 8)**



Overall the feedback received was positive. Further comments we received included “well done and thank you! Huge amount of hard work must have been involved to organise such a slick event”.

Jennifer Jones  
Assistant Psychologist  
South Durham CAMHS

Tees, Esk and Wear Valley (TEWV) NHS Foundation Trust