Transdiagnostic Sleep Workshop in Secondary Care

NHS East London NHS Foundation Trust

Development of and Evaluating recruitment for a transdiagnostic Sleep Workshop

Aim

To assess:
1) *the need for the workshop*
2) *the most appropriate content*
3) *The best method of recruitment*
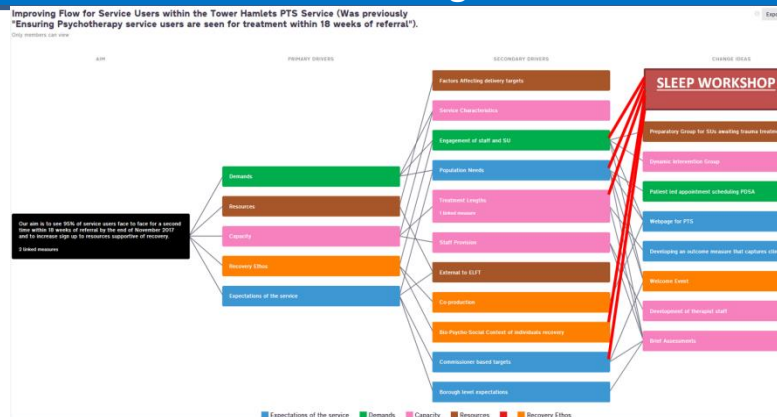4) *how effective, useful and viable this workshop is*

Why is this important to service users and carers?

- *Sleep has been identified as a common issue within this secondary care psychological therapies service. The evidence base suggests sleep difficulties and mental health problems are frequently comorbid, with improvements in one shown to benefit the other.*
- *It is hoped that improving sleep will improve therapy outcomes and improve flow through the service as a result*
- *Service users provided insight into the need for a workshop and the content*

Tests of Change

- *We tested the best methods of referring patients (i.e. reminding clinicians in meetings, reminder emails and inviting patients via telephone and letter)*
- *We tested the usefulness of the workshop*

Outcome data:
- *Service user questionnaire feedback*
- *Referral numbers and Attendance numbers*
- *Insomnia Severity Index total score*
- *Patient Feedback Questionnaire*
- *Admin and Clinician Feedback Questionnaire on referral process*

Driver diagram

Improving Flow for Service Users within the Tower Hamlets PTS Service (Was previously "Ensuring Psychotherapy service users are seen for treatment within 18 weeks of referral").

Workshop Data

Attendance Numbers			
W1	W2	W3	W4
4	1	2	2
1 DNA	2 DNA, 2 canc.	3 DNA	2 DNA

ISI Total Score (/28)	
16	18
22	-
25	18
15	-

See below for referral numbers and feedback questionnaire results
- **Service User questionnaire feedback: to be finalised**
- **Admin and Clinician feedback on referral process: to be finalised**

Learning and what next?

While a transdiagnostic sleep workshop can be valuable to those who attend, recruiting patients and managing DNAs needs to be evaluated further due to the poor referral and attendance rates. I will be developing a survey to send around both clinicians and admin staff to ask for their feedback on how the process could be more effective in future.

Workshop Data Cont.

Referral Numbers (total)											
Initial Clinician Email 13/04/18	Team Presentation 03/05/18	Reminder email 16/05/18	CBT Waitlist manual search 17/05/2018	Check w assessor if suitable	Email reminder	Meeting Reminder 14/06/18	Email reminder 14/06/18	Invitation phonecall 22/06/18	Letter invite	Reminder phonecall
2	2	2	2+4 = 6	2 identified not suitable 6-2 = 4	4	4	4+4 = 8	2 no answer 8-2 = 6	6	1 declined 6-1 = **5**

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Sleep Workshop Feedback Questionnaire   08/08/2018

1. How helpful did you find this workshop for understanding your sleep?

1 Not at all helpful	2 Not sure	3 Somewhat helpful	4 Very Helpful
	1	1	

2. How helpful did you find this workshop for better managing your sleep?

1 Not at all helpful	2 Not sure	3 Somewhat helpful	4 Very Helpful
	1	1	

3. Did you get the kind of service you wanted?

1 Not at all	2 Not sure	3 Yes, to some degree	4 Yes, definitely
	1		1

What did you like about the group?
DN: the group helped me get a better perspective on my sleep
PB: comparing difficulties with other people and suggested solutions which I had not thought of

What do you think could be done differently in the future?
PB: listening to an audiotape within the group and/or taking more time using relaxation techniques during the session

Summary

I developed a transdiagnostic Sleep Workshop for patients who have been assessed by Tower Hamlets Psychological Therapies Service and who are awaiting treatment. The workshop was aimed as a booster to improve treatment outcomes in subsequent therapy, and flow of the service as a result. The study tested and will review the best methods of clinicians identifying and referring patients to the workshop, as well as the best means of inviting patients to attend for more efficient group recruitment in the future.