

The context for our recent Outcome Measures Survey:

the new children and young people's mental health outcome metric

Miranda Wolpert, CORC Director

National Outcomes Metric

The FYFVMH stated that by 2020/21 there will be ‘national metrics to support improvements in children and young people’s mental health outcomes’ and that ‘all services should routinely collect and publish outcomes data.’

Reliable improvement in symptoms and functioning across CYP services

The outcomes metric assumes services are already flowing data as required (or are working towards this as a priority). However, it uses existing architecture already in MHSDS and will therefore not introduce a new burden on providers.

Why this metric?

Many outcomes measures are available for children and young people's mental health and should be used as appropriate. Data arising from this indicator will be considered alongside all appropriate data, such as case mix, as relevant.

Reliable change in symptoms and functioning, have been chosen as a focus because

- ❖ it includes the voices of children and young people
- ❖ it allows consideration of assessment of the amount of change achieved taking into account measurement error inherent in different measures
- ❖ it does not require unrealistic expectation of complete recovery
- ❖ it has been trialled within child IAPT data with resulting improvement rates of around 50% allow for baseline comparisons
- ❖ it aligns with approaches being developed across all age MH services
- ❖ it can be used with a range of different measures allowing practitioners to use measures that are appropriate their populations
- ❖ it supports clinical conversation with those accessing services and enhances informed choice and shared decision making

What will be included?

The metric does not seek to impose a new measurement tool on the NHS, but is designed to work with the range of validated tools already in MHSDS, maintaining the flexibility for CYP and clinicians to identify and use what is most appropriate.

- Patient reported outcome measures
- Parent & carer reported outcome measures
- Patient reported experience measures
- Clinician reported outcome measures

We will be looking at data flow related to CYP goals separately throughout the year and will assess whether appropriate to include in the metric next year



Shadow Go-Live: What Do We Need?

Purpose:

- Testing and refining the indicator: how much data on outcomes need to be recorded for national reporting; how useful is the indicator? (For the national team, commissioners, services and clinicians);
- Building provider awareness of the indicator and responsibilities to report;
- Supporting providers to improve recording of outcomes.

Checklist by the end of shadow go-live 2018

Do clinicians have the things they need to measure outcomes for CYP?

- **Assure utility of tools**
- **Assess usability**
- **Is one tool more appropriate?**
- **CORC consultation on outcome measures can be found at - www.corc.uk.net**

Providers are willing and able to collect and flow data?

- **Culture change, local champions**
- **Networks to share good practice**
- **Provide clarity and guidance**
- **Is the supporting infrastructure in place?**

We are able to use this data to report CYP outcomes and metric

- **Assure indicator construction**
- **Provide feedback to support the improvement cycle**

Support Offer 18/19



Key documents in development and available in draft on the collaborations platform:

- Overview briefing
- FAQ
- Technical guidance
- Data

Webinar Series

Email england.cyp-mentalhealth@nhs.net to be added to the mailing list

Further support

- Series of regional engagement events

Further resources

- Virtual Peer Learning session by Miranda on Outcomes available at <http://cypmhcommissioning.nelcsu.nhs.uk/events/vpl-3-data-needs-assessment/>

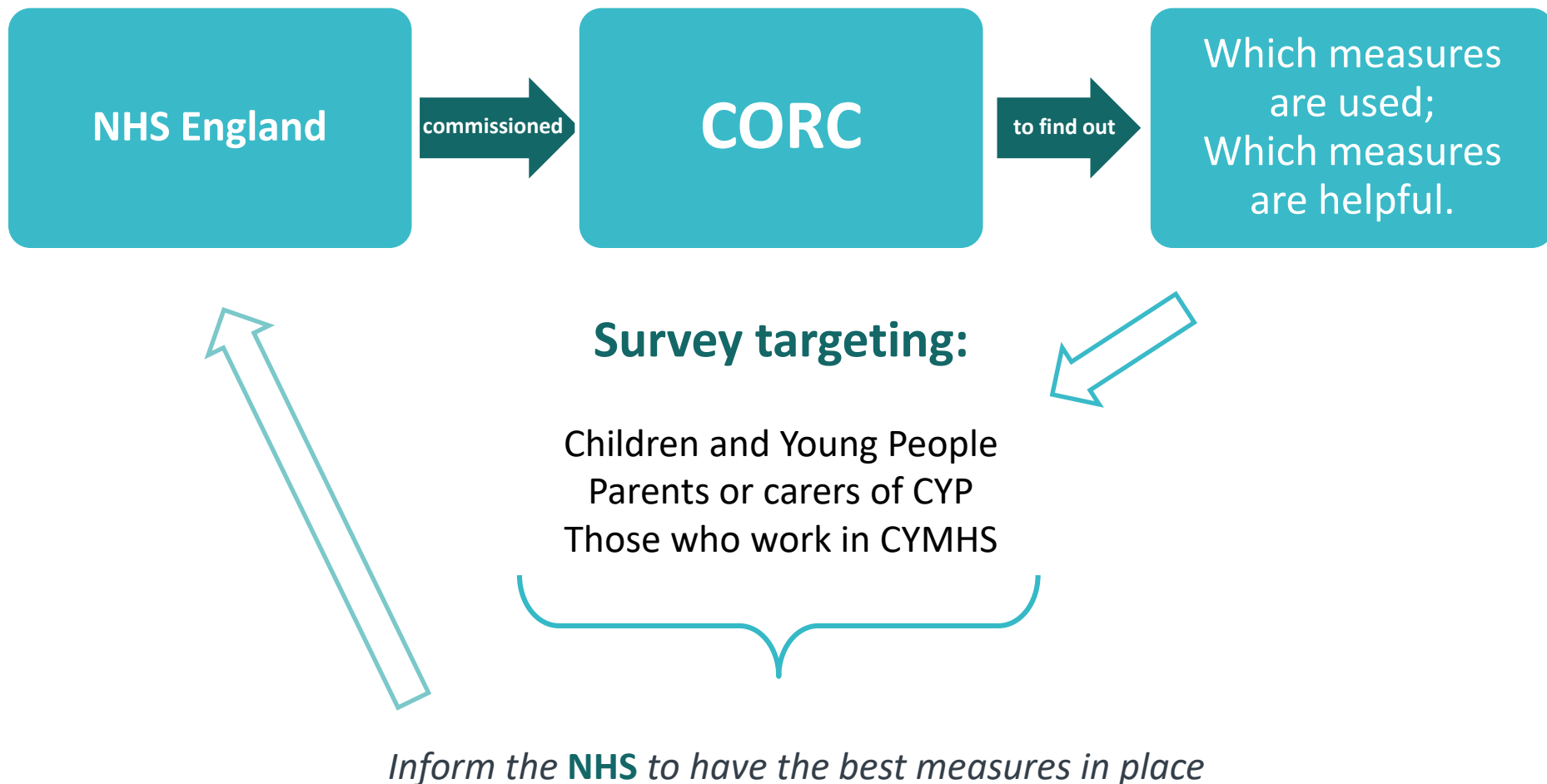
Results from NHS England Outcome Measures Survey:

Implications and the new outcome metric

Luís Costa da Silva, Research Associate

CORC Forum, November 15th 2018

About the data



Outline

What measures were included?

Who is in our sample?

- **Children and Young People**
 - Location, Measures used, Electronic collection, Choice
- **Parents and carers**
 - Location, Measures used, Electronic collection, Choice
- **Practitioners**
 - Service, Profession, Sector, Location
 - CYP-reported, parent-reported, & practitioner-reported measures
 - Electronic collection, Choice

Summary findings

What measures were included?

BPSES – Brief Self-Efficacy Scale

CAARMS – Comprehensive Assessment of At-Risk Mental States

CGAS – Children’s Global Assessment Scale

CORE-10 – Clinical Outcome Routine Evaluation 10

CORS/ORS – Child Outcome Rating Scale

CRIES 8 – Children’s Revised Impact of Event Scale

EDE-Q – Eating Disorder Examination Questionnaire

GAD-7 – Generalized Anxiety Disorder Assessment

GBO – Goal Based Outcomes

HoNOSCA – Health of the Nation Outcome Scales for Children and Adolescents

HoNOSCA-SR – Health of the Nation Outcome Scales for Children and Adolescents Self Report

M&MF/M&MS – Me and My Feelings Questionnaire/Me and My School Questionnaire

ODDp – Oppositional Defiance Disorder Parent Rated

PHQ-9 – Patient Health Questionnaire

RCADS – Revised Children’s Anxiety and Depression Scale

RCADS-P – Revised Children’s Anxiety and Depression Scale Parent Version

SCORE-15 – System Clinical Outcome and Routine Evaluation 15

SDQ – Strengths and Difficulties Self-Report

SDQ-P – Strengths and Difficulties Questionnaire Parent

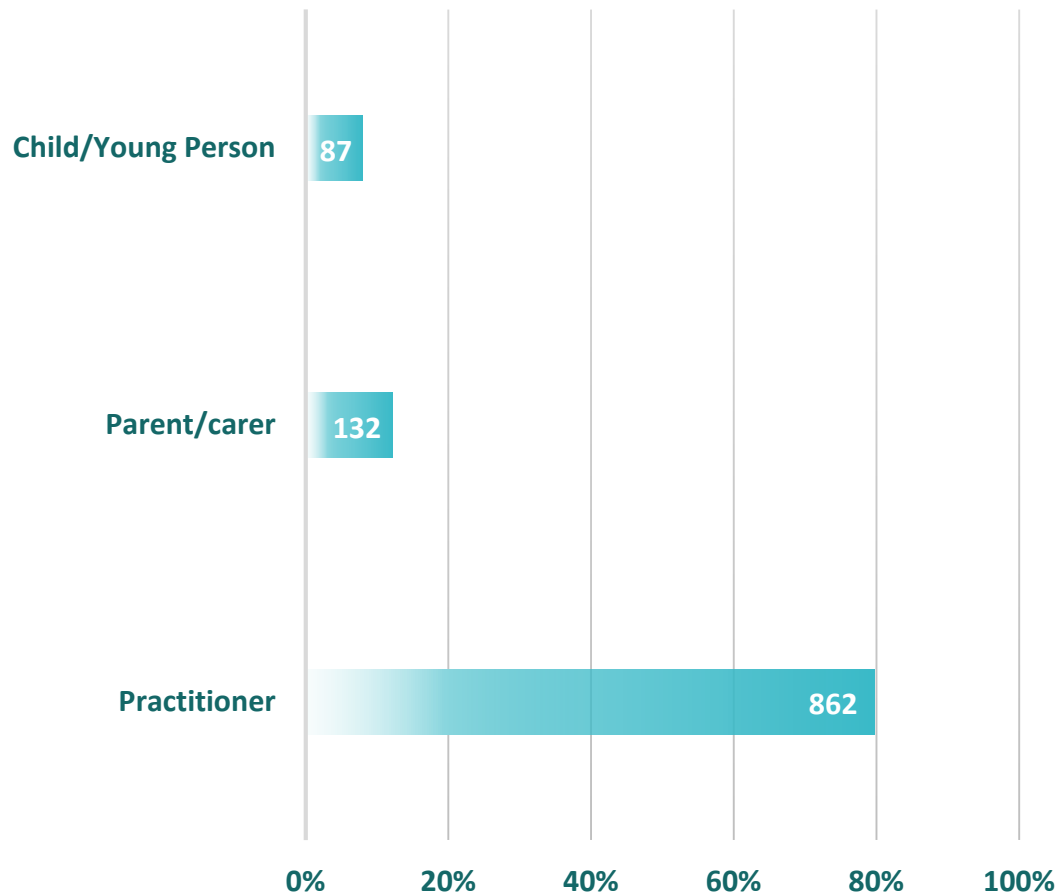
SLDOM – Sheffield Learning Disabilities Outcome Measure

SWEMWBS – Short Warwick-Edinburgh Mental Wellbeing Scale

WEMWBS – Warwick-Edinburgh Mental Wellbeing Scale

MHSDS: Mental Health Services Data Set

Who is in our sample?



Who?	How many?
Practitioner	862
Parent/carer	132
Child/Young Person	87
Total	1081

- Data was collected by **CORC**, between July and September 7th.

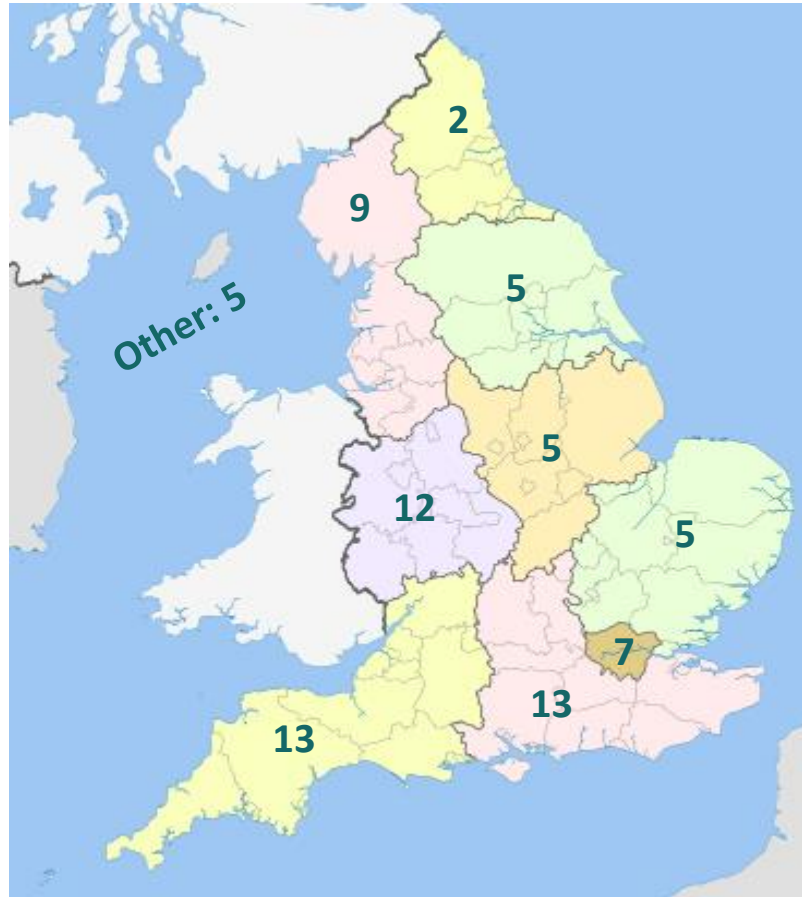
Children and Young People



Children & Young People in our sample



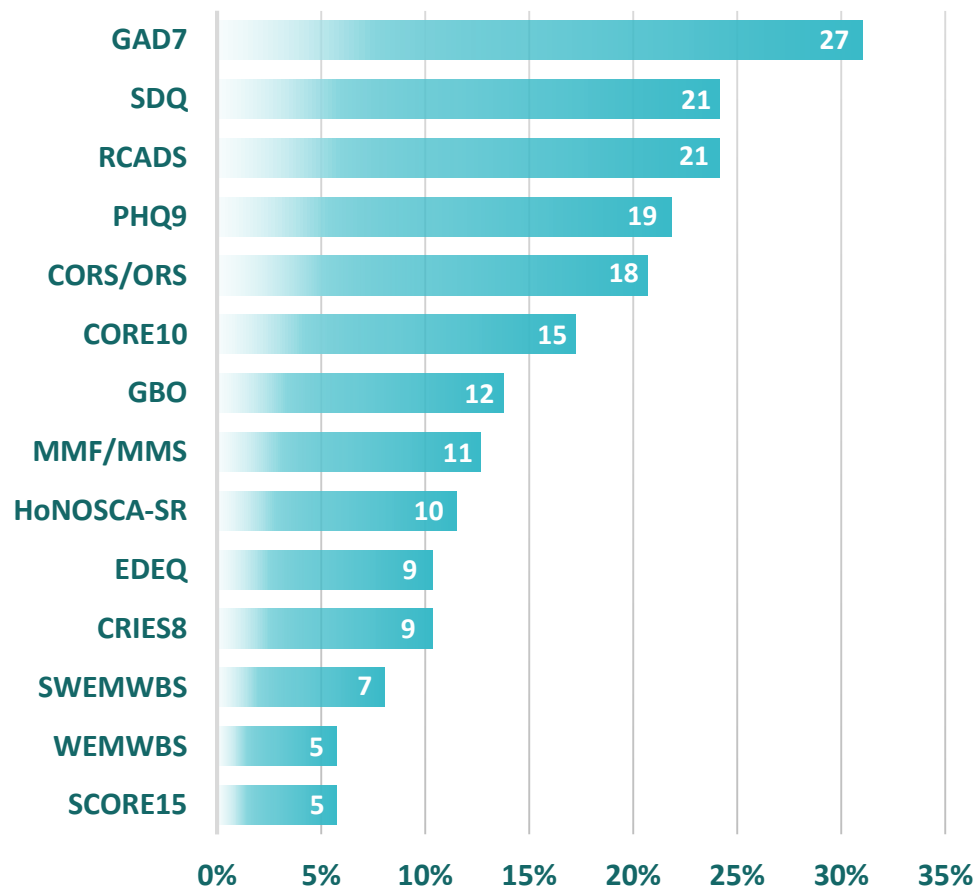
Where did CYP access the service?



N = 67

- **81** children and young people (average age of **18**)
- Accessed a Mental Health service at the age of **14** (on average)
- **18%** (26) of them within South East and South West.

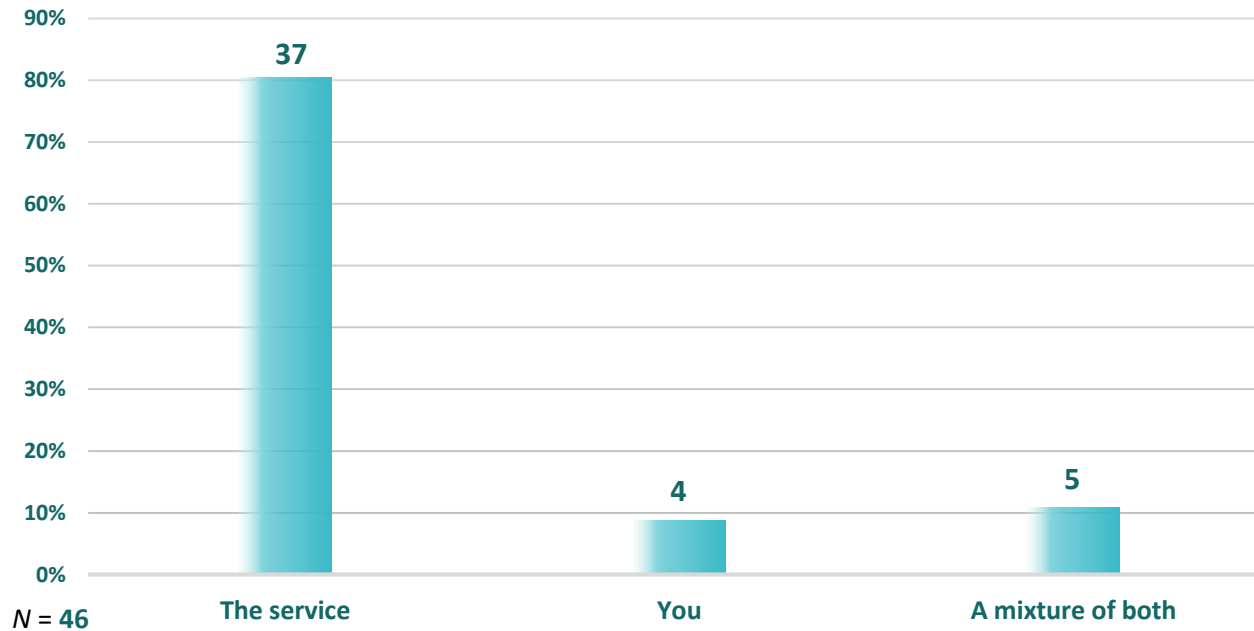
CYP: *what measures are being used?*



N = 87

- Most used measure was the **GAD-7** (31%)
- Followed by the SDQ (24%), RCADS and PHQ-9 (21% and 19%, respectively).
- Least used measure was **SCORE-15** and **WEMWBS** (~6%)

CYP: *who chooses the measures?*

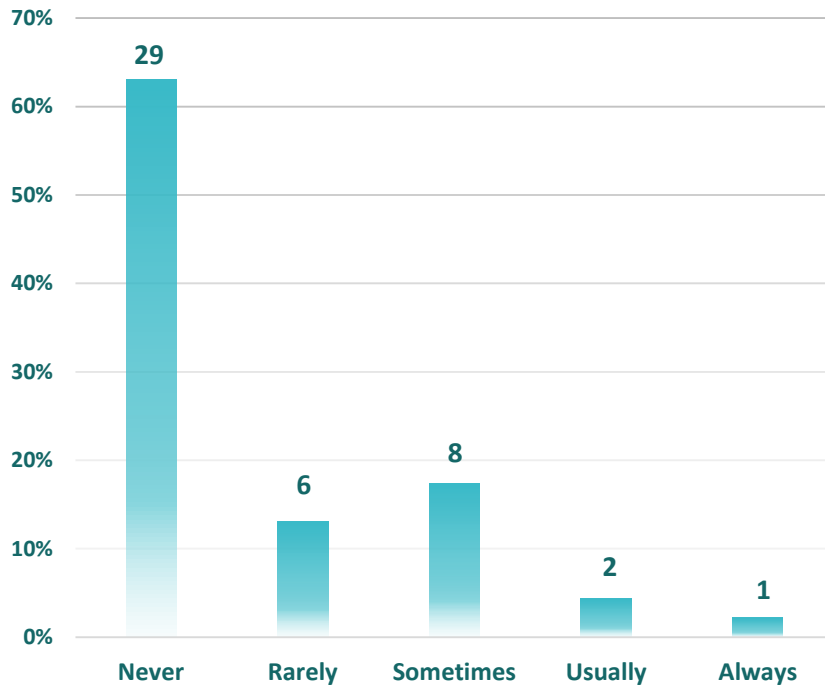


- About **80%** (37) said that the service chose the measures used.
- Only about 10% (4) said they chose the measures.

CYP: *electronic collection*



ARE THE MEASURES COMPLETED ELECTRONICALLY?



N = 46

- **29** said the measures are **never** filled electronically
- Only 1 child or young person said measures were always collected electronically (South East region)
- In the West Midlands, **7 out of 12** said they never completed the measures electronically.

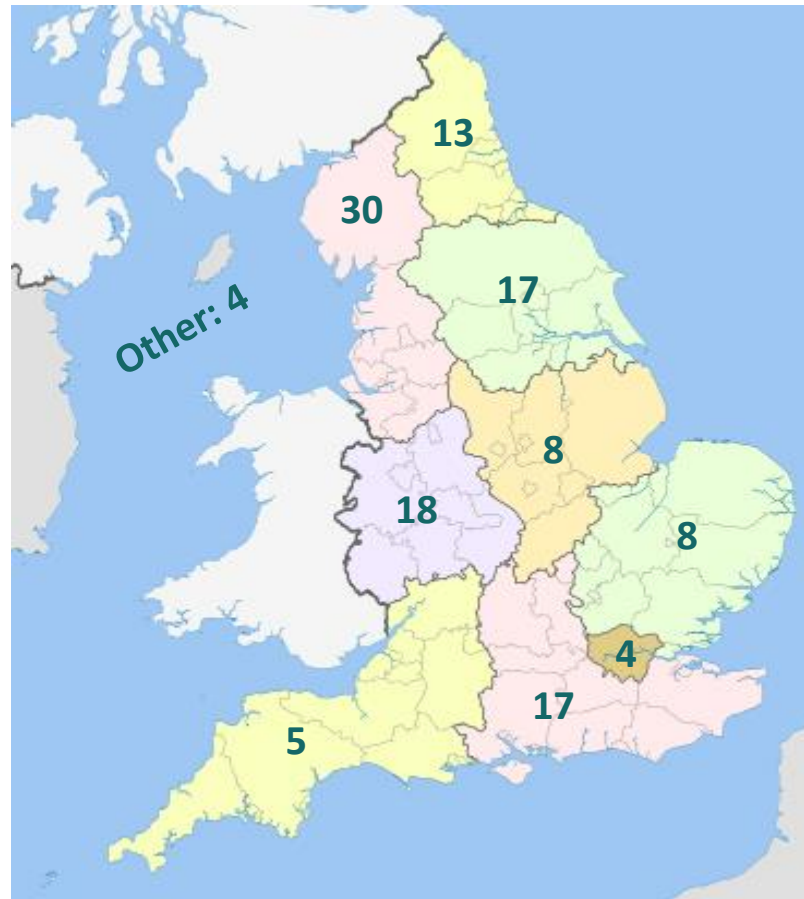
Parents and Carers



Parents and carers: *where?*



Where did parents say CYP accessed the service?



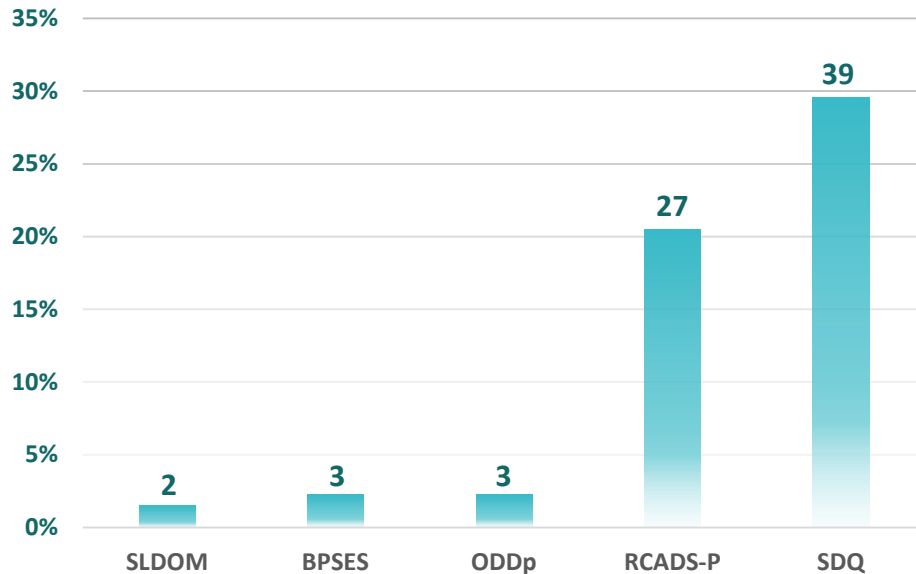
- According to parents and carers, CYP accessed services mostly in the North West of England (**22%**)
- Services in Greater London were the least accessed, (with only 4 parents/carers reporting)

N = 132

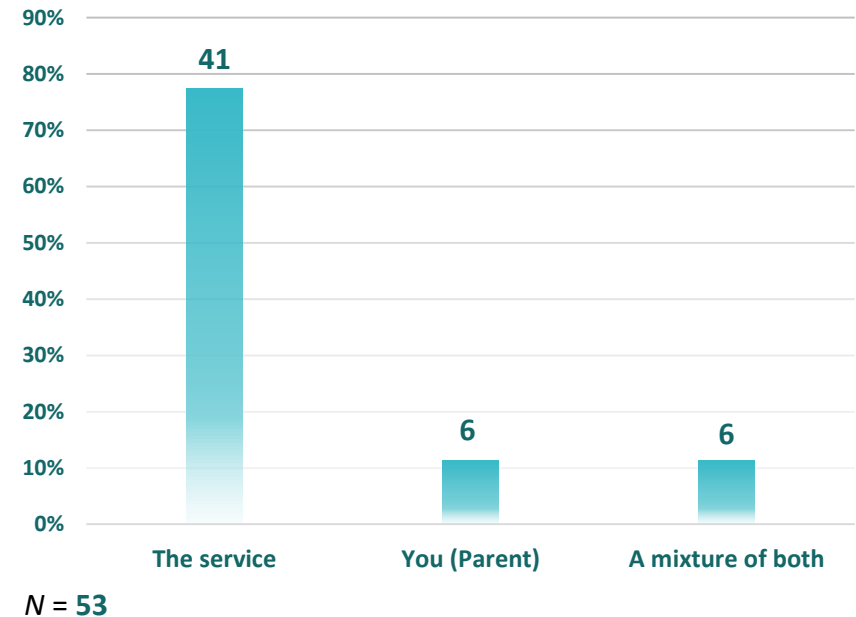
Parents and carers: *measures*



WHAT MEASURES ARE BEING USED?



WHO CHOOSES THE MEASURES USED?

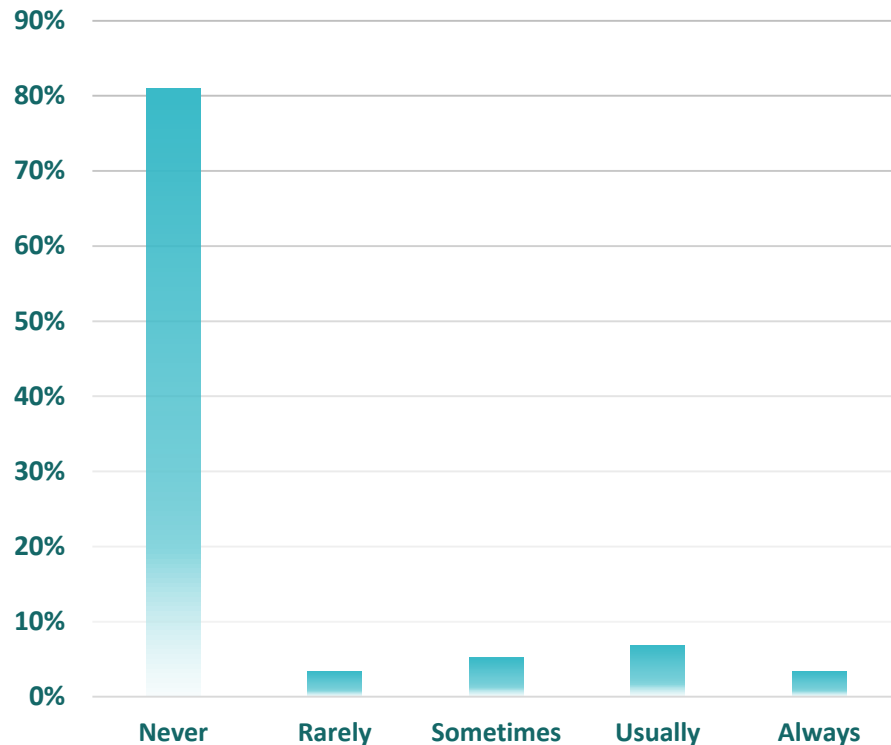


- The most used measure was the **SDQ** (**29%** of parents/carers report having used it).
- **77%** said the service chose the measures used.

Parents and carers: *electronic collection*



ARE THE MEASURES COLLECTED ELECTRONICALLY?

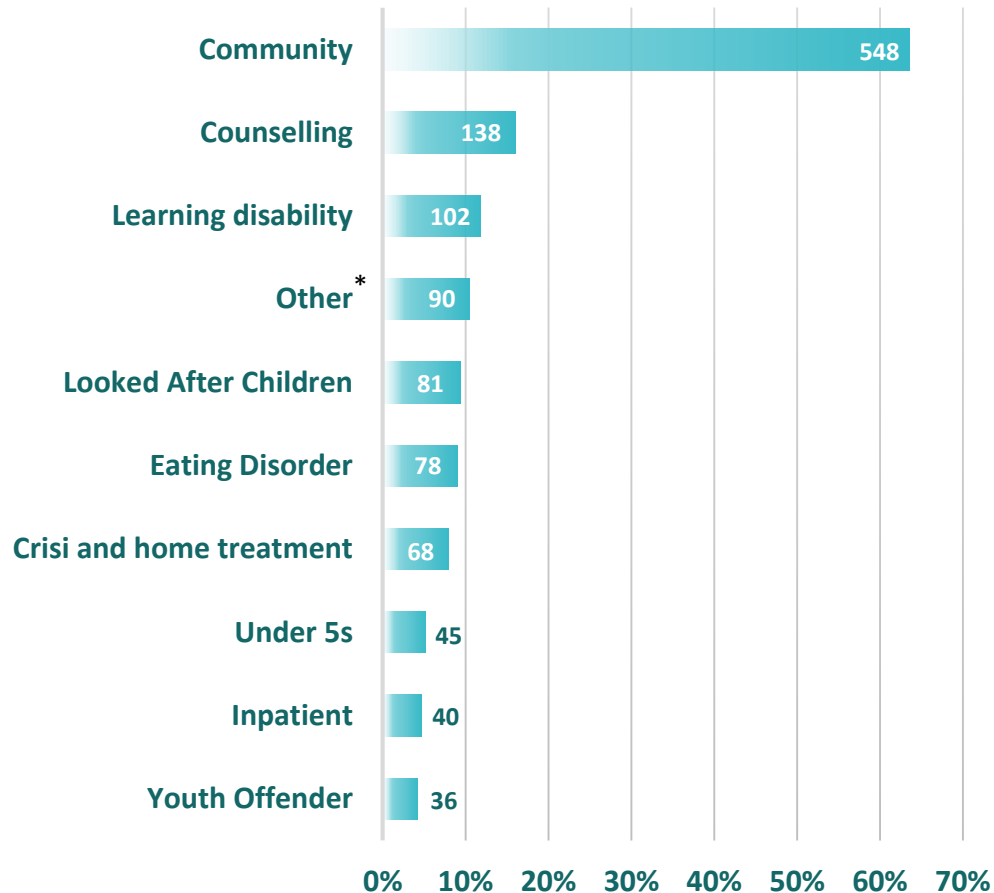


- Measures were mostly **never** collected electronically (**81%**).
- Services in the North East, Yorkshire & the Humber and West Midlands were particularly reported as never collecting measures electronically.

Practitioners



Practitioners: *service*



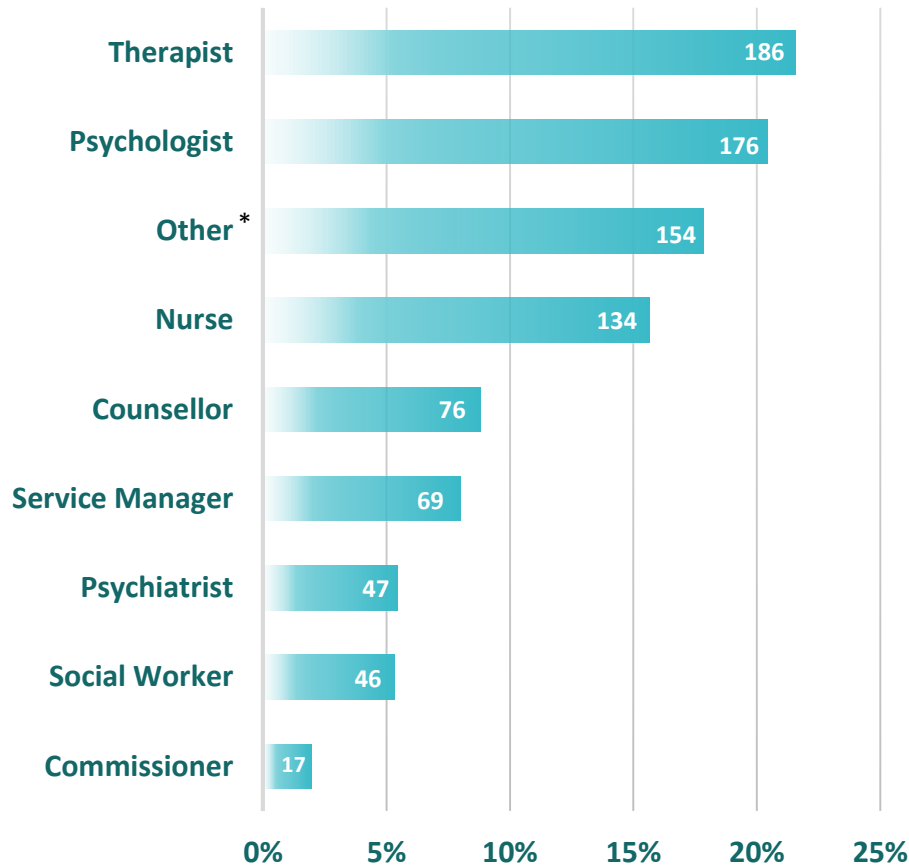
N = 862

Multiple categories were allowed, percentages may not add up to 100%

- Most practitioners (**63%**) worked in Community (Outpatient) services.
- About **16%** worked in Counselling services.
- The least represented service was Youth Offender (**36**)

***Other Services** included Online providers, A&E, Wellbeing Services, MH Charities, etc.

Practitioners: *profession*



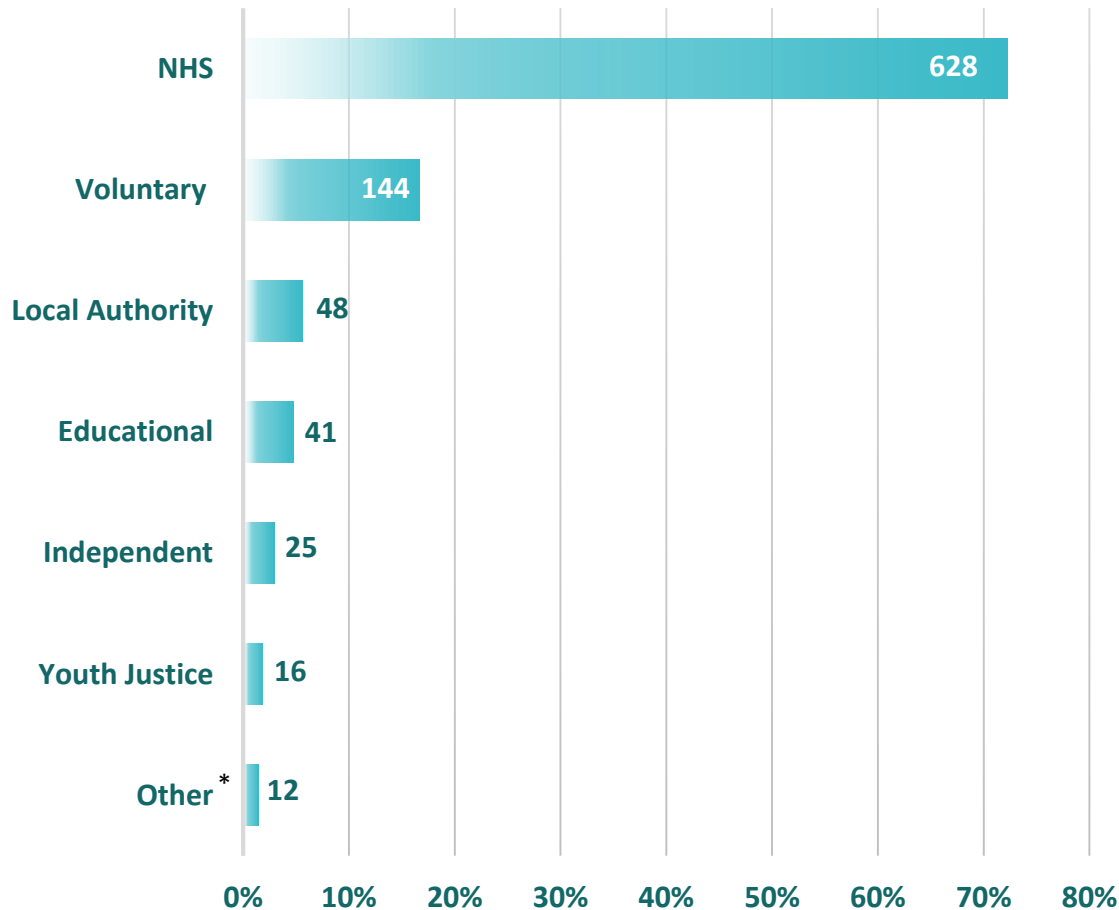
N = 862

Multiple categories were allowed, percentages may not add up to 100%

- 186 practitioners (**21%**) were Therapists and **20%** worked as Psychologists.
- The least represented profession was Commissioners, with only **17** practitioners.

***Other Professions** included Local Government Workers, Assistant Psychologist, Occupational Therapist, Art Therapist, etc.

Practitioners: *sector*



N = 862

- Most practitioners (**72%**) worked for the NHS.
- The least represented sector was Youth Justice, with only **16** practitioners.

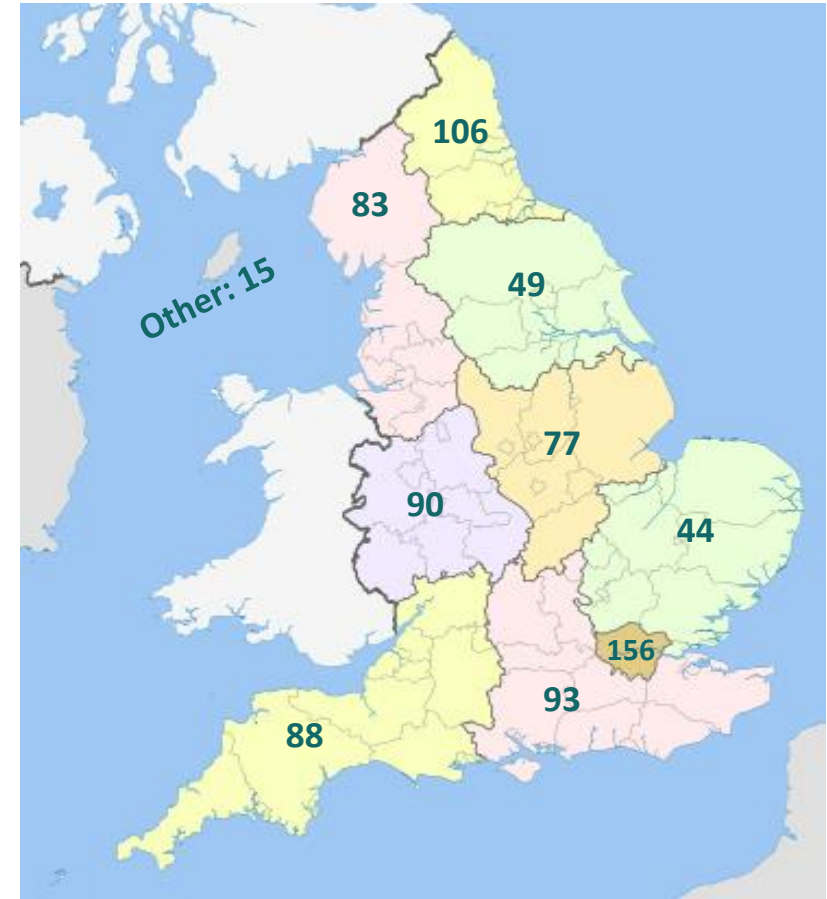
***Other** included, for example, Virgin Care.

Practitioners: *location*



- Almost **20%** of practitioners worked in Greater London.
- The least represented region was the East of England (**44**)

***Other** included practitioners that worked across the UK, Jersey, Isle of Wight, and Northern Ireland.

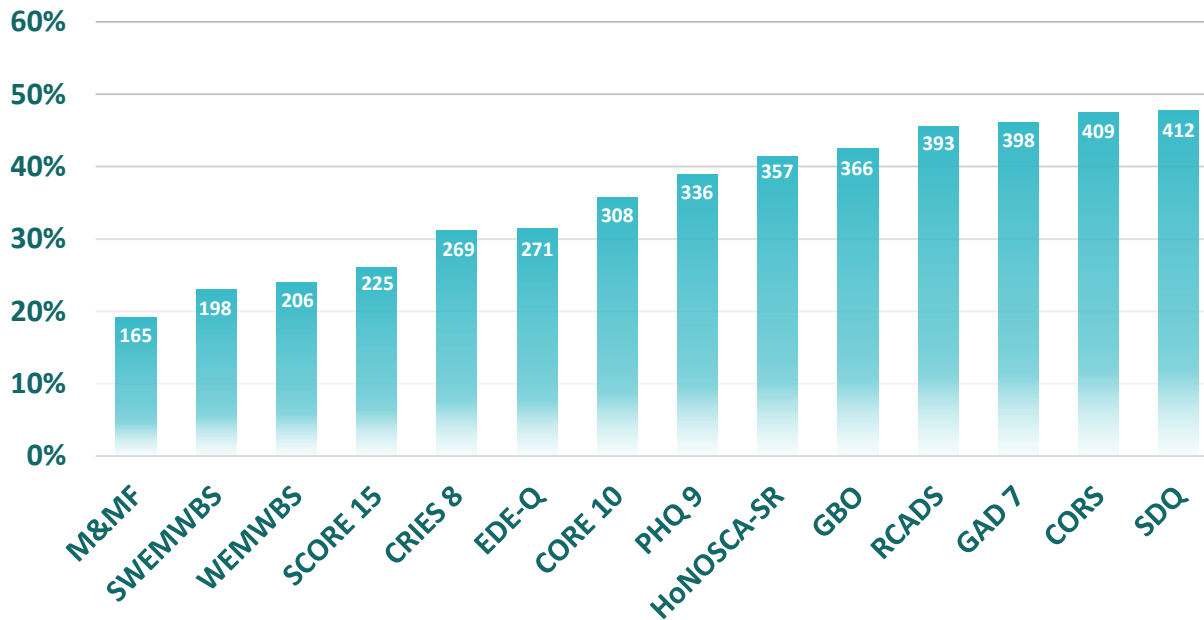


N = 801

Practitioners: *CYP-reported measures*



HOW MANY ARE AWARE?



N = 862

- Least aware of **M&MF/M&MS** (~20%)
- Most aware of the **SDQ** (~48%).

Practitioners: CYP-reported measures



- The most used was the **SDQ** (485; 56%)
- The least used measure was **MM&F** (44; 5%)
- **95%** of practitioners who have used **SCORE-15** also found it helpful.
- **HoNOSCA-SR** was only found helpful by 22% of those who had used it.



N = 862

Measure	Have used the measure	Have used and found helpful	%
SCORE 15	62 (7%)	59	95%
RCADS	402 (47%)	298	74%
GBO	342 (40%)	233	68%
CRIS 8	140 (16%)	93	66%
PHQ-9	195 (23%)	127	65%
CORS	347 (40%)	221	64%
EDE-Q	99 (11%)	60	61%
GAD 7	265 (31%)	153	58%
CORE 10	123 (14%)	65	53%
SDQ	485 (56%)	215	44%
MM&F	44 (5%)	19	43%
WEMWBS	56 (6%)	24	43%
SWEMWBS	97 (11%)	27	28%
HoNOSCA-SR	227 (26%)	51	22%

Practitioners: CYP-reported measures



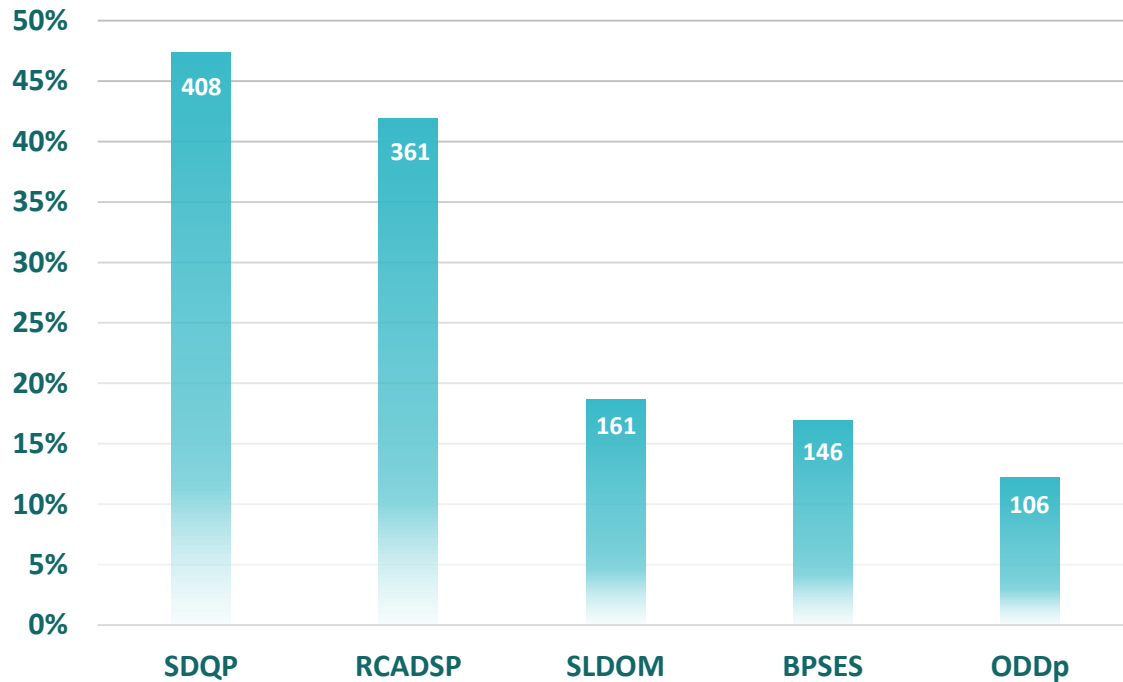
Measure	NHS	Voluntary	Educational	Local Authority	Independent
M&MF	37	5	6	4	3
WEMWBS	43	11	4	1	2
SWEMWBS	45	17	2	2	2
SCORE 15	82	10	3	3	2
EDE-Q	92	7	2	3	1
CORE 10	80	41	9	7	8
CRIS 8	128	7	4	8	3
PHQ-9	147	35	7	11	6
HoNOSCA-SR	213	11	6	9	6
GAD-7	212	41	12	14	8
GBO	275	53	9	15	8
CORS/ORS	284	52	11	23	10
RCADS	342	37	10	32	9
SDQ	389	69	18	30	16

- Number of practitioners who have **used** each measure by sector
- Apart from the local authority sector (in which RCADS was the most used measure), the **SDQ** was the most used measure across sectors

Practitioners: *parent-reported measures*



HOW MANY PRACTITIONERS ARE AWARE OF THESE MEASURES?



N = 862

- Least aware of **ODDp** (106 out of 862)
- Most aware of the **SDQ-P** (~48%).

Practitioners: *parent-reported measures*



- Most used parent-reported measure was the **RCADS-P** (351)
- 74% of those also found this measure useful.
- **ODDp** was the least used measure (16 practitioners used it and only 2 of them found it useful)

Measure	Have used the measure	Have used and found helpful	%
SDQ-P	346 (40%)	258	75%
RCADS-P	351 (41%)	258	74%
BPSES	50 (6%)	31	62%
SLDOM	46 (5%)	24	52%
ODDp	16 (2%)	3	19%

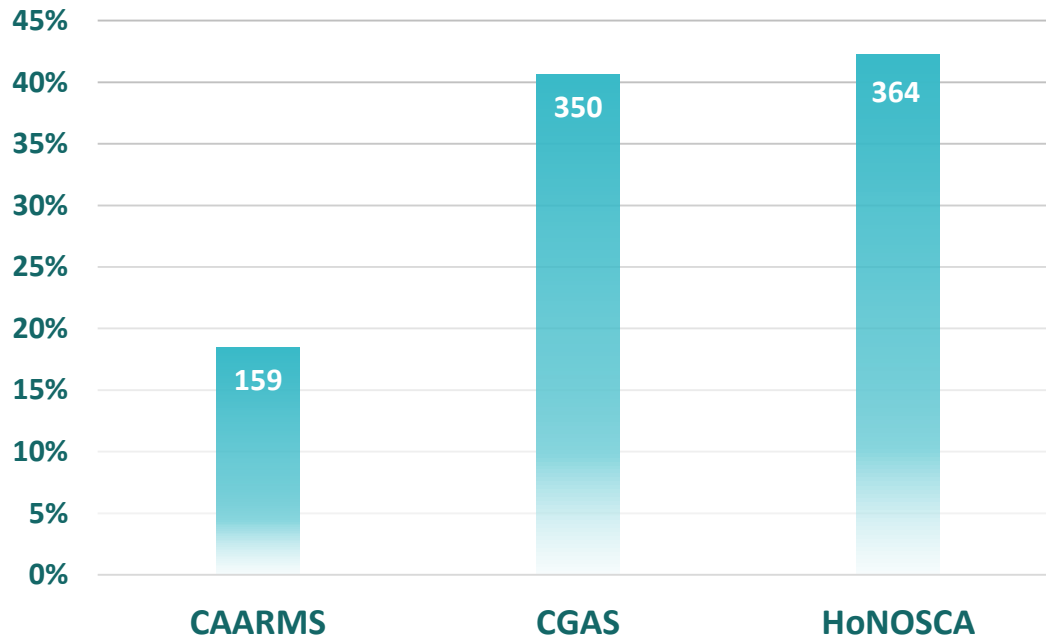


N = 862

Practitioners: *practitioner-reported measures*



HOW MANY PRACTITIONERS ARE AWARE OF THESE MEASURES?



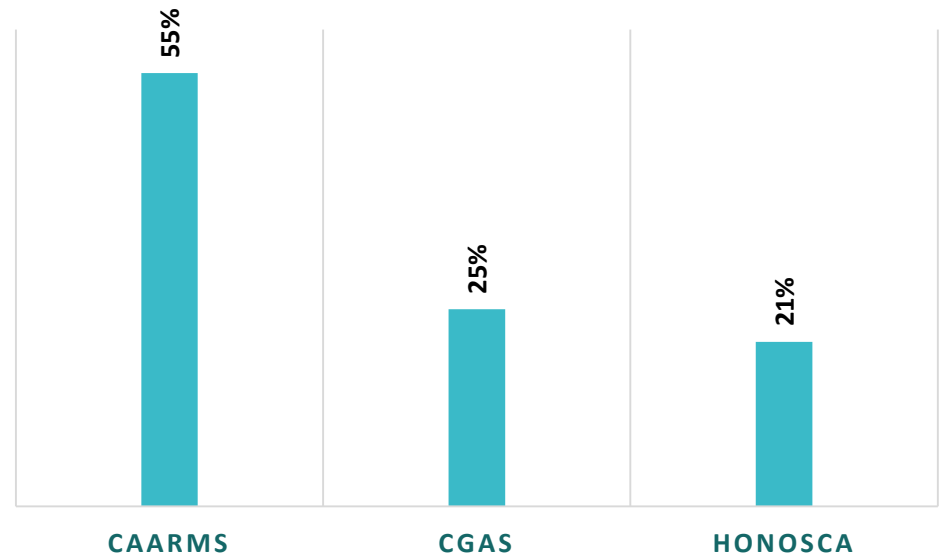
- Least aware of **CAARMS** (159 out of 862)
- Most aware of the **HoNOSCA** (~42%).

Practitioners: *practitioner-reported measures*



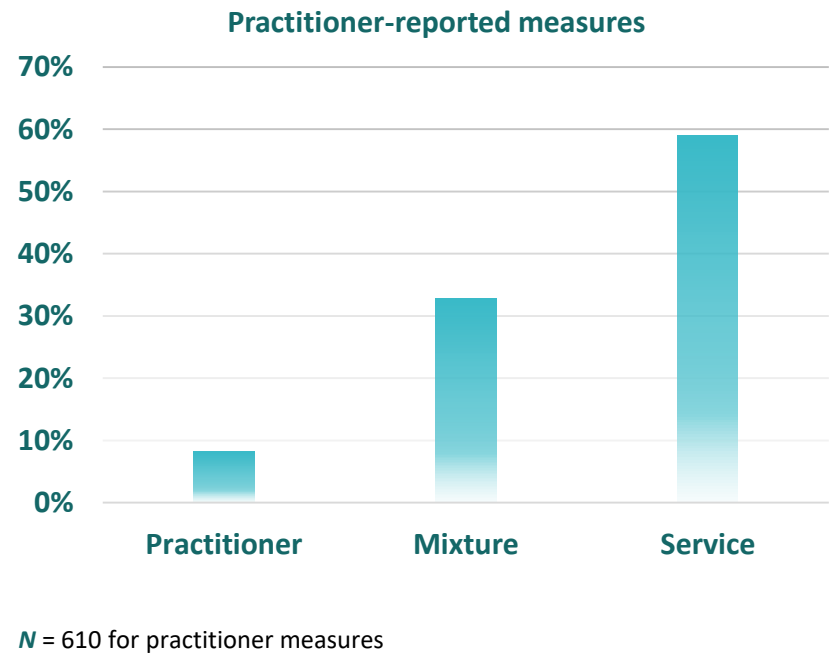
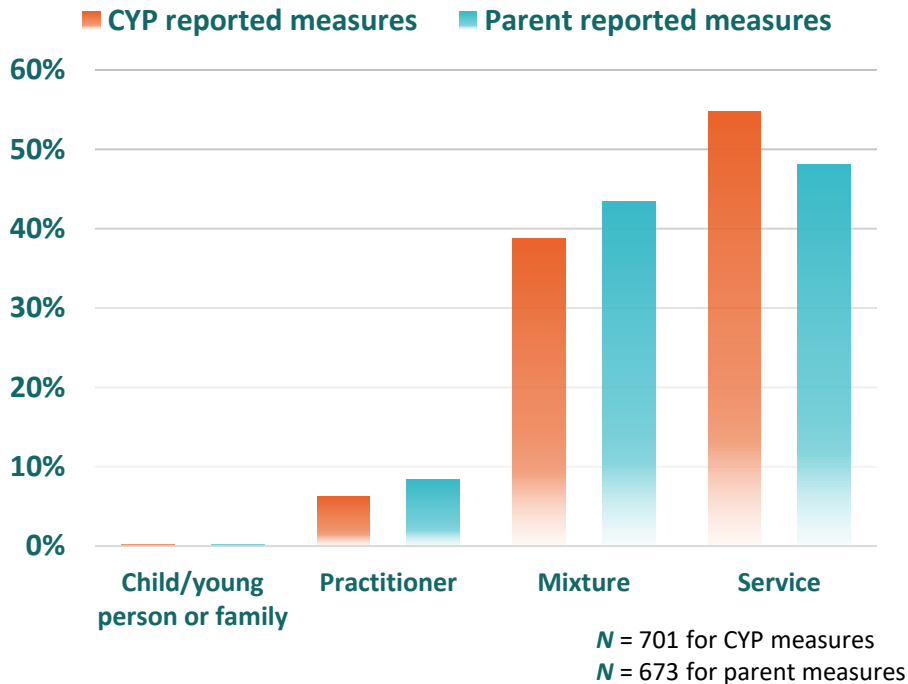
- **HoNOSCA** was only found helpful by 21% of those who have used it
- **CAARMS** was the least used measure (4%), but about 54% of those who used it found it a helpful tool.

Measure	Have used the measure	Have used and found helpful	%
CAARMS	33 (4%)	18	54%
CGAS	290 (34%)	72	25%
HoNOSCA	256 (30%)	53	21%

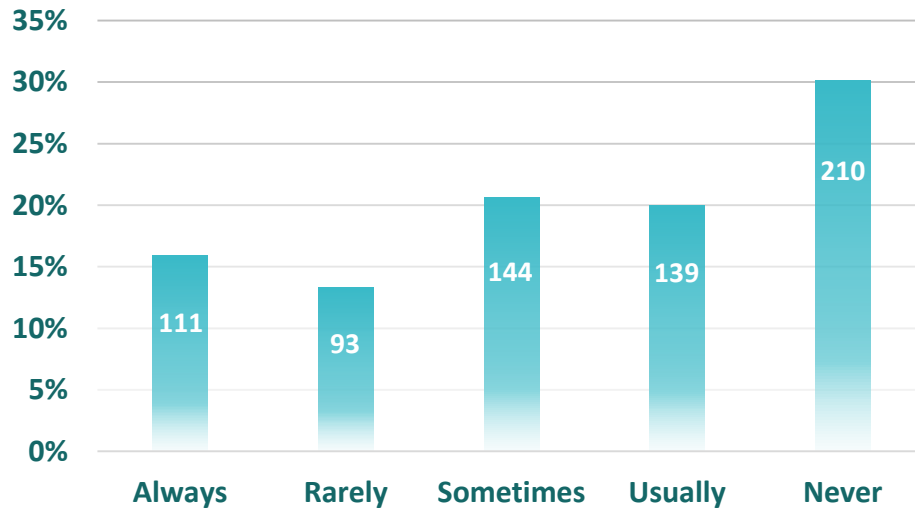


N = 862

Practitioners: *who chooses the measures?*



- Most practitioners reported that the **service** makes this choice for child-reported (~54%), parent-reported (~48%) and practitioner-reported measures (~59%).



N = 697

Are the measures collected electronically?

- 30% of practitioners reported that the measures are **never** collected electronically.
- Particularly evident in Greater London (59 out of 138 report the same)

In summary:

1081 people took part: 87 CYP, 132 parents/carers, and 862 practitioners.



- Most used measure by CYP was the **GAD-7**.
- The least used measure was **SCORE-15** and **WEMWBS**.
- About **80%** of CYP said that the service chose the measures used.



- The most used measure by parents and carers was the **SDQ**.
- **77%** of parents said the service chose the measures used
- **81%** reported they were never collected electronically.



- Most practitioners worked in a Community (Outpatient) service and on NHS
- Most used child-reported measure by practitioners was the **SDQ**.
- Measure found most useful was the **SCORE-15**.
- Most used parent-reported measure was the **RCADS** (also most useful)
- Most used practitioner-reported measure was **HoNOSCA** (but the least useful)

Thank you!

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