



# The Transformation of Primary Care: The Introduction of a Psychological Therapy Service

Dr Alasdair Jamieson, Heather MacRae, Dr Kate Morton, Liliane De Ruiter

Contact: [katemorton@nhs.net](mailto:katemorton@nhs.net)

**Aim** To provide safe, effective, evidence based psychological treatment for mild-moderate “common mental health problems” within Primary Care. The initiative sought to build community capacity and improve the psychological wellbeing and functioning of the population, promoting self management strategies, addressing the current high level of unmet need, providing the most appropriate service in the **right place** at the **right time** to reduce demand on GPs. This development brings Primary Care psychological therapy services within Aberdeen City in line with services in other areas of Scotland and anticipated the Mental Health Strategy ambition to provide a mental health worker in every GP practice. Provision is located within GP practices, optimally supporting development of an integrated & enhanced Primary Care Team which will be further enhanced by Link Workers in 2018

Change Required

## TRANSFORMATION

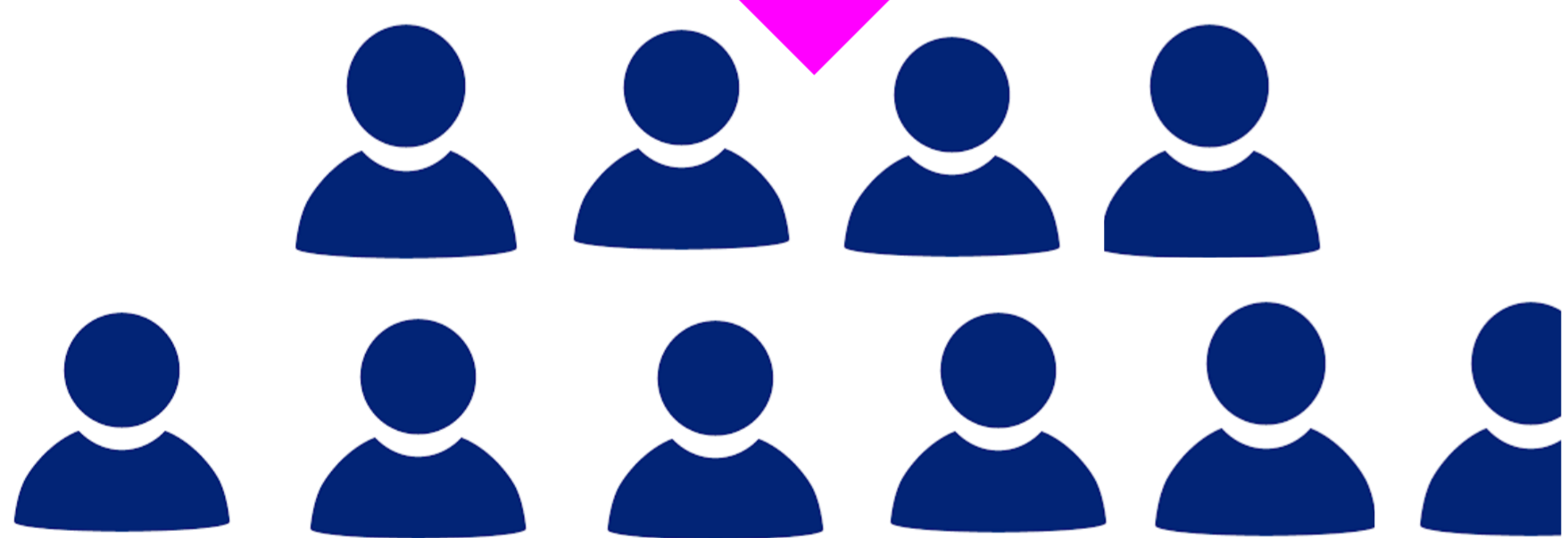
Change Achieved



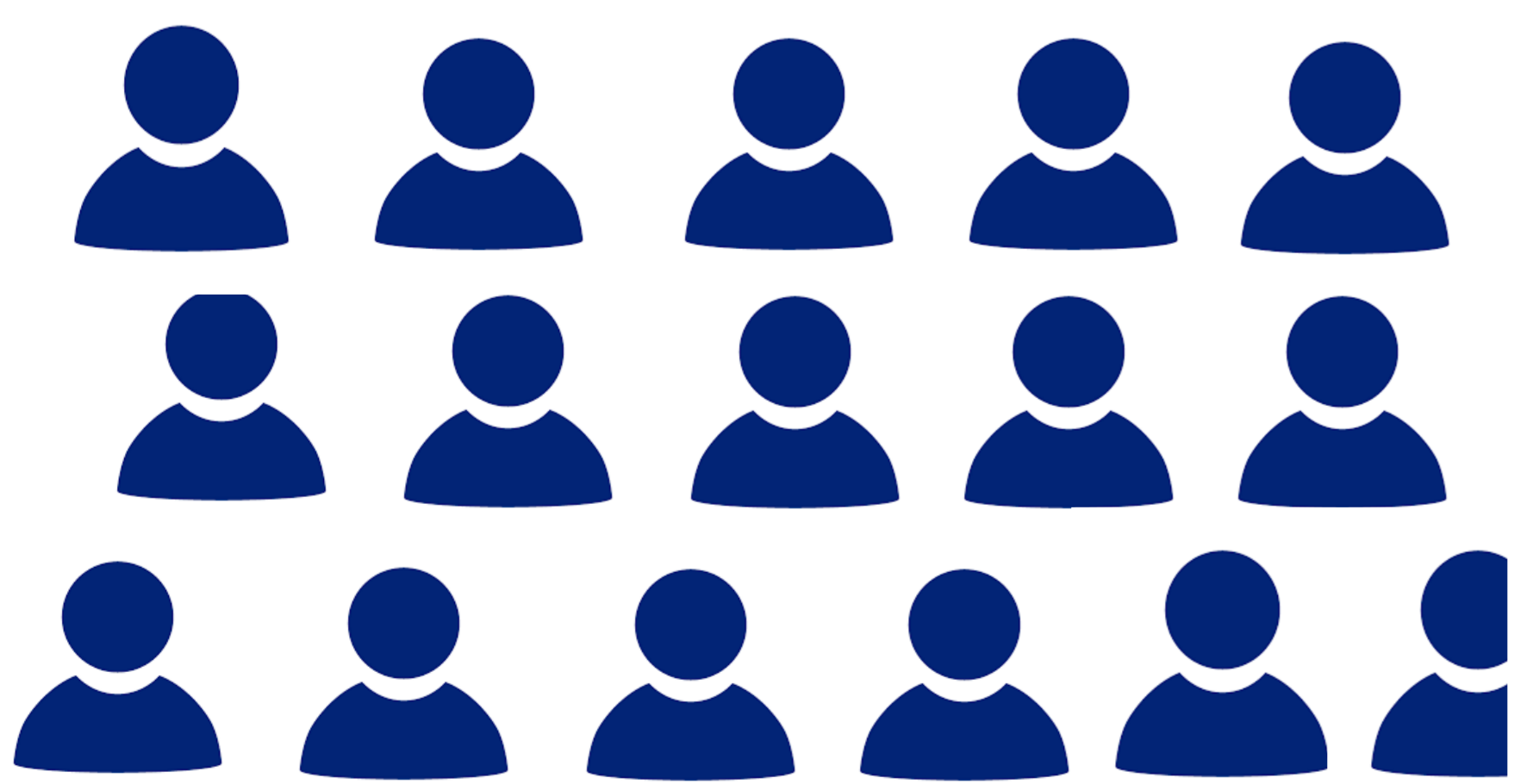
### Team Build



September 2016: 1.8 wte Psychological Therapists (PTs) in post



September 2017: 2 Clinical & Counselling Psychologists + 5.8 PTs + 1 trainee PT



January 2018: 2 Clinical & Counselling Psychologists + 10.8 PTs + 3 trainee PTs

### Increasing Capacity



September 2016: 109 patients in treatment



September 2017: 240 patients in treatment



January 2018 projection: 420 patients in treatment each month

### Clinical Outcomes

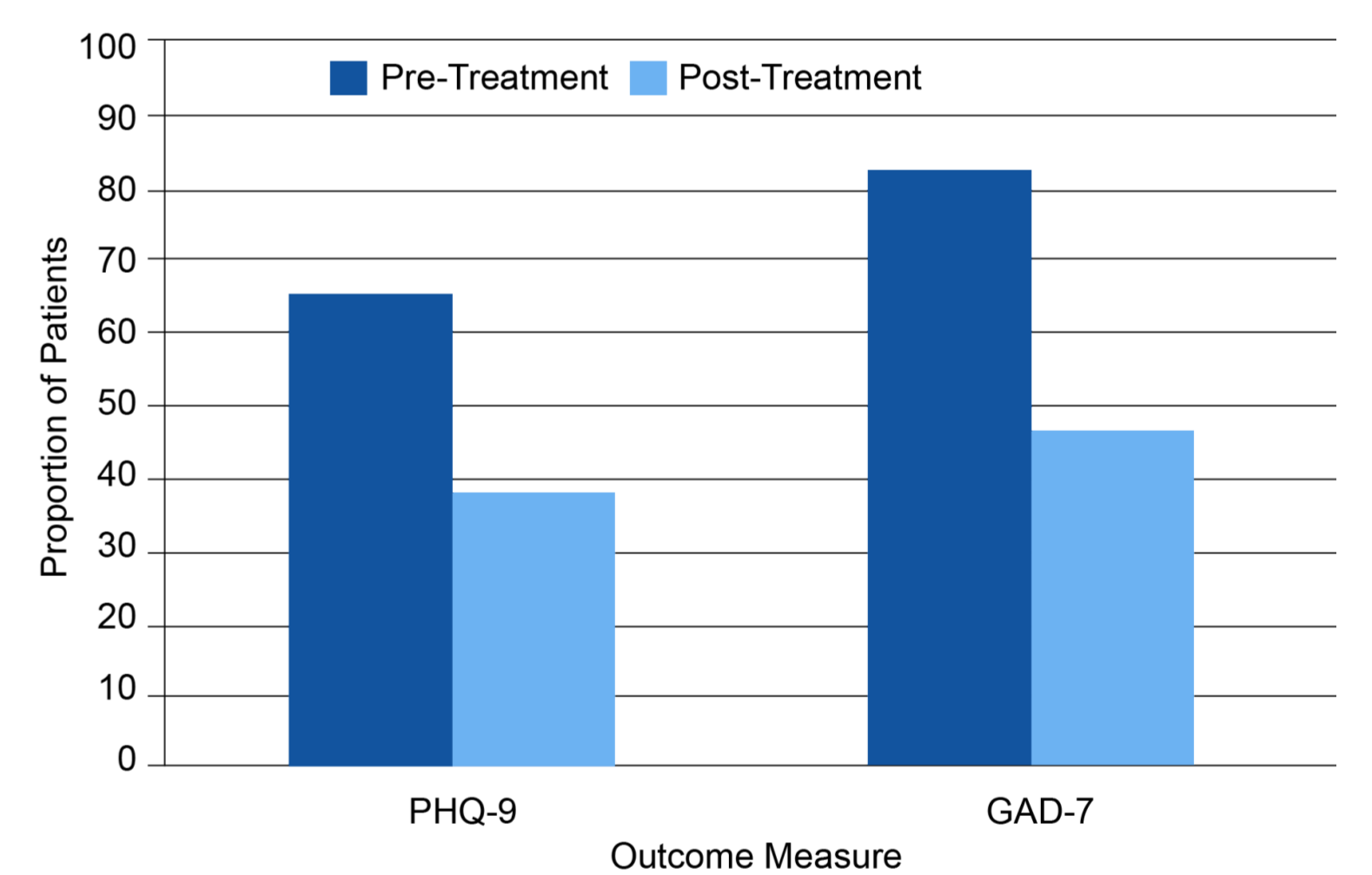


Figure 1: The proportion of patients who score within the clinical range on the PHQ-9 and GAD-7 pre and post intervention

**Recent audit found statistically significant reductions in both depression & anxiety scores for patients at treatment completion**

(Battersby S. June 2017: unpublished small scale research project in part-fulfilment of Doctorate in Clinical Psychology)

### Ongoing Service Development

Trialling is underway for Psychological Therapy tailored to specific needs of patients with long term conditions (cardiac and diabetes)

**Conclusions** This service has been designed within a strategic vision of Modern Primary Care. The design fits with and supports other transformation and enhancement work within aims of optimising patient care and outcomes, reducing strain on GPs, and preventing unnecessary mental health referrals to Secondary Care services.

**Supported by funding: Access Funding, Integrated Care Fund, Primary Care Transformation Fund, Core Nursing Budget**