

The Development Of The Trauma Pathway In Primary Care

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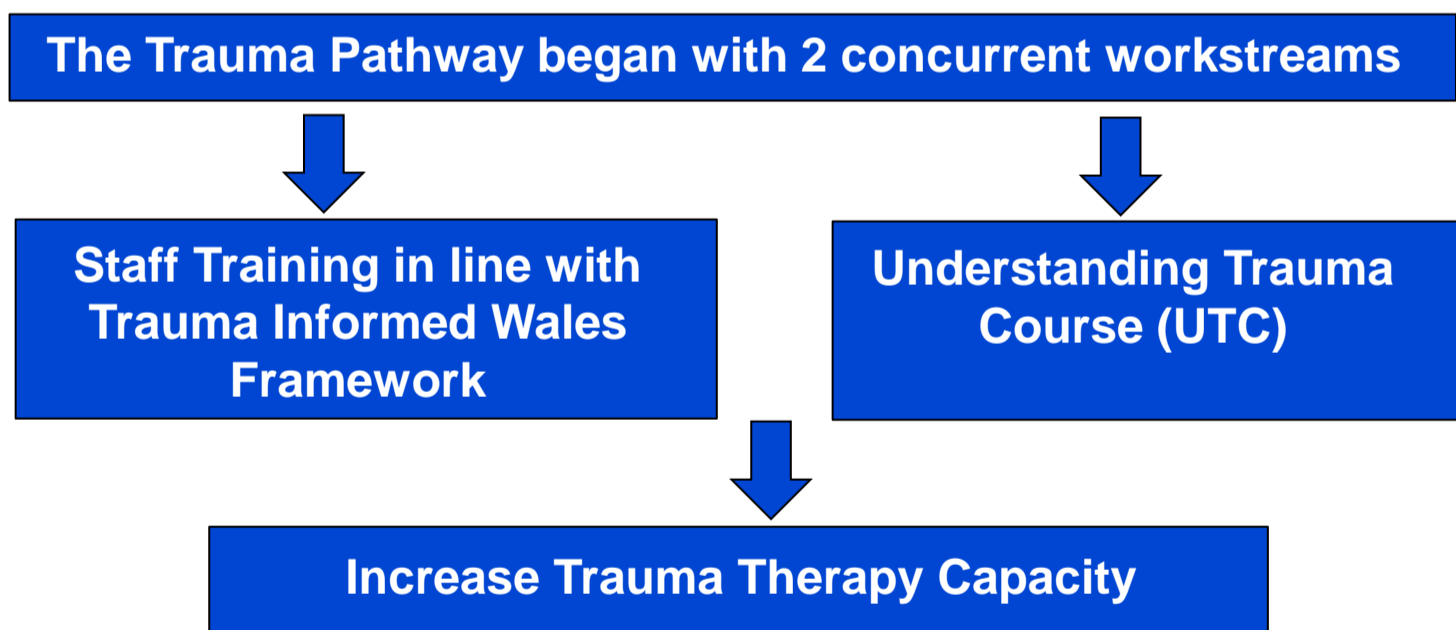
ABUHB Primary Care Mental Health Support Service

Introduction

The Primary Care Mental Health Support Service (PCMhSS) offers assessment and intervention under part 1 of the Mental Health Measure for Wales 2012.

In response to increasing numbers of patients presenting to PCMhSS with PTSD & CPTSD (currently we receive up to 60 referrals a month onto the PCMhSS trauma pathway) we began an ambitious piece of work to develop a dedicated trauma pathway within PCMhSS to remove barriers and increase equity to evidence based interventions for PTSD. Our main aim was to develop a clear PCMhSS trauma pathway so patients can experience a trauma informed, compassionate journey from the point of referral to the end of therapy.

The PCMhSS generic therapeutic model offers a brief intervention of 6-8 sessions and an important element of the development of the trauma pathway was to increase this offering in line with the evidence base of 8-12 90-minute sessions for patients presenting with PTSD. This represented a challenge due to the high volume of referrals received by PCMhSS, currently we receive over 1000 referrals a month.



We began with two concurrent workstreams, in line with the 'Trauma-Informed Wales Framework' we developed a training package for all PCMhSS clinical staff to raise awareness of PTSD, trauma identification, trauma informed care, and referral onto the trauma pathway. The training was recorded and rolled out to each team with follow up workshop sessions to explore sample cases. To sustain knowledge throughout the service the recorded training is available to new staff as part of their induction into PCMhSS.

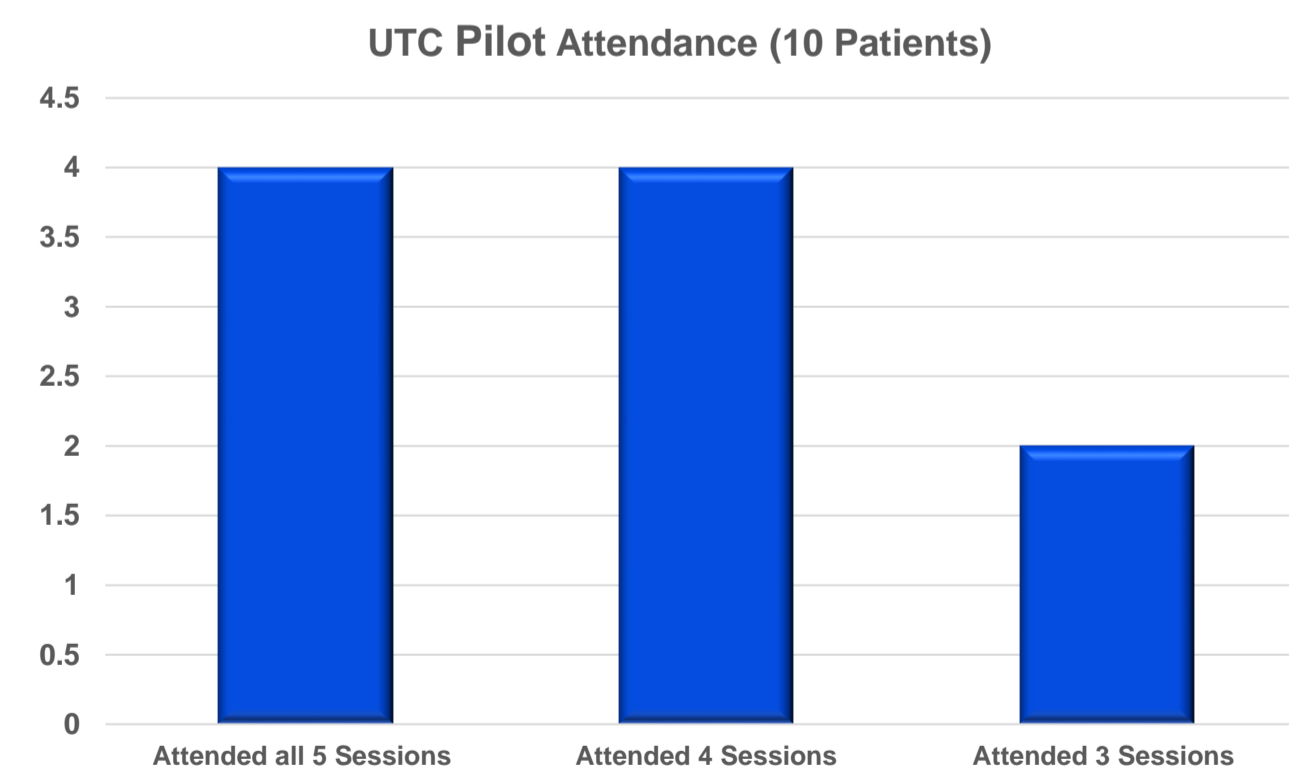
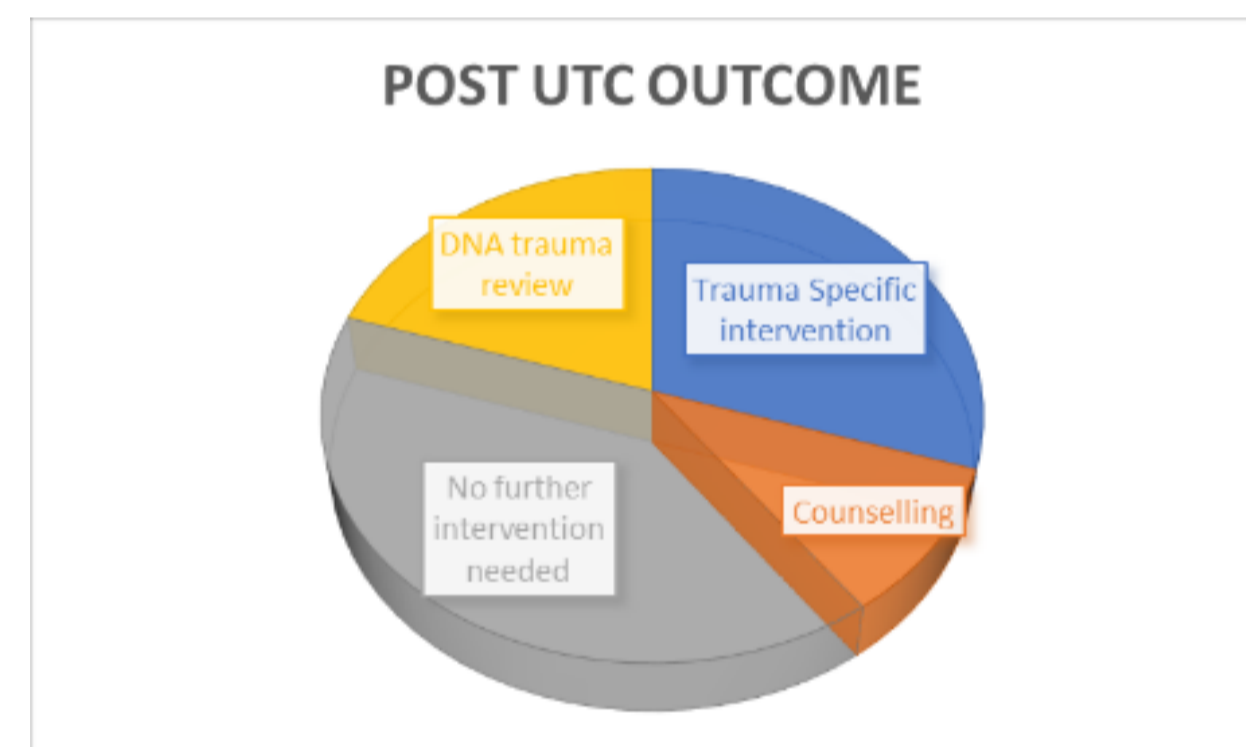
The second workstream was the development of the Understanding Trauma Course a didactic trauma psychoeducation course.

Our third workstream was to increase our trauma therapy capacity by facilitating our therapists to access specialist trauma therapy training in CT-PTSD and EMDR, supported by the ABUHB Trauma Pathway Lead.

Developing The Understanding Trauma Course

A need was identified for a resource to address some normalising psychoeducation and basic coping skills for patients that were experiencing long waits for a trauma processing intervention. We embarked on developing an accessible didactic Understanding Trauma Course (UTC) matching a foundation tier intervention as step 1 of a dedicated trauma pathway within PCMhSS. UTC is comprised of 5 pre-recorded online sessions and the development of this resource has enabled us to deliver trauma psychoeducation and basic coping skills to a high number of patients whilst minimising the impact on our trauma intervention capacity.

We conducted a pilot of the course in June 2021 with 10 participants resulting in the following outcomes.



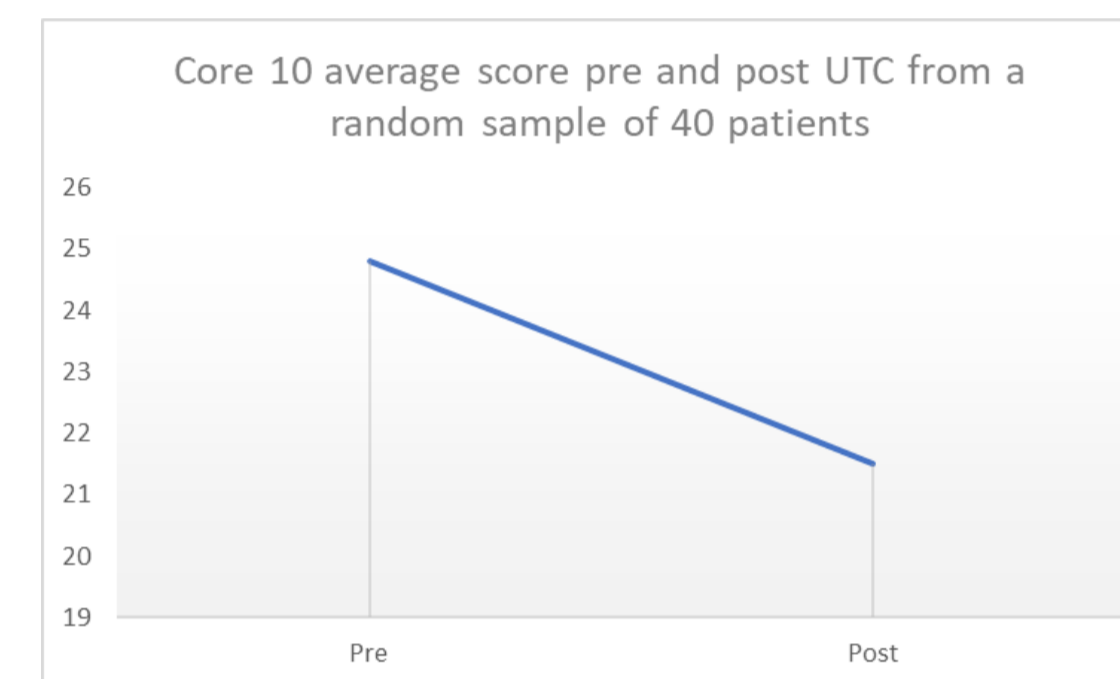
Some qualitative feedback.

- *Course felt relevant and made me feel normal*
- *I feel I understand more about trauma and more about me*
- *I have never done exercises before or thought they were for me, I can't believe it, I do them now a couple of times a day and they work*

Outcomes

Since the pilot we have delivered 36 courses and invited 1004 participants.

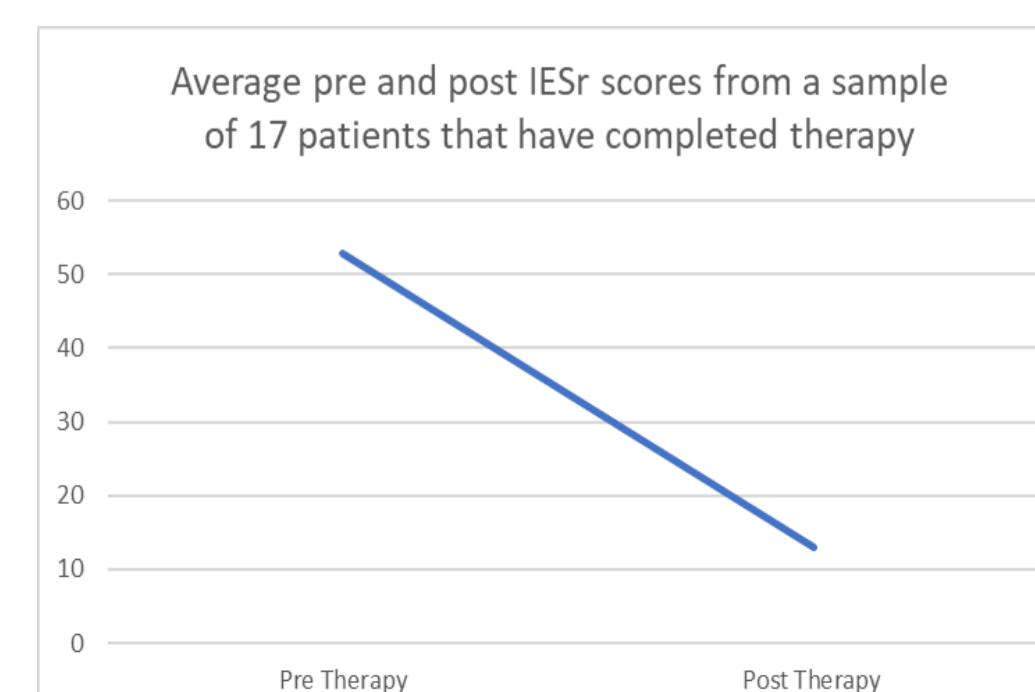
There is still analysis to be done on evaluating the course efficacy, we are interested in conducting a thematic analysis of the UTC evaluation data, we are also interested in following up with patients that have attended all 5 sessions of the course but chose not to engage further. Here is a randomised sample of our outcomes from the delivery of UTC.



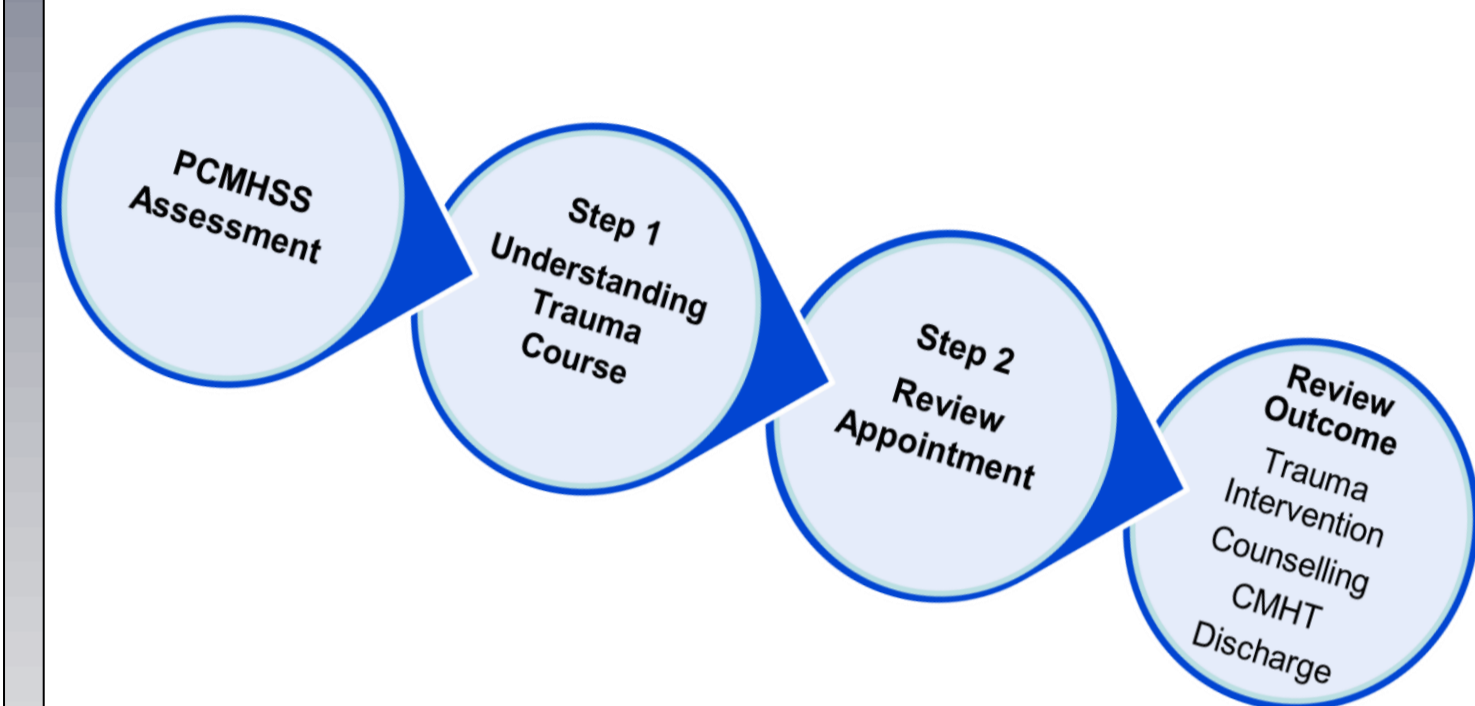
The trauma pathway process has also added a post UTC trauma review appointment with a trauma therapist and participants are actively encouraged to offer feedback on UTC. The review is also an opportunity to revisit patient goals and to plan the next steps in their treatment. Completion of UTC is not required for patients to continue their journey through the PCMhSS trauma pathway. The PCMhSS trauma pathway promotes patient choice and engagement through the removal of potential barriers. Therefore, patients that choose not to attend UTC are also invited for a trauma review appointment and therefore are not disadvantaged due to non-attendance of UTC.

Since the UTC pilot in June 2021, we have offered 204 patients a trauma specific intervention through the trauma pathway, and we have increased our trauma therapist capacity from 7 to 19.

Here is a sample of the pre and post Impact of Event scores demonstrating the effective work being undertaken within the PCMhSS Trauma Pathway.



The ABUHB PCMhSS Trauma Pathway



Conclusions

Due to the high volume experienced within PCMhSS the scale and implementation of the trauma pathway has been challenging and more evaluation is needed to further evidence a positive and effective patient experience through our service.

We have introduced weekly drop-in trauma consultations for clinicians to support clinical decision making.

We have introduced a community of trauma therapists to attend to the wellbeing of our therapists.

The Understanding Trauma Course is now available on MELOCYMRU as a signposting option.

As next steps we will be engaging further with TSW to introduce the minimum data set that aligns with Traumatic Stress Wales.

We plan to continue increasing our trauma intervention capacity.

We hope to develop SPRING as a further option within PCMhSS trauma pathway.

For further information please contact lesley.grice@wales.nhs.uk