

Integrating physical and mental health services

“The size of the prize”

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Why do it

- Guidance – because we`re told to
- The system is creaking

More importantly

- The evidence:
 - Outcomes for patients – Dr Bolton
 - The money
- Workforce

The Money Prize

- Continuing rise in demand
- Many figures around – MH problems cost the economy 19bn annually etc etc blah.....

BUT in our patch, NE&NC -

- Spend in 17/18 – as an example
 - Out patient spend on 10 selected specialties (from 56)
= £112.5m (probably more , data issues on some lines) and this will grow in line with our population profile.
 - Prescribing costs in 17/18
 - = £18.7m on opioids
 - = £13.5m on Pregabalin

“The financial prize is clear and obvious, easy to identify” see below

Specialty Description	POD Group 2	NHS DURHAM DALES, EASINGTON AND SEDGFIELD AND STOCKTON- TEES CCG											Grand Total
		NHS CUMBRIA CCG	NHS DARLINGTON CCG	NHS HARTLEPOOL AND STOCKTON-TEES CCG	NHS NEWCASTLE GATESHEAD CCG	NHS NORTH DURHAM CCG	NHS NORTH TYNESIDE CCG	NHS NORTHUMBRLAND CCG	NHS SOUTH TEES CCG	NHS SOUTH TYNESIDE CCG	NHS SUNDERLAND CCG		
ENT	Outpatient Diagnostics	5682.363164	52399.32325	82717.09268	67792.27237	149838.4269	65077.00704	80790.82994	109549.7192	85981.75264	46466.14697	7926.269444	754221.2036
ENT	Outpatient First	770373.4438	386858.3905	914306.472	663918.9251	619891.9333	444456.5021	671380.3105	598120.1914	476233.5762	971579.825	7751648.938	
ENT	Outpatient Follow Up	856641.2423	295649.3796	620130.6909	565181.4458	1059287.413	476193.6532	512249.2279	739459.7216	618379.0166	431711.0595	825362.0574	7000244.908
ENT Total		1632697.049	734907.0934	1617154.256	1296892.643	2446565.209	1158252.594	1037496.56	1520389.751	1302480.961	954410.7827	1804868.152	15506115.05
Pain Management	Outpatient Diagnostics	3337.718373	5479.620707	10426.24582	2331.598988	32137.80157	11695.8335	6804.083181	7166.75708	17980.55	7478.702322	3983.435566	108822.3471
Pain Management	Outpatient First	120193.145	87477.03827	245105.3371	326803.2003	266306.988	189545.2134	128232.633	146439.8152	128117.5414	160426.4824	206147.7244	2004795.118
Pain Management	Outpatient Follow Up	89270.43632	174151.7213	508287.5179	277760.0063	177009.5166	535330.9692	94914.90007	187208.248	109797.3507	58406.34492	138151.6866	2350288.698
Pain Management Total		212801.2997	267108.3803	763819.1009	606894.8057	475454.3061	736572.0161	229951.6162	340814.8202	255895.4421	226311.5296	348282.8466	4463906.164
General Medicine	Outpatient Diagnostics	65528.39047	68864.37745	149414.9609	43614.3592	819324.2253	203002.2749	240090.0173	253899.5955	98721.18083	119567.1885	72037.31858	2134063.889
General Medicine	Outpatient First	44265.83833	16936.4588	95075.90718	336430.5806	214879.7487	140744.5592	133339.0806	210911.2376	397648.6107	14818.96682	26192.03531	1631243.024
General Medicine	Outpatient Follow Up	52748.14727	96713.59327	231260.8078	544292.4318	242144.5617	158734.3639	69998.92083	89798.67456	168011.7365	18081.88311	20429.04728	1692214.168
General Medicine Total		162542.3761	182514.4295	475751.6759	924337.3716	1276348.536	502481.198	443428.0187	554609.5076	664381.5268	152468.0385	118658.4012	5457521.081
Gastroenterology	Outpatient Diagnostics	10677.87349	70868.33107	123050.6857	32190.48452	115255.2865	122151.7047	41454.71552	61446.68703	285833.4534	84883.64195	44565.90397	992378.7678
Gastroenterology	Outpatient First	407834.6279	1080573.023	2283313.527	776224.1439	885124.5452	2451834.094	405013.7465	516941.3241	1220203.724	357754.6115	828971.7746	11213789.14
Gastroenterology	Outpatient Follow Up	306821.4823	181809.6644	459872.032	388954.2211	694522.9605	326311.9008	358013.0254	390698.0714	681347.6569	453472.0663	877223.1034	5119046.185
Gastroenterology Total		725333.9837	1333251.018	2866236.245	1197368.85	1694902.792	2900297.699	804481.4875	969086.0824	2187384.834	896110.3198	1750760.782	17325214.09
Respiratory Medicine	Outpatient Diagnostics	5651.698557	57728.07933	109005.1995	12358.01287	52461.73016	122390.5915	16023.8351	15284.52381	140153.4367	107686.8694	9350.017494	648093.9944
Respiratory Medicine	Outpatient First	597929.6184	293604.1329	806748.3811	627048.3945	1221273.734	567143.2381	589417.3858	689508.1706	84576.4747	601804.5665	656857.0494	7235911.146
Respiratory Medicine	Outpatient Follow Up	530479.4418	329932.6226	1006395.942	1118511.182	1401291.976	577859.7312	878157.805	798196.0613	516033.0299	530429.9139	1047724.205	9035011.911
Respiratory Medicine Total		1134060.759	681264.8349	1922149.522	1757917.59	2675027.44	1267393.561	1485959.026	1502988.156	1540762.941	1239921.35	1713931.272	16919017.05
Respiratory Physiology	Outpatient Diagnostics	1934.175	1190.025			1842.95		0	292.125	303.162116			13982.81212
Respiratory Physiology	Outpatient First	290368.812	4287.518182	12630.91988	72919.86934	91665.8971	7000.753076	59011.87024	84225.17313	77648.9094	15390.69498	10205.66801	725556.0853
Respiratory Physiology	Outpatient Follow Up	159119.9221	16885.7732	58181.70728	279122.8327	245003.722	22823.84428	125288.2423	311172.5995	39837.71448	24951.19157	1438468.494	
Respiratory Physiology Total		449488.7341	23107.46638	72002.65215	353885.6521	336669.6191	29824.59735	184300.1126	240598.2428	397241.8839	55228.40946	35460.0217	2177807.392
Neurology	Outpatient Diagnostics	1293.516432	27877.95	46498.65154	106305.825	354.633216	5353.753221		105919.5831	1460.625			295064.5375
Neurology	Outpatient First	24035.06934	106422.7111	309796.3441	297660.148	428823.9797	247079.7111	178411.2903	237015.6626	261015.0835	207680.9212	508873.1015	2086814.022
Neurology	Outpatient Follow Up	66415.8389	84692.70272	305853.0044	292345.4861	620112.938	261998.5427		453200.9034	341760.9001	199444.45	453200.8296	3230593.593
Neurology Total		91744.42467	218993.3637	662148	696311.4591	1049291.551	514432.007	442132.7023	578063.1507	708695.567	407125.3713	963534.5561	6332472.153
Rheumatology	Outpatient Diagnostics	8587.210779	35384.18625	63650.12283	32846.90837	213176.9711	62835.61682	50513.38877	55770.10865	244131.5284	15460.65398	9172.175032	791528.871
Rheumatology	Outpatient First	369816.4372	151540.1252	463271.6397	382733.7116	826426.2288	418145.8634	250370.2214	476504.4258	898482.8707	219599.6782	415008.0146	4912909.217
Rheumatology	Outpatient Follow Up	1089877.227	246073.356	853618.4083	141616.8141	2528664.303	752624.1869	1607990.575	2320717.483	1369631.63	640927.996	1126022.258	13344746.19
Rheumatology Total		1468280.874	432907.6674	1380540.141	1230197.434	3568267.503	1233605.667	1908874.181	2852992.017	2512227.979	875988.3282	1585302.448	19049184.27
Gynaecology	Outpatient Diagnostics	8320.672857	50081.09166	118236.0043	26453.39026	12698.454	113881.1376	42687.03811	32396.02666	44270.30037	53089.54944	13266.09001	629719.7953
Gynaecology	Outpatient First	1379380.941	446800.6487	1273771.914	1083276.237	2323999.779	1023905.14	856948.8303	907972.7848	1389867.884	608864.8441	1357652.844	12652451.88
Gynaecology	Outpatient Follow Up	684706.2088	379413.8578	858960.269	678604.7089	1416492.12	566811.6887	567810.077	598985.6177	1176668.335	543401.228	820734.9394	8294770.051
Gynaecology Total		2072407.823	876295.5981	2250968.253	1788334.336	3866990.353	1705904.967	1467445.945	1540768.429	2610806.529	1205355.622	2191663.873	21576941.73
Diagnostic Imaging	Outpatient Diagnostics	1076.17818	13926.131	288587.6235	338167.4765	829262.4872	251562.2737	302781.4629	461439.2995	172306.6032	93010.11584	203289.464	3187469.978
Diagnostic Imaging	Outpatient First	136.17318	3473.42375	5888.657384	17198.58696	643.43788	345.425	0	309.370534	64292.48491	0	668.9653645	92956.52496
Diagnostic Imaging	Outpatient Follow Up	2011.596387	21954.30016	36234.25063	114795.5859	1925.64467	2642.991579	344.412288	264.5494558	291691.9541	227.206259	2037.268313	474129.7599
Diagnostic Imaging Total		190384.5569	165253.8549	330710.5315	470161.6493	831831.5698	254550.9436	303125.8752	828291.0422	334213.2195	93237.20229	205995.6977	3754556.637
		8058741.88	4915603.707	12341480.41	10322301.79	18221348.88	10303315.25	8304835.529	10562323.98	12708168.71	6106157.073	10718458.05	112562735.2

So what ?

- Co – morbid MH problems increase cost by 45% (Naylor et al 2012) - The IAPT argument
- MUS/PPS understood to be 40% of activity in OPDs
 - Equates to over £45m on our 10 specialties and £13m prescriptions in 17/18
 - Thousands of appointments
 - Thousands of investigations, interventions, prescriptions.
- STCCG this equates to £5m in 17/18
- Evaluation of PPS/MUS services consistently demonstrate at least 60% recurrent ROI for NHS
- 1 in 5 GP appointments for MUS/PPS

The workforce prize

- Unfilled medical vacancies in specialist and general practice – recruitment gap
- Frustration and helplessness when faced with MUS/PPS
- Opportunity to offer hope, offer effective treatment and improve outcomes
- Improve role satisfaction

Challenge

- PBR contracts – provide perverse incentives to do more of the same to maintain income. Solution – outcome based payment, income guarantees.
- Changing the culture of intervention to include wellness models – shift from sickness services to health services
- Affordability?
- The goal is a comprehensive model of integrated physical and mental health across the pathway – Not just IAPT bolted on the side
- But integration is complex and risky – *“change and collaboration will happen at the speed of trust!” kings fund 2018*