

## PTT Service Activity Audit

January-June 2023

### Referrals

Between January and June 2023, PTT received 109 referrals. The services from which these referrals were made are displayed in Figure 1 below and are categorised into types the four PTT Pathways in Figure 2.

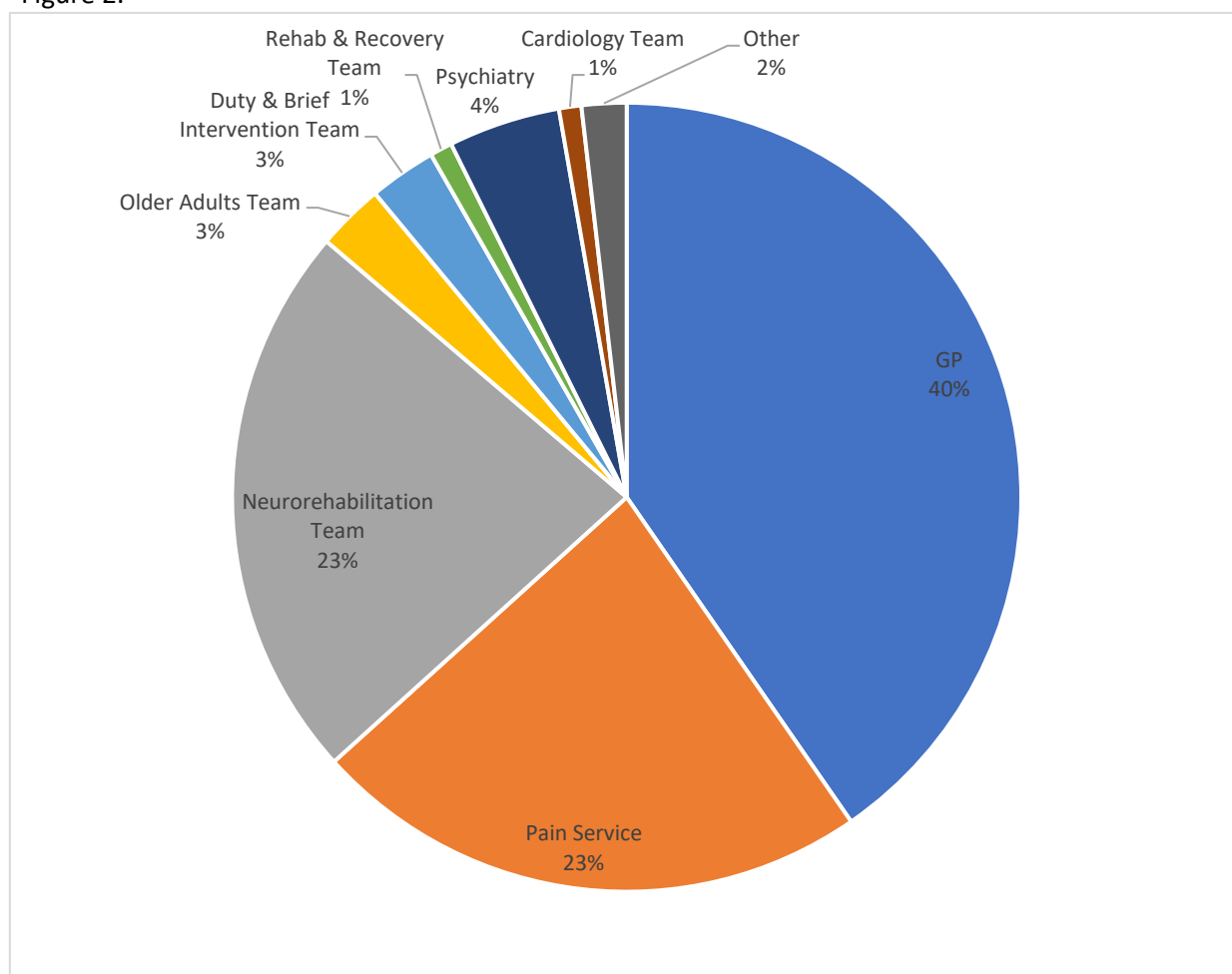
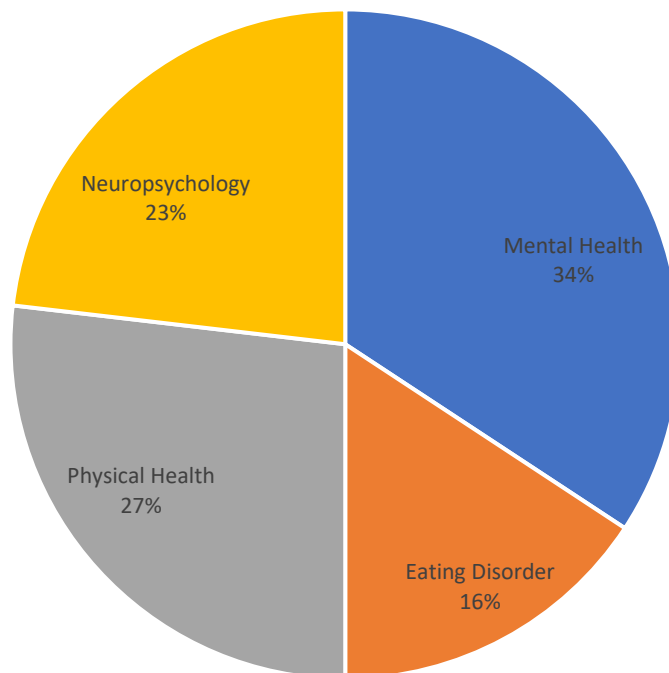


Figure 1. Pie chart displaying services in which PTT received referrals between January-June 2023



*Figure 2.* Pie chart displaying types of referrals received between January and June 2023.

### *Assessment*

Between January and June 2023, 89 people were offered assessment appointments. We aim to offer an appointment within 4 weeks from when the referral was accepted (or within 8 weeks for neuropsychology referrals). 87% of people were offered an assessment appointment within these timeframes. Of note, the neuropsychology and pain service pathways were being developed during this time, including an influx of referrals and difficulties booking these in within 4 weeks.

### *Therapy*

Between January and June 2023, 38 people commenced individual therapy appointments with a member of the team. Of these, 97% were seen for therapy within 12 weeks from their assessment date. The client that waited longer than this was waiting for a particular therapist.

### *Therapy Outcomes*

Nineteen clients completed a course of therapy and were discharged between January and June 2023. The range of session numbers offered were between 4-40, with a mean number of 20 sessions. Between January and June 2023, The Psychological Therapies Team had a collective caseload of 175 clients, of people being assessed, offered online interventions, offered assessment only or chose not to engage in therapy.

Of those who completed their course of therapy, 89% showed some improvement in outcome measures administered. Of the two clients that did not show improvement on outcome measures at discharge, both experienced a significant life event that impacted on their scores (e.g. a bereavement), and reflected verbally that they had seen positive changes since engaging in therapy.

### *Service Activity Information*

Over the period of January to June 2023:

- A range of psychological interventions were offered such as CBT, CAT, EMDR, schema therapy, DBT intensive programme, third wave approaches (CFT, ACT).
- Clients with a range of presenting difficulties were assessed and offered therapy with PTT such as anxiety disorders, eating disorders, brain injury, chronic pain, complex trauma, delusional disorder.
- Various training courses were undertaken by members of the team to expand the service offered to islanders such as CAT-informed, EMDR, schema therapy, CBT-E training.
- Supervision and consultation was provided by a member of PTT to a range of other multidisciplinary teams such as:
  - Palliative care
  - Oncology
  - Cardiology
  - Neurorehabilitation
  - Pain Management Service
  - Recovery and Rehabilitation
  - Recovery and Wellbeing Service
  - Eating Disorder Team