The following extracts provide either one example of a Board’s depression improvement activity or a brief summary of a Board’s current and planned activities in depression; further details are available from their local programme manager or identified lead. The aim of these summaries is to support ‘collaboration’ between Boards by enabling you to identify who else is working on something of interest to you and then make contact to share ideas.

NHS Ayrshire and Arran
- Currently auditing PHQ9 score inclusion in referrals from GPs to PCMHTs. Output will be good practice guidelines for GPs, plus potential change to generic electronic referral.
- Wiseman Workload Measure (WWM) recently piloted in one PCMHT. All other PCMHTs now plan to use. Data collected should help inform the demand, capacity, activity and queue review also being planned for PCMHTs.
- Planning to identify whether or not there is value in introducing a mood screening tool for people on long term antidepressant treatment under the care of CMHTs. If positive results, may be rolled out to all Teams and information used to inform the ICP Bipolar developments currently underway.

Further details are available from anne.gerard@aapct.scot.nhs.uk

NHS Dumfries and Galloway
- Audit on initiation of treatment being carried out in approx 10 practices, looking at whether alternatives to prescribing have been considered (in line with ICP for depression)
- Audit on long term prescribing being carried out in approx 25 practices, looking at patient reviews and management plans.
- Compliance with formulary being reported as monthly improvement measure.
- Discussions taking place with 2 GP practices regarding availability of data to assess the accuracy of coding against interventions delivered.
- Discussions also taking place regarding extrapolating information on PHQ9 scores.
- Pharmacist, psychiatrist and self help worker visiting GP practices in Annandale and Eskdale to discuss appropriate management of depression.

Further details are available from linda.mckechnie@nhs.net
NHS Fife

- Prescribing patterns at two individual General Practices being analysed:
  - One runs a practice anxiety management group, so looking at impact, if any, on prescribing rates;
  - Another has implemented a review process for antidepressant prescribing whereby no repeat prescriptions are provided without the patient being reviewed. The prescribing practice of the GP’s conforms completely to the NHS Fife prescribing formulary and they have recently introduced a withdrawal pathway for long-term prescriptions of antidepressants. Again looking at impact on prescribing rates. Further details are available from karenmartin@nhs.net

Further details on wider work are available from elizabethsparling@nhs.net

NHS Forth Valley

- A pilot involving increased CBT input to 7 GP practices has been successfully completed and evaluated by University of Stirling. Findings included a high level of satisfaction from GPs with the service, the suggestion that CBT was a viable alternative treatment to offer patients, and that patients had benefited from the service. A further positive outcome was a significant reduction in waiting times for psychological therapy. As a result, the Head of Service of Behavioural Psychotherapy is developing a proposal for increasing the availability of CBT in Primary Care.
- Audits of antidepressant prescribing in each of the 3 CHPs have been completed by Clinical Pharmacy. Findings include high or relatively good compliance with formulary and guidance. However, the uptake of alternatives such as Beating the Blues and Mood Juice were erratic, prompting a review of how they are promoted in Primary Care. In addition, the use of rating scales such as HADS was generally low.
- A sample audit of prescribing of antidepressants in secondary care is being developed.

Further details are available from graham.mclaren@nhs.net

NHS Grampian

- Continuing to work on designing a signposting toolkit for non-pharmacological Interventions for GPs. Aim is to improve quality and choice for patients. Looking to integrate tool with GP Vision system.
- Best practice in pharmacological interventions (including algorithms for prescribing) being reviewed and considered for entry to the Clinical Guidance Intranet (Primary Care portal).
- We are in the final stages of developing and running an evidence based accredited Interpersonal Psychotherapy (IPT) course which will improve access to evidenced based psychological therapies for depression.
- More robust supervision arrangements being pursued for Primary Care Mental Health Workers to improve capacity and governance arrangements.

Further details are available from william.cowling@nhs.net
NHS Greater Glasgow and Clyde

- MHC resource and funds allocated to NHS Greater Glasgow & Clyde for closer working with GP practices towards common purposes has enabled the development of projects to identify and review patients on antidepressants for more than 2 years (excluding Amitriptyline - excluded due to its multiple non-mental health uses)
- The reviews are conducted by the GPs who are supported by Prescribing Advisors and Project Managers. They are collecting data on current prescribing, dose, indication and the outcome of the review (stop/switch/increase/decrease, alternative services suggested and referral if appropriate).
- At present 70 GP Practices are signed up and participating in the project either reviewing through a single meeting or with an initial and follow-up set-up, with a further locality beginning to engage in the process.
- Outcomes should be available Aug/Sept 2010 time

Further details are available from Peter.Kaminski@ggc.scot.nhs.uk

NHS Highland

Improving access to psychological therapies – focus is two-fold:

- Plan is to review for relevance those currently waiting. For example, may no longer want/need therapy, or may benefit from an alternative input that was not available at the time of the initial referral. The success of this review relies on having agreed effective and efficient clinical and administration processes in place, both of which are currently under negotiation.
- To establish effective and efficient methods to manage future demand. This will involve introducing a single point of referral, from which the multi-disciplinary mental health team can evaluate the best route for the patient’s care.

Further details are available from cameron.stark@nhs.net / lynda.forrest@nhs.net

NHS Lanarkshire

- An audit of antidepressant prescribing was carried out in October and November 2009 in 7 Practices from one locality. The audit identified patients who were on repeat prescription, or had received an acute prescription in the previous 9 weeks, for an antidepressant. The data suggested that over 50% of patients were on long term treatment. We therefore decided to audit the review history of people on antidepressants for more than one year to identify people who would benefit from further clinical review by their GP.

- The MHC has contributed to the publication of the Healthy Reading material to support/provide people with self help skills in coping/dealing with depression.

- We plan to monitor our activity against the following Local Improvement Measures:
  - % of patients with a diagnosis of depression, prescribed an antidepressant and remaining on it for 6 months.
  - Comparison of prescribing rates of specific antidepressants with other Health Boards and within Localities of NHS Lanarkshire.

Further details are available from May.McGowan@lanarkshire.scot.nhs.uk / Gail.Notman@lanarkshire.scot.nhs.uk
**NHS Lothian**

- Protected Learning Time event for GP’s & primary care staff took place in November 2009 attended by ~250 staff. SIGN guidelines on Depression discussed in addition to a market place highlighting alternatives to prescribing available within Lothian.
- An audit is being undertaken within the pilot practice for the depression ICP to measure compliance with the pathway and the impact on prescribing.
- An audit of uptake of alternatives to antidepressant prescribing across Lothian (e.g. guided self help; exercise referral) is being undertaken to identify impact on prescribing levels.
- A rapid improvement event was held in Midlothian in September 2009 to focus on access to psychological therapies. This resulted in a number of actions to improve the pathway for patients, including: development of electronic protocol-based referral and referral guidelines for GPs; implementation of patient focussed booking and standard DNA policy; centralised administration processes to release clinician time; capacity and demand analysis.
- Similar work is now being undertaken in psychological therapies teams across Lothian. DCAQ analysis is being undertaken with Midlothian psychological therapies service.
- A prescribing audit is underway across 10 high prescribing practices in Lothian to investigate trends around new and chronic prescribing of antidepressants.

Further details are available from Kerrie.Buhagiar@nhslothian.scot.nhs.uk

**NHS Shetland**

- Use of standardised severity rating scale for assessing depressive symptoms in Primary Care determined via questionnaire to GPs. Responses received and audit of new antidepressant prescriptions to determine compliance with use of PHQ9 to follow.
- A key worker has been recruited to work with GP practices on producing/improving self-help and guided self-help materials.
- Work has been undertaken by the local Prescribing Advisor to identify current compliance with local antidepressant prescribing formulary. Prescribing Advisor to work with GP practices on improving compliance with formulary.

Further details are available from elai@nhs.net / david.morgan3@nhs.net

**NHS Tayside**

Have developed an electronic mechanism by which information on patient characteristics can be gathered with minimal effort in Primary Care. This will allow sufficient information to be collected on patients being prescribed antidepressants to:

- understand prescribing patterns;
- describe characteristics of patients who do not complete guideline recommended course of medication;

This is being tested in 2 GP Practices in Dundee.

Further details are available from lesleyannebrown@nhs.net
NHS Western Isles

- Following a depression mapping event a draft electronic pathway from presentation to referral to secondary care has been developed. This pathway includes a system for reviewing patients with recurrent episodes of depression lasting more than a year.
- A baseline audit of prescribing practice has been undertaken. Following implementation of the electronic pathway the audit will be repeated to establish what impact the pathway has had on prescribing practice.
- Antidepressant prescribing compliance with local formulary practice by practice is regularly presented to the GP sub group.
- Our future plans are to:
  - Access the services of a prescribing advisor.
  - Develop sustainable psychological therapies training plan.

Further details are available from anne.hutchison2@nhs.net / kbrightwell@nhs.net