

Information Governance

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5 February 2019
Reference no18190375

Dear

Request for Information: Freedom of Information Act

Thank you for your email of 11th January making a request for information under the Freedom of Information Act. You requested the following information and the Trust is able to provide the information below in response:

Request:

I have a number of queries regarding the treatment of Borderline Personality Disorder (BPD/EUPD) in Buckinghamshire- Chiltern locality as opposed to Aylesbury locality. My questions relate to patients with any contact with the mental health team since April 2017.

1. What percentage of patients seen by the mental health team have a diagnosis of EUPD?
2. Of those patients with a diagnosis of EUPD what percentage are prescribed psychotropic medications?
3. Of those patients with a diagnosis of EUPD what percentage have a designated CPN/support worker?
4. Of those patients with a diagnosis of EUPD what percentage have gone on to be accepted into the Complex Needs Service?
5. What services are available to those patients with a diagnosis of EUPD in the area?
6. What would be the usual treatment pathway for a patient with comorbid EUPD and eating disorder in Buckinghamshire?

7. How is level of risk assessed in relation to patients who self harm? i.e. is there a specific risk assessment and scale and treatment options dependent on the severity of the self harm?

Response:

1. 3%
2. The Trust is not able to comply with this element of the request without exceeding the appropriate limit set in regulation by section 12 of the Freedom of Information Act. The Trust estimate it would take a minimum of 50 hours to derive such information, and the appropriate limit is 18.
3. 99%
4. The Trust is not able to derive this information.
5. Services available to those available with a diagnosis of EUPD are:

Within Oxford Health NHS Foundation Trust

- a) The Complex Needs Service which provides treatment for complex patients, many of whom will either have a diagnosis of EUPD or (if not formally diagnosed) will have features that would meet the diagnostic criteria for EUPD or one of the other personality disorder diagnosis. It should be noted that the Complex Needs treatment package may also be of help for users with some of the features of EUPD but who would not meet caseness for a formal diagnosis.
- b) Psychological Services provides many different evidence-based modalities of psychotherapeutic treatment and, if appropriate, will offer specific therapies for users suffering from EUPD. These therapies may attempt to address an aspect of the problems that a user is suffering with e.g. cognitive behaviour therapy (CBT) for Post-Traumatic Stress Disorder, or may provide more global help particularly if for some reason an individual is not thought to be suitable for treatment in the Complex Needs Service. Some of the therapy modalities available through Psychological Services are Cognitive Behaviour Therapy (CBT), Mentalisation Based Therapy (MBT) and Psychodynamic Psychotherapy. The therapies may be provided individually or in groups.
- c) Adult Mental Health Teams (AMHTs) provide ongoing assessments and support for those suffering from EUPD, often including specific psychological interventions. Chiltern AMHT is also planning to provide Structured Clinical Management (SCM), an evidence-based group treatment for individuals suffering from EUPD.
- d) Other specialised services e.g. the Eating Disorder Service (EDS) which will offer help with an eating disorder if this forms a significant part of an EUPD presentation. The Early Intervention Service will provide assessments of psychotic symptoms, to ensure the patient is not suffering from a psychotic illness.

Other statutory services outside of Oxford Health

- a) MIND which will usually provide various focused support groups

b) The Recovery College will provide assistance and support for users suffering from effects of EUPD

6. The treatment pathway for an individual with a comorbid Eating Disorder and EUPD presentation would depend on the severity of that individual's symptoms. If severe enough, the Eating Disorder service will provide treatment and it should be noted that this would not preclude parallel treatment within the Complex Needs Service.

Users referred to the Complex Needs Service with a Body Mass Index (BMI) of less than 17.5 will be considered on a case by case basis. As evidence shows that psychodynamically informed group work such as is used by the Complex Needs Service is unlikely to be effective with those whose BMI is lower than 15, an individual with such a low BMI would almost certainly be treated through the Eating Disorder service in the first instance. For those whose BMI is higher than 15, it may be felt appropriate to offer the more holistic treatment of the Complex Needs Service where the Eating Disorder element of the individuals presentation will be considered as part of their wider range of problems.

7. All services within Oxford Health NHS Foundation Trust will carry out self-harm risk assessments. The exact approach taken to managing this risk will depend upon the service involved and the severity of the risk. Within the Complex Needs Service self-harm risk is managed in different ways in different natures of treatment. In the Mentalisation Based Therapy (MBT) and Emotional Skills Groups (ESG) self-harm risk will primarily be monitored by the staff although, particularly in the ESG, this may also be augmented by discussion with peers. Depending on the severity of the risk an individual may be given advice on how best to keep themselves safe between groups or they may meet individually with staff who might facilitate referral to the AMHT for further assessment and support.

In the Therapeutic Community phase of treatment assessment will be carried out by peers and staff within the Therapeutic Community, with the staff keeping an overview to ensure any assessments and decisions made are clinically appropriate and safe. Again, depending on the exact nature of the risk a member may be encouraged to stay safe using the Therapeutic Community for support or, at other times, by use of the 24 hour telephone support system. If, however, the level of risk is felt to be sufficiently high a referral to an Adult Mental Health Team may be made for further assessment and support.

If you are concerned with the service you have received in relation to your request and wish to make a complaint or request a review of our decision, you should write to me and I will ensure the decision is reviewed. The Trust will consider undertaking a review if requested to do so within 40 working days of the date the response is received by the applicant, and will apply discretion if a longer period of time has passed.

Should you wish to make a complaint as a result of the outcome of such a review, you may apply directly to the Information Commissioner's Office (ICO) for a decision.

Generally, the ICO cannot make a decision unless you have exhausted the complaints procedure provided by the Trust for FoI Act matters.

The ICO can be contacted at:

The Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire SK9
5AF

Please contact me if there are any further queries.

Kind regards,

Yours sincerely,

Mark Underwood

Head of Information Governance