Psychological Therapies Waiting Times in NHSScotland

Quarter ending 31 March 2017

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About this release

This publication by Information Services Division (ISD) summarises how long people waited to start treatment for Psychological Therapies provided by NHSScotland for the quarter ending March 2017.

Main Points

- 11,208 people started treatment for Psychological Therapies in Scotland which is a decrease from the previous quarter (11,393).
- Over seven out of ten (73.7%) patients were seen within 18 weeks which compares with 77.5% in the previous quarter.
- Three NHS Boards met the standard of treating 90% of patients referred within 18 weeks - these were NHS Highland, NHS Lanarkshire and NHS Western Isles. Please see background notes for information relating to NHS Greater Glasgow & Clyde.
- 604 people aged 65 and over started treatment for Psychological Therapies in this quarter and 79.8% were seen within 18 weeks which is an increase from the previous quarter (593).

Background

Waiting times information for Psychological Therapies are still being developed. NHS Boards are working with ISD and the Scottish Government to improve the consistency and completeness of the information. The Scottish Government has set a standard for the NHS in Scotland to deliver a maximum wait of 18 weeks from a patient’s referral to treatment for Psychological Therapies from December 2014. The standard should be delivered for at least 90% of patients.

Psychological Therapies refer to a range of interventions, based on psychological concepts and theory, which are designed to help people understand and make changes to their thinking, behaviour and relationships in order to relieve distress and to improve functioning. The standard applies specifically to Psychological Therapies for treatment of a mental illness or disorder.

Scottish Government asked Healthcare Improvement Scotland to lead a programme of work to improve access to Psychological Therapies. ISD are a partner in this programme of work providing data, analytical and intelligence support working closely with NHS Boards.

From September 2016 data completeness for NHS Greater Glasgow and Clyde is between 20-30% due to IT system changes; no conclusions can be drawn from their data. Revised figures will be published on completion of IT changes. Therefore, Scotland figures will change.

For the first time NHS 24 data from the Living Life Service is included in the publication from February 2017. This data is only available at NHSScotland level.
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Further Information

Further information can be found in the Psychological Therapies Waiting Times in NHSScotland report or on the Psychological Therapies pages of the ISD website.

MHAIST information can be found on the MHAIST webpage on the ISD website.

The Psychology Workforce Planning Project was initiated in 2001 and is a collaboration between NHS Education for Scotland (NES) and ISD.

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