Psychological Therapies Waiting Times in NHSScotland

Quarter ending 30 September 2017
Publication Date – 5 December 2017

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 September 2017.

For this release, due to various data completeness issues there is no detailed report as the data quality issues impact on the total numbers for Scotland and comparisons with previous quarters or the previous year would not be appropriate. However, ISD deemed it important to continue to release the waiting times information as it is in the public interest. The excel files contain the same information as normal.

NHS Tayside has not been able to provide data following the implementation of a new IT system. NHS Borders has data completeness issues recording patients from referral to treatment for all services. NHS Western Isles and NHS Orkney have identified an issue in the recording of the number of patients waiting for treatment, this does not affect their figures for those patients who have started treatment.

Revision to published data as at 6 March 2018

NHS Dumfries & Galloway identified an error in the data they provided for the quarter ending September 2017. Therefore, ISD have revised the published data. The patients seen total for quarter ending September 2017 has changed from 13,983 (previously published figure) to 13,250 for NHS Scotland and from 1,421 to 688 for NHS Dumfries & Galloway. This changes the people seen across NHS Scotland, within 18 weeks, from 76.6% to 78.0% and for NHS Dumfries & Galloway from 60.6% to 70.5%.

Please see here for more information on the data quality.

Main Points

Based on the available data for the quarter ending September 2017:

- **13,250** people started treatment for Psychological Therapies in 13 NHS territorial Boards and NHS24.

- Over seven out of nine (78%) of those patients were seen within 18 weeks.

- Two NHS Board (NHS Greater Glasgow and Clyde and NHS Western Isles) met the standard of treating 90% of patients referred within 18 weeks.

- Improving access to services for older people is a key element of the mental health strategy. Based on available data, 885 people aged 65 and over started treatment for Psychological Therapies in this quarter of which 91.3% were seen within 18 weeks.
Background
Waiting times information for Psychological Therapies is 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.

Contact
Michelle Kirkpatrick  
Principal Information Analyst  
michelle.kirkpatrick@nhs.net  
0131 275 6458

Santiago Nieva  
Information Analyst  
j.nieva@nhs.net  
0131 275 7186

Psychological Therapies Waiting Times Team  
NSS.isdpsychtherapies@nhs.net

Mental Health Access Improvement Support Team (MHAIST)  
NSS.isdMHAIST@nhs.net

Further Information
Further information can be found in the accompanying spreadsheets, Data Quality and Metadata documents 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.