

Patient survey report 2010



Survey of people who use community mental health services
2010
North East London NHS Foundation Trust

The community mental health survey was coordinated by the mental health survey coordination centre at the National Centre for Social Research



National NHS patient survey programme

Survey of people who use community mental health services 2010

The Care Quality Commission

About the Care Quality Commission

The Care Quality Commission is the independent regulator of health and adult social care services in England. We also protect the interests of people whose rights are restricted under the Mental Health Act.

Whether services are provided by the NHS, local authorities, private companies or voluntary organisations, we make sure that people get better care. We do this by:

- Driving improvement across health and adult social care.
- Putting people first and championing their rights.
- Acting swiftly to remedy bad practice.
- Gathering and using knowledge and expertise, and working with others.

Survey of people who use community mental health services 2010

To improve the quality of services that the NHS delivers, it is important to understand what people think about their care and treatment. One way of doing this is by asking people who have recently used their local mental health services to tell us about their experiences.

This report shows how each trust scored for each question in the survey, compared with national average results. The report should be used to understand the trust's performance, and to identify areas where it needs to improve.

There is also a set of tables on our website showing the national results for the 2010 survey, and a briefing note that highlights key national findings¹ These documents were produced by the mental health survey Co-ordination Centre at the National Centre for Social Research.

The survey of people who use community mental health services 2010 is part of a wider programme of NHS patient surveys, which covers a range of topics including people's experience of acute inpatient services, outpatient services and ambulance services. To find out more about our programme, please visit our website (see further information section).

About the survey

The 2010 survey of people who use community mental health services involved 66 NHS trusts in England (including combined mental health and social care trusts, Foundation Trusts and primary care trusts that provide mental health services). We received responses from more than 17,000 service users, a response rate of 32%. Service users aged 16 and over were eligible for the survey if they were receiving specialist care or treatment for a mental health condition and had been seen by the trust between 1 July 2009 and 30 September 2009. The survey included all service users in contact with local NHS mental health services, including those who receive care under the Care Programme Approach (CPA).²

¹These tables show the percentage national results

²Since 1990, the Care Programme Approach (CPA) has been the framework for supporting and coordinating effective mental health care for people with mental health problems in contact with secondary mental health services. Until October 2008, CPA was delivered on two levels: 'enhanced' support for those with more complex needs, who may need help from a range of agencies and who were more likely to disengage with services and 'standard' support for those who receiving care from one agency, who are able to self-manage and maintain contact with services. In March 2008 the Department of Health published "Refocusing the Care Programme Approach" which gave revised guidance on CPA. One of the key changes made was to only apply one level of CPA for those with more complex characteristics, with service users with more straightforward needs (formerly standard) no longer falling under CPA.

Interpreting the report

For each question in the survey, the individual responses were converted into scores on a scale of 0 to 100. A score of 100 represents the best possible response. Therefore, the higher the score for each question, the better the trust is performing.³

Please note: the scores are **not percentages**, so a score of 80 does not mean that 80% of people who have used services in the trust have had a particular experience (e.g. ticked 'Yes' to a particular question), it means that the trust has scored 80 out of a maximum of 100. A 'scored' questionnaire showing the scores assigned to each question is available on our website (see further information section).

Please also note that it is not appropriate to score all questions within the questionnaire for benchmarking purposes. This is because not all of the questions assess the trusts in any way, or they may be 'filter questions' designed to filter out respondents to whom following questions do not apply. An example of such a question would be Q9 "In the last 12 months have you taken any prescribed medications for your mental health condition?"

The graphs included in this report display the scores for this trust, compared with national benchmarks. Each bar represents the range of results for each question across all trusts that took part in the survey. In the graphs, the bar is divided into three sections:

- the red section (left hand end) shows the scores for the 20% of trusts with the lowest scores
- the green section (right hand end) shows the scores for the 20% of trusts with the highest scores
- the orange section (middle section) represents the range of scores for the remaining 60% of trusts.

A white diamond represents the score for this trust. If the diamond is in the green section of the bar, for example, it means that the trust is among the top 20% of trusts in England for that question. The line on either side of the diamond shows the amount of uncertainty surrounding the trust's score, as a result of random fluctuation.⁴

Since the score is based on a sample of service users in a trust rather than all service users, the score may not be exactly the same as if everyone had been surveyed and had responded. Therefore a confidence interval⁵ is calculated as a measure of how accurate the score is. We can be 95% certain that if everyone in the trust had been surveyed, the 'true' score would fall within this interval.

³Trusts have differing profiles of service users. For example, one trust may have more male service users than another. This can potentially affect the results because people tend to answer questions in different ways, depending on certain characteristics. For example, older respondents tend to report more positive experiences than younger respondents, and women tend to report less positive experiences than men. This could potentially lead to a trust's results appearing better or worse than if they had a slightly different profile of service users. To account for this, we 'standardise' the data. Results have been standardised by the age and sex of respondents to ensure that no trust will appear better or worse than another because of its respondent profile. This helps to ensure that each trust's age-sex profile reflects the national age-sex distribution (based on all of the respondents to the survey). It therefore enables a more accurate comparison of results from trusts with different profiles of service users.

⁴If a score is on the 'threshold' for the highest scoring 20% of trusts (that is, for example, the white diamond is on the line separating green and orange), this means that the score is one of the highest 20% of scores for that question. Similarly, trusts with scores on the threshold for the lowest scoring 20% of trusts are included in this lowest 20% of scores.

⁵A confidence interval is an upper and lower limit within which you have a stated level of confidence that the true mean (average) lies somewhere in that range. These are commonly quoted as 95% confidence intervals, which are constructed so that you can be 95% certain that the true mean lies between these limits. The width of the confidence interval gives some indication of how cautious we should be; a very wide interval may indicate that more data should be collected before making any conclusions.

When considering how a trust performs, it is very important to consider the confidence interval surrounding the score. If a trust's average score is in one colour, but either of its confidence limits are shown as falling into another colour, this means that you should be more cautious about the trust's result because, if the survey was repeated with a different random sample of service users, it is possible their average score would be in a different place and would therefore show as a different colour.

The white diamond (score) is not shown for questions answered by fewer than 30 people because the uncertainty around the result would be too great. When identifying trusts with the highest and lowest scores and thresholds, trusts with fewer than 30 respondents have not been included.

At the end of the report you will find the data used for the charts and background information about the service users that responded.

Notes on specific questions

Seven of the questions in the questionnaire have different scoring for respondents who receive their care under the Care Programme Approach and other respondents who do not. These questions are: **Q20, Q23, Q28, Q29, Q40, Q41 and Q42**. This is to reflect the differences in national policy in relation to those under the Care Programme Approach (CPA) and other service users in contact with secondary mental health services which could result in differences in the service that people receive.

Q17 and Q18: The information collected by Q17 ("In the last 12 months have you had any talking therapies from NHS Mental Health Services?"), and Q18 ("In the last 12 months, did you want talking therapy?"), is presented together to show whether the provision of talking therapy met the requirements of the person using the services. The combined question is numbered in this report as Q17 and has been reworded to read: "In the last 12 months, did the provision of talking therapies meet your requirements?" For further details, please see the 'scored' questionnaire on our website, which shows the scores assigned to each question.

Q29: (In the last 12 months have you had a care review meeting to discuss your care plan?). Respondents who stated at Q1 that they have been in touch with mental health services for less than a year have been removed from the base for this question.

Further information

Full details of the methodology of the survey can be found at:
<http://www.nhspatientsurveys.org.uk>

More information on the programme of NHS patient surveys is available on Care Quality Commission website at:
<http://www.cqc.org.uk/nationalfindings/surveys.cfm>

The results for the 2010 survey of people who use community mental health services can be found at:
<http://www.cqc.org.uk/PatientSurveyMentalHealth2010>

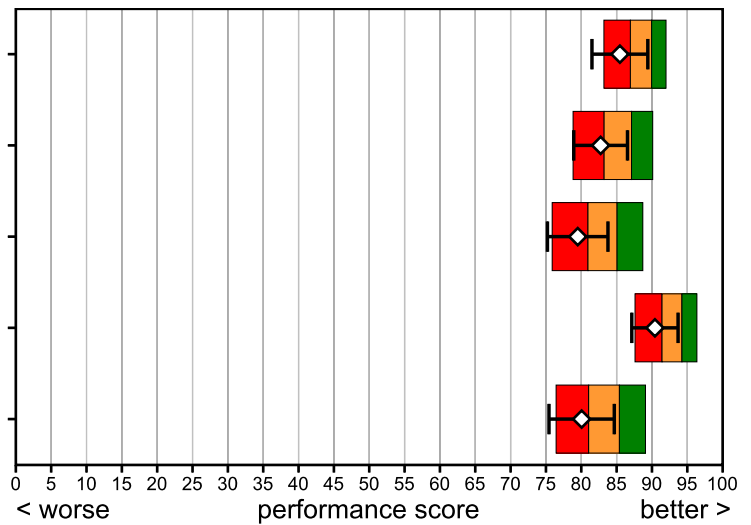
More information on 2009/10 Periodic Review is available on the Care Quality Commission's website at:
<http://www.cqc.org.uk/guidanceforprofessionals/healthcare/nhsstaff /periodicreview2009/10.cfm>

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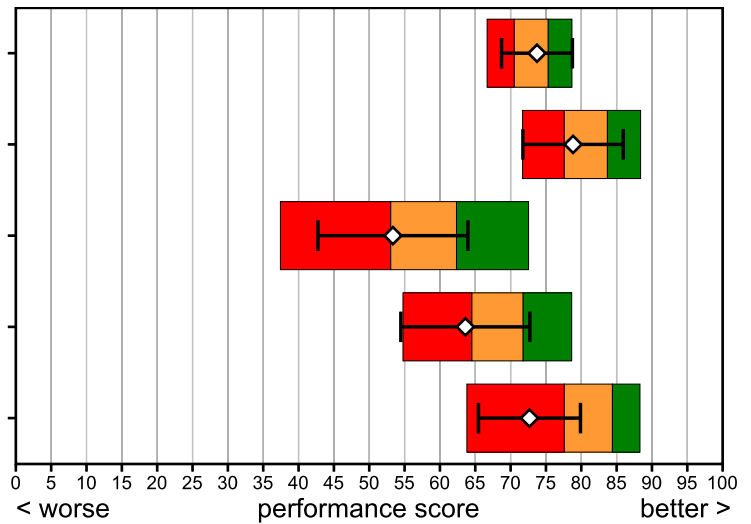
Health and Social Care workers

- Did this person listen carefully to you?
- Did this person take your views into account?
- Did you have trust and confidence in this person?
- Did this person treat you with respect and dignity?
- Were you given enough time to discuss your condition and treatment?



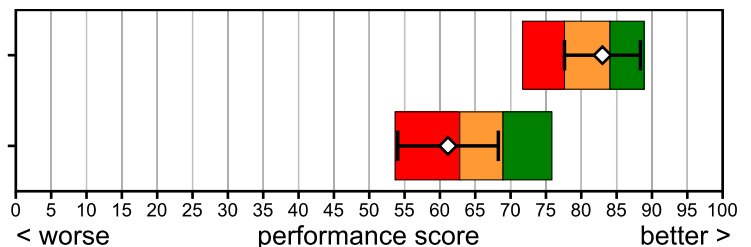
Medications

- Do you think your views were taken into account in deciding which medicines to take?
- Were the purposes of the medications explained to you?
- Were you told about possible side effects of the medications?
- Were you given information about the medication in a way that was easy to understand?
- Has a mental health or social care worker checked with you how you are getting on with your medication?



Talking therapies

- In the last 12 months, did the provision of talking therapies meet your requirements?
- If you had any talking therapy from NHS Mental Health Services in the last 12 months, did you find it helpful?



- Best performing 20% of trusts
- Intermediate 60% of trusts
- Worst performing 20% of trusts
- This trust (vertical lines show amount of uncertainty as a result of random fluctuation)

This trust's results are not shown if there were fewer than 30 respondents.

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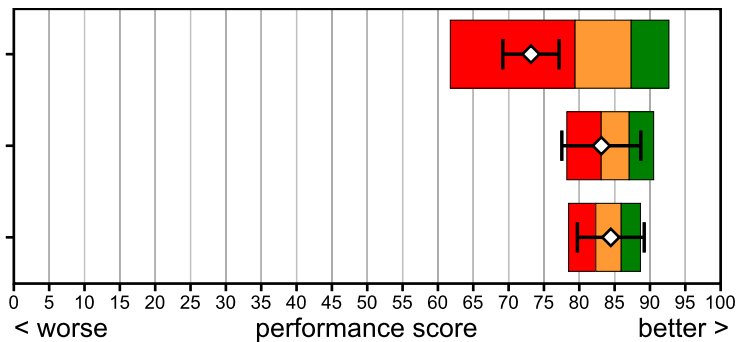
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Care Coordinator

Do you know who your Care Co-ordinator (or lead professional) is?

Can you contact your Care Co-ordinator (or lead professional) if you have a problem?

How well does your Care Co-ordinator (or lead professional) organise the care and services you need?



Care Plan

Have you been given (or offered) a written or printed copy of your care plan?

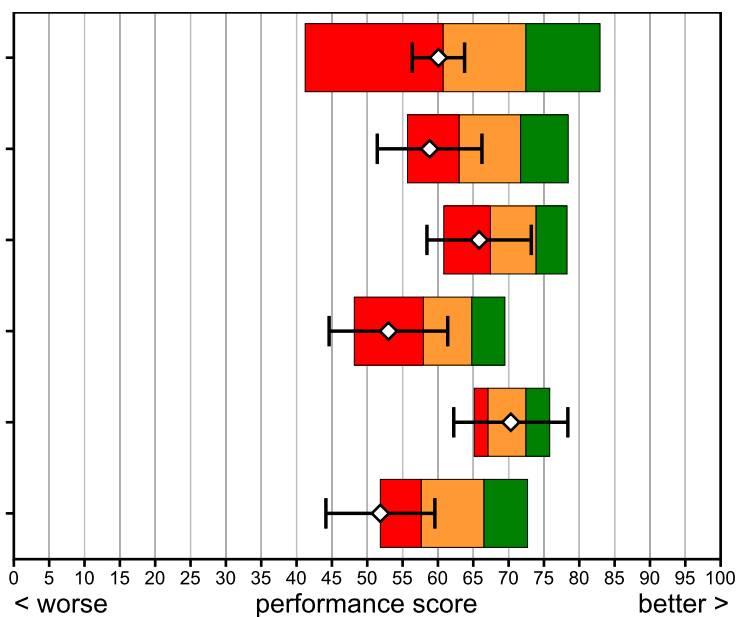
Do you understand what is in your care plan?

Do you think your views were taken into account when deciding what was in your care plan?

Does your care plan set out your goals?

Do the mental health services you receive help you to achieve these goals?

Does your care plan cover what you should do if you have a crisis (e.g. if you may need to be admitted to a mental health ward)?



| | |
|---|--|
| ■ Best performing 20% of trusts | ◇ This trust (vertical lines show amount of uncertainty as a result of random fluctuation) |
| ■ Intermediate 60% of trusts | |
| ■ Worst performing 20% of trusts | |
| This trust's results are not shown if there were fewer than 30 respondents. | |

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Care Review

In the last 12 months have you had a care review meeting to discuss your care plan?

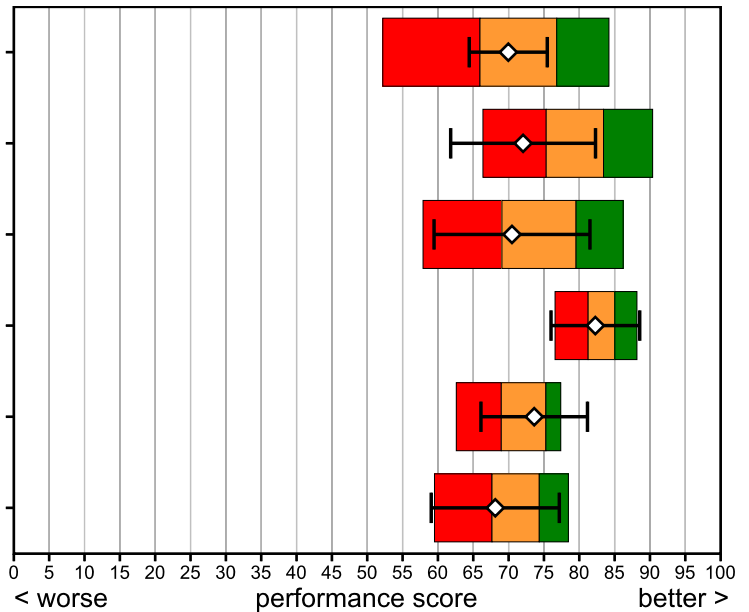
Were you told that you could bring a friend, relative or advocate to your care review meetings?

Before the review meeting, were you given a chance to talk to your care co-ordinator about what would happen?

Were you given a chance to express your views at the meeting?

Did you find the care review helpful?

Did you discuss whether you needed to continue using mental health services?



Day to Day Living

Did anyone in mental health services ask you about any physical health needs you might have?

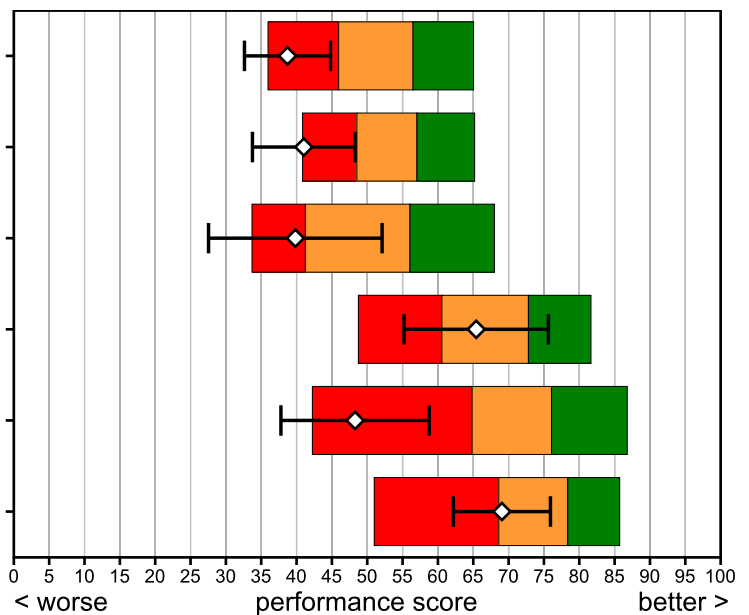
Did mental health services give you enough support getting help for any physical health needs?

Did mental health services give you enough support with your care responsibilities?

Have you received enough help from anyone in mental health services with finding or keeping work?

Have you received enough help from anyone in mental health services in finding or keeping your accommodation?

Have you received enough help from anyone in mental health services in getting financial advice or benefits?



| | | | |
|---|--|---|--|
| ■ Best performing 20% of trusts | ■ Intermediate 60% of trusts | ■ Worst performing 20% of trusts | ◇ This trust (vertical lines show amount of uncertainty as a result of random fluctuation) |
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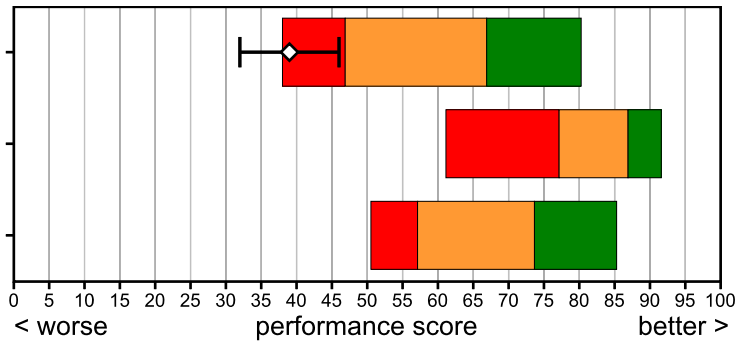
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Crisis Care

Do you have the number of someone from your local NHS Mental Health Service that you can phone out of office hours?

The last time you called the number, how long did it take you to get through to someone?

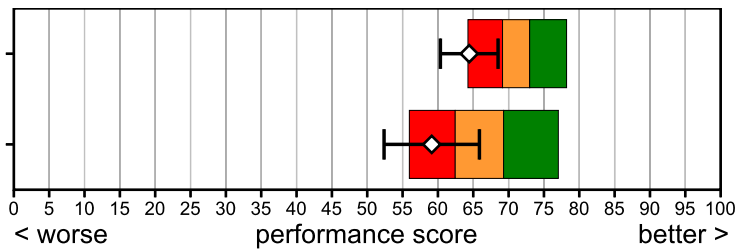
The last time you called the number, did you get the help you wanted?



Overall

Overall, how would you rate the care you have received from Mental Health Services in the last 12 months?

Have mental health services involved a member of your family or someone else close to you, as much as you would like?



| | |
|--|---|
| ■ Best performing 20% of trusts | ◇ This trust (vertical lines show amount of uncertainty as a result of random fluctuation) |
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| | Scores for this NHS trust | 95% Confidence Interval | | Threshold for the lowest scoring 20% of NHS Trusts | Threshold for the highest scoring 20% of NHS Trusts | Highest score achieved (all trusts) | Number of respondents (this trust) |
|--|---------------------------|-------------------------|-------|--|---|-------------------------------------|------------------------------------|
| | | Lower | Upper | | | | |
| Health and Social Care workers | | | | | | | |
| Q4 Did this person listen carefully to you? | 85 | 82 | 89 | 87 | 90 | 92 | 225 |
| Q5 Did this person take your views into account? | 83 | 79 | 87 | 83 | 87 | 90 | 220 |
| Q6 Did you have trust and confidence in this person? | 79 | 75 | 84 | 81 | 85 | 89 | 226 |
| Q7 Did this person treat you with respect and dignity? | 90 | 87 | 94 | 91 | 94 | 96 | 227 |
| Q8 Were you given enough time to discuss your condition and treatment? | 80 | 75 | 85 | 81 | 85 | 89 | 225 |
| Medications | | | | | | | |
| Q10 Do you think your views were taken into account in deciding which medicines to take? | 74 | 69 | 79 | 71 | 75 | 79 | 181 |
| Q12 Were the purposes of the medications explained to you? | 79 | 72 | 86 | 78 | 84 | 88 | 65 |
| Q13 Were you told about possible side effects of the medications? | 53 | 43 | 64 | 53 | 62 | 73 | 66 |
| Q14 Were you given information about the medication in a way that was easy to understand? | 64 | 54 | 73 | 65 | 72 | 79 | 65 |
| Q16 Has a mental health or social care worker checked with you how you are getting on with your medication? | 73 | 65 | 80 | 78 | 84 | 88 | 149 |
| Talking therapies | | | | | | | |
| Q17 In the last 12 months, did the provision of talking therapies meet your requirements? | 83 | 78 | 88 | 78 | 84 | 89 | 198 |
| Q19 If you had any talking therapy from NHS Mental Health Services in the last 12 months, did you find it helpful? | 61 | 54 | 68 | 63 | 69 | 76 | 116 |
| Care Coordinator | | | | | | | |
| Q20 Do you know who your Care Co-ordinator (or lead professional) is? | 73 | 69 | 77 | 79 | 87 | 93 | 217 |
| Q21 Can you contact your Care Co-ordinator (or lead professional) if you have a problem? | 83 | 78 | 89 | 83 | 87 | 91 | 113 |
| Q22 How well does your Care Co-ordinator (or lead professional) organise the care and services you need? | 84 | 80 | 89 | 82 | 86 | 89 | 103 |

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|--|---------------------------|-------------------------|-------|--|---|-------------------------------------|------------------------------------|
| | | Lower | Upper | | | | |
| Care Plan | | | | | | | |
| Q23 Have you been given (or offered) a written or printed copy of your care plan? | 60 | 56 | 64 | 61 | 72 | 83 | 194 |
| Q24 Do you understand what is in your care plan? | 59 | 51 | 66 | 63 | 72 | 78 | 98 |
| Q25 Do you think your views were taken into account when deciding what was in your care plan? | 66 | 58 | 73 | 67 | 74 | 78 | 95 |
| Q26 Does your care plan set out your goals? | 53 | 45 | 61 | 58 | 65 | 69 | 92 |
| Q27 Do the mental health services you receive help you to achieve these goals? | 70 | 62 | 78 | 67 | 72 | 76 | 64 |
| Q28 Does your care plan cover what you should do if you have a crisis (e.g. if you may need to be admitted to a mental health ward)? | 52 | 44 | 60 | 58 | 67 | 73 | 89 |
| Care Review | | | | | | | |
| Q29 In the last 12 months have you had a care review meeting to discuss your care plan? | 70 | 64 | 75 | 66 | 77 | 84 | 130 |
| Q30 Were you told that you could bring a friend, relative or advocate to your care review meetings? | 72 | 62 | 82 | 75 | 83 | 90 | 77 |
| Q31 Before the review meeting, were you given a chance to talk to your care co-ordinator about what would happen? | 70 | 59 | 82 | 69 | 80 | 86 | 66 |
| Q32 Were you given a chance to express your views at the meeting? | 82 | 76 | 89 | 81 | 85 | 88 | 76 |
| Q33 Did you find the care review helpful? | 74 | 66 | 81 | 69 | 75 | 77 | 77 |
| Q34 Did you discuss whether you needed to continue using mental health services? | 68 | 59 | 77 | 68 | 74 | 78 | 80 |
| Day to Day Living | | | | | | | |
| Q35 Did anyone in mental health services ask you about any physical health needs you might have? | 39 | 33 | 45 | 46 | 56 | 65 | 198 |
| Q36 Did mental health services give you enough support getting help for any physical health needs? | 41 | 34 | 48 | 49 | 57 | 65 | 138 |
| Q39 Did mental health services give you enough support with your care responsibilities? | 40 | 28 | 52 | 41 | 56 | 68 | 50 |
| Q40 Have you received enough help from anyone in mental health services with finding or keeping work? | 65 | 55 | 76 | 61 | 73 | 82 | 40 |
| Q41 Have you received enough help from anyone in mental health services in finding or keeping your accommodation? | 48 | 38 | 59 | 65 | 76 | 87 | 42 |
| Q42 Have you received enough help from anyone in mental health services in getting financial advice or benefits? | 69 | 62 | 76 | 69 | 78 | 86 | 82 |

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|---|---------------------------|-------------------------|-------|--|---|-------------------------------------|------------------------------------|
| | | Lower | Upper | | | | |
| Crisis Care | | | | | | | |
| Q43 Do you have the number of someone from your local NHS Mental Health Service that you can phone out of office hours? | 39 | 32 | 46 | 47 | 67 | 80 | 195 |
| Q45 The last time you called the number, how long did it take you to get through to someone? | - | - | - | 77 | 87 | 92 | 23 |
| Q46 The last time you called the number, did you get the help you wanted? | - | - | - | 57 | 74 | 85 | 24 |
| Overall | | | | | | | |
| Q47 Overall, how would you rate the care you have received from Mental Health Services in the last 12 months? | 64 | 60 | 69 | 69 | 73 | 78 | 214 |
| Q48 Have mental health services involved a member of your family or someone else close to you, as much as you would like? | 59 | 52 | 66 | 62 | 69 | 77 | 148 |

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Background information

| The sample | This trust | All trusts |
|----------------------------|-------------------|-------------------|
| Number of respondents | 233 | 17199 |
| Response Rate (percentage) | 28 | 32 |

| Demographic characteristics | This trust | All trusts |
|------------------------------------|-------------------|-------------------|
| Gender (percentage) | (%) | (%) |
| Male | 40 | 42 |
| Female | 60 | 58 |
| Age group (percentage) | (%) | (%) |
| Aged 35 and younger | 12 | 18 |
| Aged 36-50 | 30 | 30 |
| Aged 51-65 | 26 | 26 |
| Aged 66 and older | 32 | 26 |
| Ethnic group (percentage) | (%) | (%) |
| White | 90 | 93 |
| Mixed | 1 | 1 |
| Asian or Asian British | 4 | 3 |
| Black or Black British | 5 | 3 |
| Chinese or other ethnic group | 0 | 0 |