

## Bringing Value Based Healthcare to a Mental Health Pathway

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### Who are we?

- The South London and Maudsley NHS Foundation Trust (SLaM) provides mental health services in the UK. It is part of King's Health Partners, an Academic Health Sciences Centre (AHSC). Based on breaking down barriers and increasing cooperation and focus, AHSCs seek to combine basic and translational health research, clinical care and education to create world-leading improvements in healthcare. We serve a population of eight million across south London and south east England. Our goal is to deliver transformational health improvements that are patient-centred, population-based and sustainable.

### Why take on a Value Based Healthcare approach?

- The Value Based Healthcare (VBHC) programme is focused on supporting our partner organisations to deliver excellent and consistent health outcomes whilst protecting our stretched NHS resources.
- Depression affects 20% of people over 65 and 22% cite mental health as one of their primary concerns. SLaM have developed pathway maps and clinical outcome measures for such conditions.
- We were keen to build on this work and improve value within the older adults depression pathway.
- VBHC prioritises patient experience and improved health, teaches staff how to identify best value and empowers them to deliver the best possible care to their patients resulting in improved work satisfaction.

### Calculating value: outcomes that matter to patients and staff and clinically-meaningful cost information

**1 Understand pathway**  
We looked at patients with depression (N=72), mapped their journey of care, and associated costs/resources. The aim is to understand the value (*how well this pathway is doing*) across the complete pathway of care.

**2 Understand outcomes**  
Patient reported outcomes measures (Health of the Nation Outcome Scales 65+; HoNOS; Hospital Anxiety and Depression Scale; HADS). These measures are different from the ICHOM standard set, but are established and provide an assessment of symptoms/functioning in line with ICHOM recommendations. We conducted interviews with patients and clinicians to define outcomes that matter.

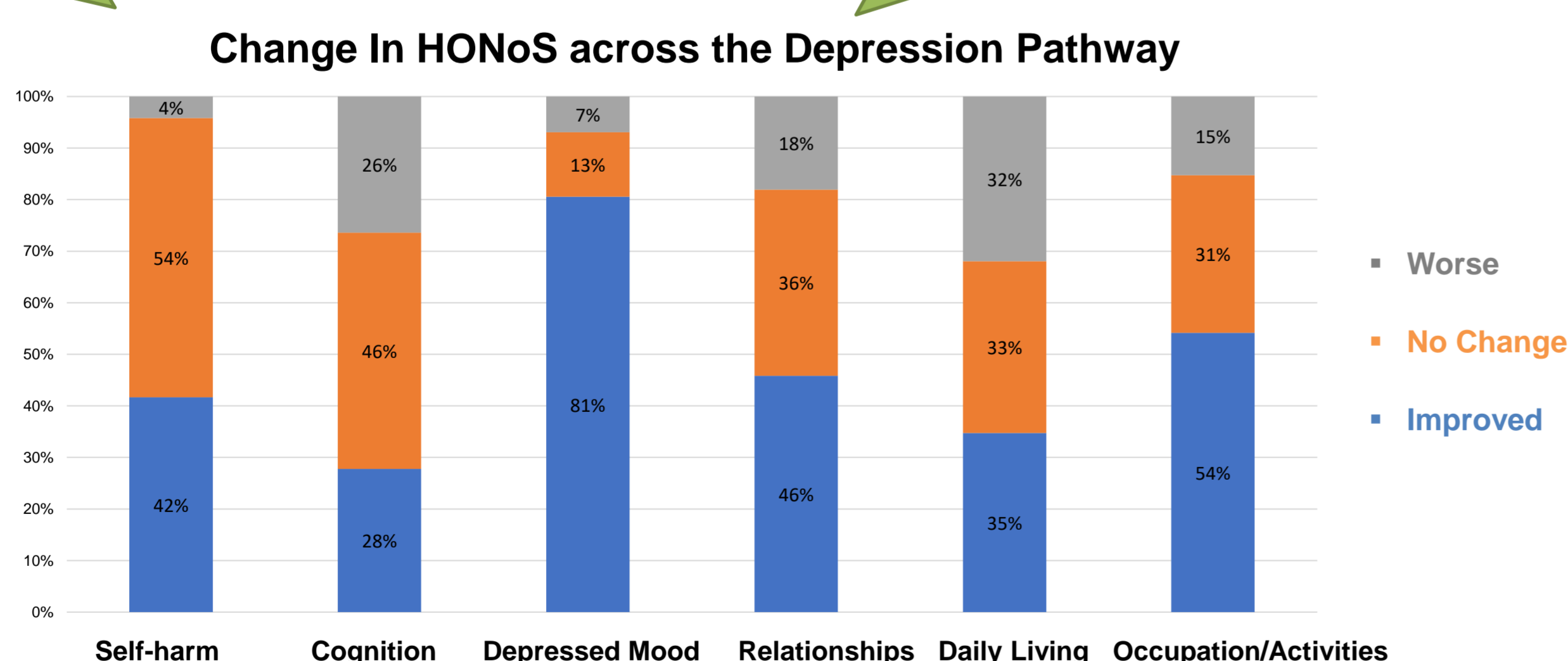
**3 Meaningful cost info**  
The cost of a service user moving through the depression pathway was calculated. The Mental Health Clustering Tool was used to develop clinically-meaningful cost information for delivering outcomes.

### Results

#### Change in outcomes (HoNOS)

Improvements in relationships, daily living skills, engagement with occupation and activities

Depression improved by 81% across all diagnoses



### Outcomes that matter to patients and staff

Patients wanted to be asked about history and causes of depression.

Clinicians said the HoNOS was helpful for holistic assessment but the HADS better for informing treatment.

"We used to get feedback from the [Trust] and paired HoNOS and changes over time were presented. This was really interesting and made it meaningful to the team to see the change. We haven't had anything like that for a while."

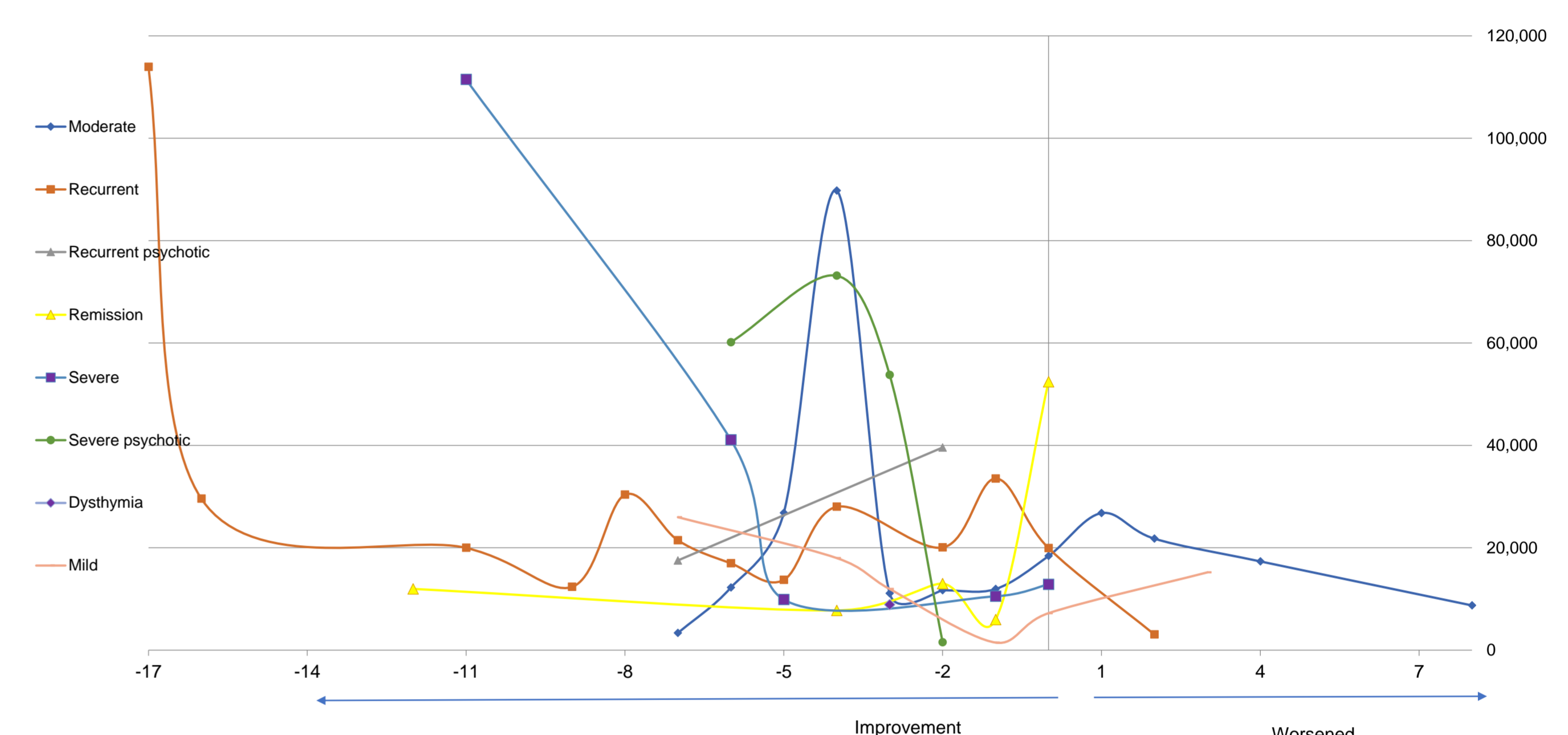
Staff wanted feedback about outcomes and guidance when to complete assessments.

### Change in outcomes and diagnosis



- Greater improvements across all items were seen for recurrent depression
- Largest improvement for both groups was in depressed mood
- Gives some indication of the clinical effectiveness of the depression pathway

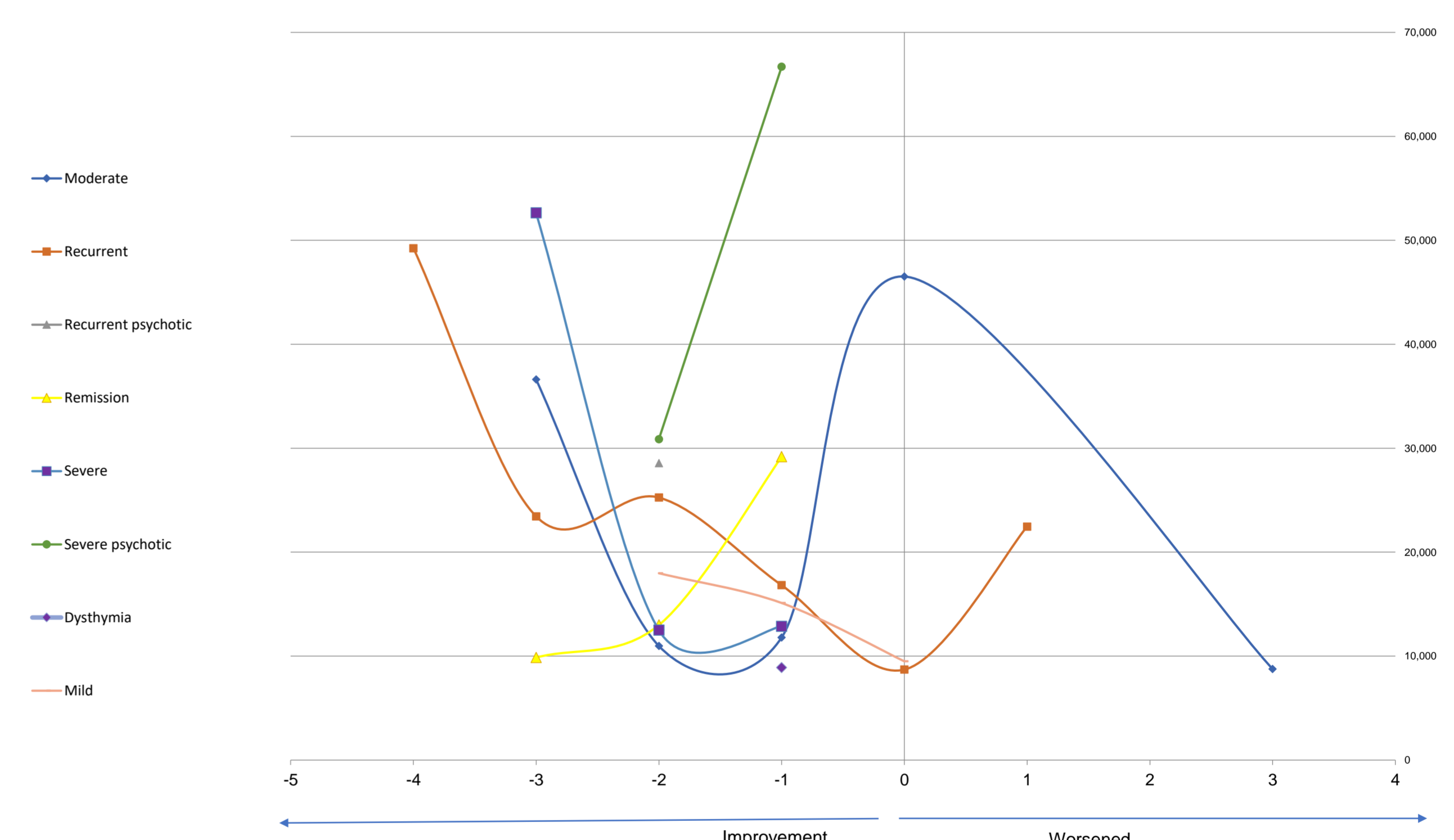
### Change in outcomes, diagnosis, costs: accumulated depression (Includes HoNOS depression score & items related to depression)



- Less complex presentations (mild/moderate) improved with little cost
- More severe/recurrent presentations required higher costs with perhaps no greater value
- Overall the average cost did not appear to correlate with type of diagnosis or level of improvement

### Change in outcomes, diagnosis, costs: depression score

- There appeared to be slightly more linearity for depressed mood in that higher costs appeared to result in more improvement



### Discussion

This initial pilot identified a way to use VBHC methodology within mental health. SLaM's capability for treating those with complex depression was good. The HoNOS appeared to offer better value compared to the HADS but staff uptake of the HADS was limited. The HoNOS is a standardised measure integrated within patient notes which explained the better completion rate. Recurrent depression patients were found to have high costs and long treatment times.

We have highlighted the importance of feedback mechanisms to staff; the necessity to identify patient and clinician reported outcomes and gain their reflections on the utility of chosen measures.

#### We need to explore:

- How to develop a consistent protocol for the completion of outcomes across pathways.
- There is no separate treatment pathway for recurrent depression. A decision needs to be made regarding value and impact for such presentations.