



meeting	JOINT CITY AND COUNTY HEALTH SCRUTINY COMMITTEE	
date	11 September 2007	agenda item number

Report of the Head of Scrutiny – Nottinghamshire County Council

Change to Local NHS – Proposals to Modernise Day Hospital Services for Older People with Mental Health Problems

Nottinghamshire Healthcare Trust

Purpose of report

1. To inform the Joint Health Scrutiny Committee of a proposed change to the local NHS in the conurbation so that Members can determine how the change should be considered.

Background

2. The Joint Health Scrutiny Committee is responsible for health scrutiny issues affecting the conurbation. There are two main focuses for Health Scrutiny:
 - Scrutiny of the local NHS as part of a wider review possibly focused on a strategic priority of the community.
 - Considering and responding to changes to the local NHS as part of the requirement on NHS bodies to consult the relevant Overview and Scrutiny Committee. Changes can involve substantial variations and/or development of services.

Issues

3. Section 11 of the Health and Social Care Act 2001 places a duty on NHS Trusts to involve and consult public and patients in
 - Planning services
 - Developing and considering proposals for changes in the way those services operate
 - Decisions to be made that affect how those services operate
4. Section 7 of the Act requires NHS Trusts to consult Overview and Scrutiny Committees on substantial variations/developments.

5. The Act does not define substantial variations/developments and this is left to the interpretation of the local Overview and Scrutiny Committee. The Joint Health Scrutiny Committee has not defined this further to give the Joint Committee the maximum flexibility and scope to respond to local change on behalf of the people of Nottingham and Nottinghamshire. It falls to this Committee to determine whether this variation/development is substantial based on factors such as:
- changes in accessibility of services;
 - impact of the service on the wider community and other services, including economic impact, transport and regeneration;
 - number of patients affected – changes may affect the whole population of a geographical area or a small group. If a change affects a small group of patients it may still be 'substantial', especially if patients need to continue to access that service for many years;
 - methods of service delivery, e.g. moving a particular service into a community setting from an acute hospital setting.

Proposal

6. Nottinghamshire Healthcare Trust is bringing forward proposals to modernise day hospital services for older people with mental health problems across the City and also in the conurbation Boroughs. Further details of the proposal can be found in the leaflet attached as appendix A to this report.

Options

7. The Joint Health Scrutiny Committee could choose between the following options:
- i. The Joint Health Scrutiny Committee could agree that this is a substantial variation/development and commence a review of the proposals. The Joint Health Scrutiny Committee should identify why it considered this proposal to be substantial. If the Committee chooses this option then Members may wish to set a scope for the review, including an indicative programme.
 - ii. The Joint Health Scrutiny Committee could determine that this proposal, whilst it is a variation/development of the local NHS for which the public and patients should be involved, it is not a substantial variation/development and does not require review. Selecting this option does not prevent the OSC as a stakeholder from making comments or recommendations to the Trust on these proposals.

Recommendations

8. It is recommended that the Joint Health Scrutiny Committee support option i. and agree that

this **does constitute a substantial variation/development** and that a review of the proposals be commenced.

Lynn Senior
Head of Scrutiny

Background papers
Nil

Proposals to Modernise Day Hospital Services for Older People with Mental Health Problems

This leaflet outlines proposals to modernise day hospital services for older people with mental health problems. It includes details of day hospital services currently provided, the possible changes to these services and the reasons these are being proposed. We would very much welcome your views on the emerging proposals and this leaflet sets out the ways in which you can contribute.

Background

Nottinghamshire Healthcare NHS Trust is the major local provider of day hospital services for older people with mental health problems. However there are also other providers of day care and these proposals will impact on both Nottingham City Council Adult Services, Housing and Health department and Nottinghamshire County Council Adult Health and Social Care department. These proposals will also affect and be dependent on other services provided by Nottinghamshire Healthcare's Mental Health Service for Older People (MHSOP) directorate and the recommendations of other projects being undertaken as part of the modernisation process

This review is considered necessary for several reasons:

- The inability of current day hospital services to provide therapeutic treatments that are based on the best available evidence, particularly psychological therapies.
- The desire to make our services more accessible, fair and responsive.
- The need to look at alternative sites for some current services.
- Issues raised by service users and carers related to current transport arrangements.
- A fall in activity due to decreased demand, indicating that day hospitals are not meeting service users' requirements.
- National and local policies.

What we have now

Nottinghamshire Healthcare currently provides day hospital services for Nottingham and the boroughs on four fixed sites open Monday to Friday within standard office hours. A total of 94 places are available each day for people with functional conditions, of which depression and anxiety are two examples, and organic conditions, principally dementia. The exception is in Broxtowe where there are 10 day hospital places which are reserved for people with dementia (as part of a partnership scheme with Nottinghamshire County

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Council Adult Health and Social Care services), and services for people with functional illness are provided through the community mental health team.

Within these proposals, it is not proposed to change outreach services to social services day care or the service for people with working age dementia.

What we propose to provide

We are proposing that health day services will be provided as part of the function of our community mental health teams, with access via a single point of referral. Separate services will be provided for people with functional and organic (see examples above) mental health problems, reflecting accepted good practice.

This will mean:

- Each service will have an agreed role and eligibility criteria.
- Assessment and Treatment will be provided in people's own homes. Additional services will be delivered by appropriately trained clinicians, providing more complex assessments and treatment options. Group and individual sessions will be available with access to therapies based on the best available evidence, including psychological therapies. Although these sessions will be provided within a local day care setting, service users will not normally be expected to attend for a whole day, only for their agreed treatment.
- Attendance will be time-limited and assessment and treatment will focus on achieving agreed aims. Discharge will be linked to achieving these aims and will not be dependant on finding alternative day care.
- Services may be delivered in a variety of settings rather than restricted to the current fixed sites. This is because health facilities for older people with mental health problems should be locally based, aiding access to other community facilities and services, and should be flexible and responsive to peoples' needs. These solutions may be different for each area, based upon the geography of the area and existing services. For service users unable to use alternative facilities, it is proposed to provide our own transport to enable access.
- Services will be targeted at an earlier and/or more acute stage of older people's mental illness than at present, and the level of service provided will be appropriate to the level of assessment and treatment required.
- Services for people with dementia will include:
 - Memory assessment and diagnosis.
 - Cognitive Stimulation Therapy (a type of psychological therapy).
 - Memory rehabilitation.
 - Health Promotion including healthy living and exercise.
 - Specialist therapies including psychology and art therapy.
 - Appropriate medication.

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- Services for people with illnesses such as depression and anxiety will include:
 - Assessment and diagnosis.
 - Specialist psychological therapies.
 - Health Promotion including healthy living and exercise.
 - Anxiety management
 - Appropriate medication.
- Services for carers could include:
 - Information and signposting.
 - Education and support groups.
 - Individual assessment and treatment where appropriately identified.

The proposed health day services are not considered to be the appropriate venue for ongoing respite care.

Where the proposed changes affect existing users of the service, the teams will work with them and where appropriate their carers to identify their future needs and how these can best be met.

Potential benefits and outcomes

- More people supported in their local community with improved packages of care.
- Improved access to specialist multi-disciplinary mental health services.
- Local and timely access to assessment, diagnosis and treatment.
- Decreased inappropriate day hospital attendance.
- Improved skills among staff from all agencies.
- Increased number of older people with mental health problems supported in mainstream services.
- Improved support to carers and service providers.
- A model for supporting and providing an appropriate and therapeutic response to people who present with challenging behaviours.
- Increased access to psychological therapies.
- Creation of more seamless services with clear pathways and referral processes.
- Decreased unnecessary or inappropriate referrals.

Conclusion

Nottinghamshire Healthcare believes that these proposals will enable it to provide services locally that meet the health needs of older people with mental health problems and are based on the best available evidence. By focussing on assessment and time-limited treatment options we will be able to offer early access to effective treatments to more people than we can with our current services.

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How can I make my views known and be involved?

We welcome your comments on these proposals and in particular your response to the following questions:

- **What do you value about our services that you currently receive?**
- **What would you value in the services that we are proposing?**
- **What services would you like to see included in these proposals?**

We are holding a number of meetings at which you will be able to give your views about these proposals and influence how we take plans forward (please see below).

In the meantime, if you have access to email you can email the Involvement Team on involve@nottshc.nhs.uk and we will try to answer any questions and queries you may have, or you can **write to us at** Freepost MID30082, Involvement Team, Nottinghamshire Healthcare NHS Trust, Nottingham, NG3 6ZX and you don't need to use a stamp.

Once we have considered your views and suggestions, we will hold a feedback meeting to inform you about the themes that have emerged and how we plan to incorporate these in subsequent proposals to develop our services. All the contributions we receive will be included in the final report and recommendations which will be presented to the Trust Board, for final approval, in January 2008.

Meetings

Wednesday 29 August, 2.00 – 3.30pm

Seminar Room, Lings Bar Hospital, Beckside, Gamston

Wednesday 29 August, 6.00 – 7.30pm

Pease Hill Day Hospital, Furze Gardens (off Abbotsford Drive), St Anns

Thursday 6 September, 2.00 – 3.30pm

Seminar Room, St Francis Unit, Nottingham City Hospital, Hucknall Road

Feedback meeting:

Friday 28 September, 11.00am – 1.00pm

The Involvement Centre, The Resource, Duncan Macmillan House, Porchester Road

To reserve a place at any of the above meetings please contact the Involvement Team on 0115 993 4567 or email involve@nottshc.nhs.uk