

Quality Improvement Project: Community Care Planning within Lewisham Young People's Service (LYPS)

Who are we?

We are a Tier 3 CAMHS multidisciplinary team called LYPS who support young people with the most severe and complex mental health needs in the borough.

Problem

Young people presenting to mental health services often have unmet holistic care needs. Through the research and rationale, it has been identified that young people benefit from having a community care plan in place to support their direction of care.

Rationale

This QI project is in line with CAMHS 2022/23 Priorities of "improving access and outcomes: co-designing changes and agreeing outcomes that are important for our young people".

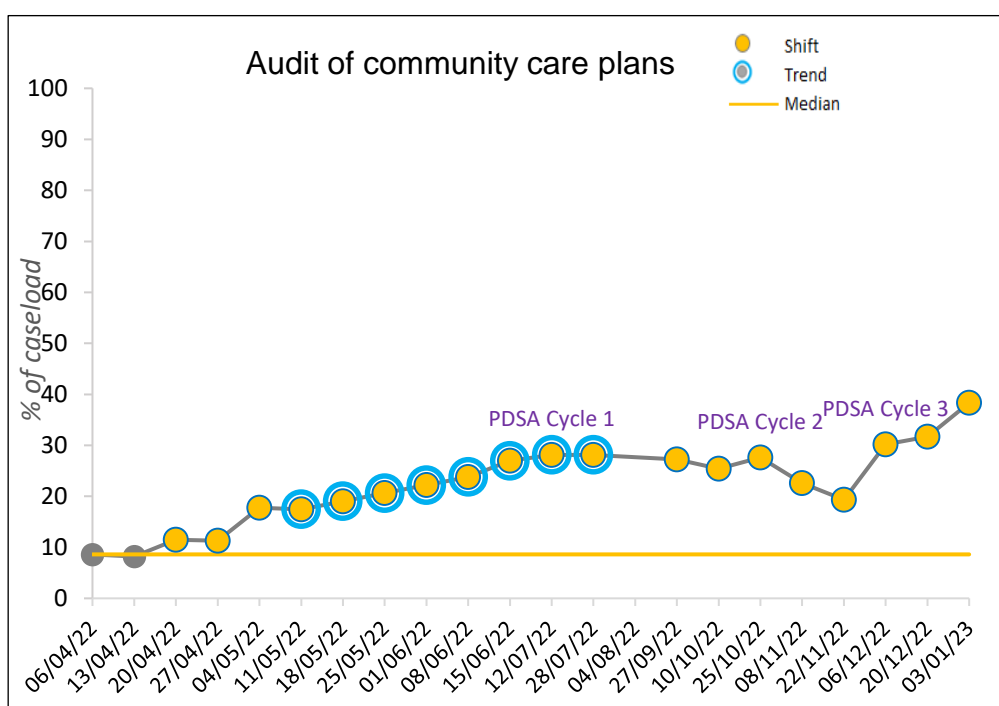
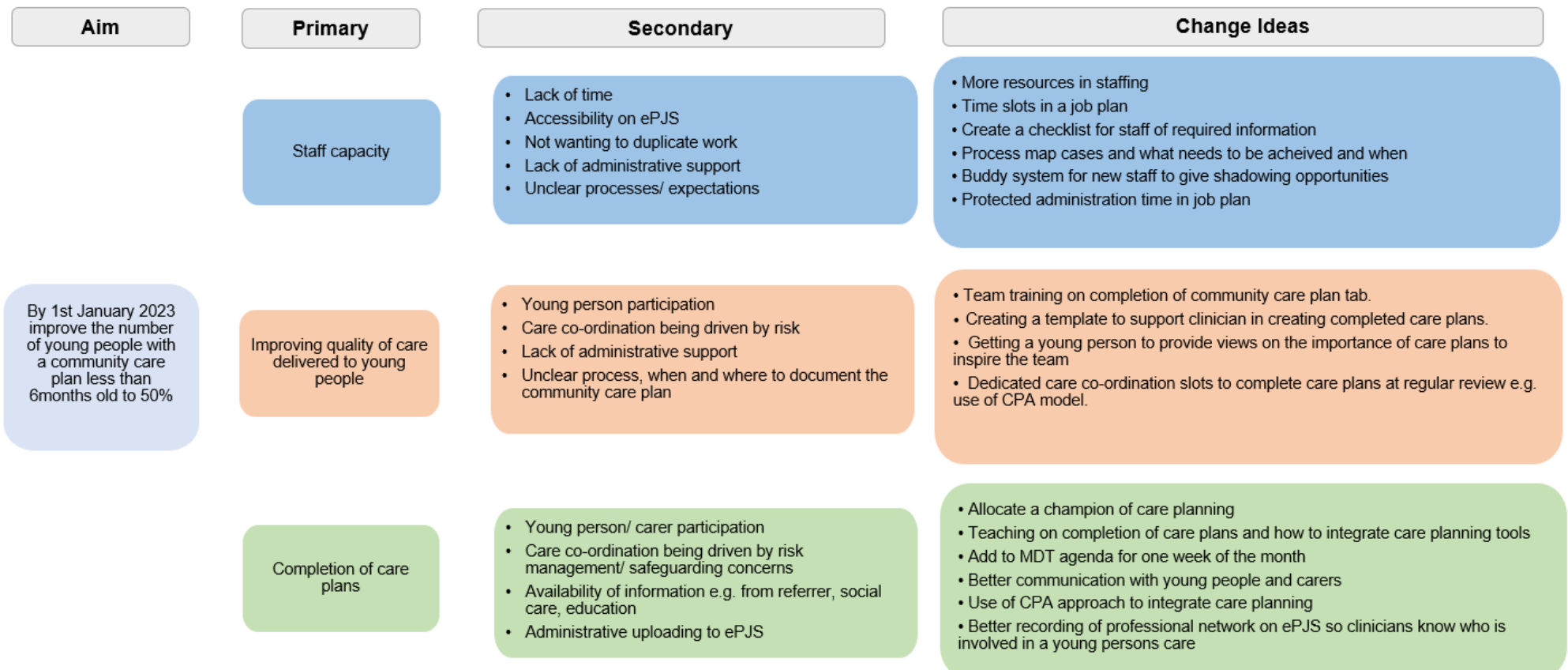
Our young people can provide feedback about their experience of care planning. One has said it is "helpful to people who take care of me" and it was "good to do it together". This highlights the importance of collaboration in creating care plans and ensuring their distribution across a young person's support network.

What does the research say about recovery and care planning?

Shared decision making is an integral part of the recovery approach whereby collaborative care plans reveal service users' preferences and reasons behind these preferences (Fox, 2021).

It is important that the multidisciplinary team works with service users to create care plans and keep them up to date; this helps service users to transition more smoothly between hospital and community care (Coffey et al., 2019).

By 1st January 2023, improve the number of young people with a community care plan less than 6 months old to 50%.



PDSA cycles

- Cycle 1 – introduced laminated A5 checklist for each clinician.
- Cycle 2 – presentation at LYPS MDT meeting with short training on care plan completion
- Cycle 3 - each care coordinator who is available dedicated one hour to updating care plans.

Conclusions

Although the aim of 50% was not reached (38% of young people), there was an increase of 29% from the first audit on 6th April 2022. The change idea that was most effective, resulting in the largest increase of care plans completed, was team time dedicated to care planning.

References

Coffey, M., Hannigan, B., Barlow, S., Cartwright, M., Cohen, R., Faulkner, A., ... & Simpson, A. (2019). Recovery-focused mental health care planning and co-ordination in acute inpatient mental health settings: a cross national comparative mixed methods study. *BMC psychiatry*, 19(1), 1-18.

Fox, J. (2021). Shared Decision-Making: an autoethnography about service user perspectives in making choices about mental health care and treatment. *Frontiers in Psychiatry*, 12, 637560.