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Psychosis & Schizophrenia in Adults

Implementing the 2015 NICE Quality Standard

Monday 8th June 2015 Hallam Conference Centre London

Speakers include:

Dr Jonathan Mitchell
Consultant Psychiatrist
& Specialist Committee Member
Psychosis and Schizophrenia in Adults Quality Standard

Alison Brabban
Specialist Committee Member
Schizophrenia in Adults Quality Standard
***National Advisor for Severe Mental Illness (IAPT),* NHS England**

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The Quality Standard for Psychosis and Schizophrenia was published on the 25th February 2015. This conference focuses in implementing the NICE Quality Standard in practice with sessions focusing on the 8 quality statements. Through expert sessions, updates from specialist committee member who produced the standard at NICE, and case studies the conference will provide an essential guide to delivering the standard in your service.

Professor Gillian Leng, Deputy Chief Executive and Director of Health and Social Care for NICE, said: *"Psychosis and the specific diagnosis of schizophrenia are serious mental illnesses that have debilitating symptoms and can affect all aspects of a person's life. Many people with severe mental illness will also suffer from additional health problems, like heart disease and diabetes, which can significantly affect how long they live. Other symptoms such as a lack of drive or social withdrawal, means they might also struggle to contribute to society. We are seeing improvements in mental health services but there is still some way to go before we can be sure that all people with psychosis and schizophrenia are getting high-quality care. There are certain areas such as offering health checks, providing access to psychological therapies and employment support, where we know more still needs to be done to drive improvements in care. With this new quality standard we want to highlight what health and social care services need to prioritise to make sure all people with psychosis and schizophrenia are getting the care they need and deserve."*
NICE, 12th February 2015

Mark Winstanley, Chief Executive Officer of Rethink Mental Illness said: *"We know from our supporters that thousands of people with psychosis and schizophrenia are still missing out on a range of effective services and support which could transform their lives. These quality standards highlight where improvements in care need to be made, including making sure everyone with psychosis gets proper treatment for their physical health, and improving access to early intervention support and talking therapies. Now we urge mental health professionals, service providers and local commissioners to act on the quality standards, and ensure that they inform the provision of better quality care for people with psychosis and schizophrenia in their communities."*

NICE states that the new quality standard is expected to contribute to improvements in the following outcomes: Severe mental illness premature mortality; Employment and vocational rates; Hospital admissions; Referral to crisis resolution and home treatment teams; Service user experience of mental health services.
•Detention rates under the Mental Health Act

Sessions will focus on the new quality standards, early intervention, preventing psychosis and treating people at risk, the use of antipsychotic medication and how to identify appropriate medications in a collaborative way, improving peoples experience of services, improving the physical health and reducing side effects which is a key national goal of parity of esteem, the role of cognitive behavioural therapy for psychosis, ensuring a recovery focused approach, improving crisis services and learning from the national audit of Schizophrenia.

Follow the conference on Twitter #Schizophrenia

10.00 **Chair's Introduction**

Fiona Venner *Director* Leeds Survivor Led Crisis Centre

10.10 **Psychosis & Schizophrenia: The Updated NICE Guideline**

Dr Tony Gill
Mental Health Practitioner
Leeds University

- implementing the NICE Quality Standard for Psychosis and Schitzophrenia
- a walk through the 10 Quality Statements
- key priorities for implementation
- moving forward

10.30 **Prevention & Early Intervention**

Dr Paul French
Associate Director for Early Intervention
Manchester West Mental Health NHS Foundation Trust

Quality Statement 1 states that adults with a first episode of psychosis are referred to early intervention in psychosis services

- how do you target people at risk of psychosis or schizophrenia
- how do we identify people in the prodromal period
- early intervention in psychosis: the GPs perspective
- ensuring CBT is offered to those at increased risk rather than antipsychotic medication
- ensuring adults with psychosis or schizophrenia are assessed for coexisting psychiatric conditions

11.10 *Question and answers, followed by coffee and exhibition*

11.50 **EXTENDED SESSION**
The use of antipsychotic medication

Dr Jonathan Mitchell
Consultant Psychiatrist
Sheffield Health and Social Care NHS Foundation Trust
& Member, Psychosis and Schizophrenia in Adults Quality Standard Expert Reference Group
National Institute of Health and Care Excellence (NICE)

- recommendations on the use of antipsychotic medication
- working in partnership with service users to identify the appropriate medication for them and ensuring the side effects are understood
- reducing the impact of side effects in practice
- meeting Quality Statement 6

12.50 *Question and answers, followed by lunch and exhibition*

14.00 **Ensuring a recovery focused approach and supporting families**

Paul Scates
Peer Specialist
Dorset Mental Health Forum

- promoting recovery and possible future from first contact
- developing training and supportive employment programmes
- how do we implement recovery in practice
- improving family interventions for people with psychosis or schizophrenia

14.30 **Improving the physical health of those with Schizophrenia and serious mental health conditions**

Dr Shubulade Smith
Consultant Psychiatrist and Clinical Senior Lecturer Head of Physical Health Strategy, BDP CAG, SLaM NHS Foundation Trust Institute of Psychiatry, *Psychology and Neuroscience,* Kings College London

Quality Statements 8 and 9 relate to improving the physical health of adults with psychosis and schizophrenia

- implementing quality statements 8 and 9
- smoking cessation: what works
- implementing the recommendations
- our approach and examples of innovative good practice

15.00 **Cognitive Behavioural Therapy for Psychosis**

Alison Brabban
Consultant Clinical Psychologist,
Tees Esk and Wear Valleys NHS Foundation Trust
Honorary Senior Clinical Lecturer, Durham University
National Advisor for Severe Mental Illness (IAPT) NHS England

Quality Statement 4 states that adults with psychosis or schitzophrenia are offered cognitive behavioural therapy (CBT)

- what is CBT for Psychosis?
- working with Voices and Delusions
- does it work - what the evidence tells us

15.30 *Question and answers, followed by tea*

16.00 **Improving care in crisis for people with psychosis or schizophrenia**

Fiona Venner
Director
Leeds Survivor Led Crisis Centre

Quality Statement 2 states that adults with an acute episode of psychosis or schizophrenia that exceeds the capability of community based services are offered care by crisis resolution and home treatment teams

- five elements of effective support for people in crisis
- why we don't have beds at our crisis centre
- our experiences and developments in monitoring and improving outcomes in a user led service
- ensuring effective access and treatments from mental health crisis 24/7
- the current challenges
- improving the A&E response to mental health crisis

16.30 **Learning from the National Audit of Schizophrenia at a local level**

Angela McNab
Chief Executive
Kent and Medway NHS and Social Care Partnership Trust

- participating and learning from the national audit of schizophrenia
- changing practice locally as a result of national audit findings
- our experience

17.00 *Question and answers, followed by close*

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Monday 8th June 2015

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