

**NIHR Collaborations for Leadership in Applied
Health Research and Care South West Peninsula (PenCLAHRC)**

Case Study Example of the Value of NIHR CLAHRC Funding

1st April 2017 – 31st March 2018

INTEGRATED PSYCHOLOGICAL MEDICINE SERVICE (IPMS)

DESCRIPTION OF OUTPUT AND ITS IMPACT OR POTENTIAL IMPACT

The management of associated mental health problems is an important, but often overlooked, part of treating physical health conditions. There is an observable increase in mental health problems in people being treated for physical conditions, which in turn worsens health outcomes.

Following collaboration with CLAHRC Oxford, Professor Chris Dickens initiated work with senior cancer clinicians at the Royal Devon and Exeter NHS Foundation Trust (RD&E), Force (local cancer charity) and Devon Partnership Trust (DPT provides psychiatric liaison services) to develop better psychological support for people with cancer. Within RD&E cancer services, monitoring for mental health issues was generally patchy with delivery of evidence-based psychological treatments limited.

This activity has now rapidly grown beyond cancer services into a high profile programme integrating psychological assessment and management within routine care throughout the RD&E, bringing evidence based psychiatry alongside physical medical care. Professor Dickens is programme research lead and drives training of staff in assessing and managing psychological problems among RD&E patients.

The collaboration with Oxford CLAHRC has developed further and is now focussed on a collaborative bid (Exeter, Oxford and Cambridge) evaluating the effectiveness of Proactive Liaison Psychiatry in reducing inpatient stays for non-elective medical admission in people over 65. This innovative model, involving early psychosocial assessment and appropriate care, was developed in the US and reduces lengths of inpatient hospital stays, but is untested in the NHS. In addition to the health gains from appropriate management of co-existent psychological morbidity in physical illness, the intervention may significantly reduce NHS service costs.

CONTRIBUTION OF NIHR CLAHRC

Professor Dickens leads PenCLAHRC's Mental Health and Dementia theme. He is key in developing the local IPMS strategy alongside colleagues from the University of Exeter, RD&E and DPT. Professor Dickens is the Research and Evaluation Lead for the IPMS implementation at the RD&E and is leading training for healthcare professionals. He is also co-PI on the *'How can we best address prolonged acute hospital stays in older inpatients with medical-psychiatric multimorbidity? A pragmatic*

multicentre randomised controlled trial to compare the effectiveness and cost-effectiveness of Proactive Liaison Psychiatry with usual care' project, funded by the NIHR HS&DR programme.

WHAT HAPPENED NEXT?

Training of surgical/medical staff and allied healthcare professionals psychological screening and the coordination of psychological management is progressing rapidly. A cohort of 50 staff from cancer service in the RD&E, Torbay and Taunton was established on 19th April. Follow-up work to support implementation of routine screening is underway along with the extension of training to other services.

Recruitment for the NIHR HS&DR project (15/11/16) will begin at the end of April 2018 with a recruitment target of 1000 patients from each of the three centres, making this the largest psychiatry trial ever conducted.