

REPORT TO THE TRUST BOARD - PUBLIC 14 NOVEMBER 2018

| Title | Quality Report | | | |
|--------------------------------|--|--|--|--|
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| Accountable Executive Director | Dr Navina Evans, Chief Executive | | | |

Purpose of the Report:

The Quality Report provides the board with an overview of quality across the Trust, incorporating the two domains of assurance and improvement. Quality control is now contained within the integrated performance report, which contains quality measures at organisational level.

Summary of Key Issues:

The Quality Report provides an overview of quality across the Trust. The report is split into two sections:

- 1 quality assurance, which provides a summary of data, intelligence and actions to provide high quality of care against the CQC's key lines of enquiry
- 2 quality improvement, which provides an update on improvement work across the Trust

Strategic priorities this paper supports (Please check box including brief statement)

| Improved patient experience | \boxtimes | The information provided in the Quality Report supports the |
|---|-------------|---|
| Improved health of the communities we serve | \boxtimes | four strategic objectives of improving patient experience, improving population health outcomes, improving staff |
| Improved staff experience | \boxtimes | experience and improving value for money. Information is presented to describe how we are understanding, assuring |
| Improved value for money | \boxtimes | against and improving aspects related to these four objectives across the Trust. |

Committees/Meetings where this item has been considered:

| Date | Committee/Meeting |
|------|-------------------|
| | N/A |

Implications:

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|----------------------|--|
| Equality Analysis | Many of the areas that are tackled through quality assurance and quality improvement activities directly or indirectly identify or address inequity or disparity. There is nothing presented in this report which has a detrimental bearing on equalities. |
| Risk and | There are no risks to the Trust based on the information presented in this report. |
| Assurance | The Trust is currently compliant with national minimum standards |
| Service User / | The Quality report provides information related to experience and outcomes for |
| Carer / Staff | service users, and experience of staff. As such, the information is pertinent to |
| | service users, carers and staff throughout the Trust. |
| Financial | Much of our quality improvement activity helps support our financial position, through enabling more efficient, productive services or supporting cost avoidance. However, there is nothing presented in this report which directly affects our finances. |
| Quality | The information and data presented in this report help understand the quality of care being delivered, and our assurance and improvement activities to help provide high quality, continuously improving care. |

| Su | pporting | Documents | and | Research | h material |
|----|----------|-----------|-----|----------|------------|
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1.0 Quality Assurance

- 1.1 For the assurance section of this Quality Report we are taking a closer look at quality, and quality oversight, in relation to smaller services, a topic of discussion at recent Board meetings. We have undertaken an initial analysis of adult mental health services that are smaller in size, and sometimes in activity. Typically these services provide more specialist services compared to the larger more generic mental health services that constitute the majority of adult mental health services.
- 1.2 Anecdotally there is a suggestion that these smaller, more specialist, services might be discussed less within directorate management structures, might have less interaction with senior managers, and may have grown more organically than more substantial services, leading to the possibility of less well developed performance and contract monitoring arrangements. This is not a consistent picture though, as even within individual directorates, the narrative varies across teams, and may be influenced by proximity, personality, and alignment with commissioner priorities
- 1.3 This analysis doesn't apply a fixed definition in order to identify 'small teams', but rather utilises a subjective judgement based primarily on human resource, but also considering measures of activity, such as referrals and contacts. This initial analysis focuses on 'smaller services' in Luton and Bedfordshire, where there are a higher number of smaller services compared to East London, and the risk factors described above may be compounded by relative physical isolation.
- 1.4 A wide range of mental health services are provided across Luton and Bedfordshire, and are set out below. The smaller, more specialist, services that represent the focus of the paper are highlighted in yellow, and number 16 in total.

| Directorate | Service | Directorate | Service |
|--------------|---|-------------|--------------------------------------|
| Bedfordshire | Adult Autism Service | Luton | Coral Ward |
| Bedfordshire | Bedford East CMHT | Luton | Crystal Ward |
| Bedfordshire | Bedford West CMHT | Luton | ECT Suite |
| Bedfordshire | Bedford North CMHT | Luton | Jade Ward (PICU) |
| Bedfordshire | Ampthill CMHT | Luton | Dallowdowns CMHT |
| Bedfordshire | Biggleswade CMHT | Luton | Stockwood CMHT |
| Bedfordshire | Dunstable CMHT | Luton | Brantwood CMHT |
| Bedfordshire | Day Resource Centre / Recovery College | Luton | Wardown CMHT |
| Bedfordshire | Leighton Buzzard CMHT | Luton | Luton and South Bedfordshire CRHT |
| Bedfordshire | Ash Ward | Luton | Onyx Ward |
| Bedfordshire | Barford Avenue Resource Centre | Luton | Liaison and Diversion Service (LaDS) |
| Bedfordshire | Bedford & Mid Bedfordshire Crisis Team | Luton | Luton Memory Assessment Service |
| Bedfordshire | Bedford Older Peoples CMHT | Luton | Mental Health Street Triage Team |
| Bedfordshire | Bedford Liaison Psychiatry | Luton | Poplars Ward |
| Bedfordshire | Bedford Memory Assessment Service | Luton | Primary Care Link Workers |
| Bedfordshire | Cedar House | Luton | Luton Psychiatric Liaison Service |

| Bedfordshire | Complex Needs Service | Luton | Luton Older People's CMHT |
|--------------|------------------------------------|-------|-----------------------------------|
| Bedfordshire | Diverse Cultures Team | Luton | Luton and South Bedfordshire CRHT |
| Bedfordshire | Early Intervention Psychosis | | |
| Bedfordshire | Community Eating Disorders Service | | |
| Bedfordshire | Employment Services | | |
| | | | |
| Bedfordshire | Fountains Court | | |
| Bedfordshire | Townsend Court | | |
| Bedfordshire | Mid Bedfordshire Older | | |
| | Peoples CMHT | | |
| Bedfordshire | Mid Beds Memory | | |
| | Assessment Service | | |
| Bedfordshire | Primary Care Link Worker | | |
| Bedfordshire | South Bedfordshire Older | | |
| | Peoples CMHT | | |
| Bedfordshire | The Coppice | | |
| Bedfordshire | Willow Ward | | |
| Bedfordshire | South Beds Memory | | |
| | Assessment Service | | |

- 1.5 Tables 1 and 2 below set out levels of participation in the Trust's core quality assurance processes, and key quality and safety indicators, to provide assurance around engagement as well as quality of those services. Review of participation with quality assurance processes shows that the majority of services are engaged. Most have also been visited by an Executive for a walkround in the past 12 months. Levels of feedback from service users through patient-reported measures of experience are variable across the Trust, and the services here reflect that variation. Those that are collecting data generally get positive responses to the Friends and Family Test.
- 1.6 Those services that appear to be less engaged, tend to be either functionally and operationally unsuited to these quality assurance processes (e.g. Liaison and Diversion Service, Mental Health Street Triage Team) as they may be too mobile, fluid and short term in their work, or are, to a significant extent, integrated into 'mainstream' services (for example, most Memory Assessment Services, Complex Needs Service, Primary Care Link Workers, Employment Service), so that it is impossible to isolate their assurance from those larger services.



Table 1. 'Smaller' Bedfordshire services and their participation in ELFT quality assurance processes, and key quality and safety indicators

| Bedfordshire Services | Engagement in ELFT's Core Quality Assurance Processes (last 12 months) | | | | Key quality and safety metrics (last 12 months) | | | |
|---|--|--------------------|-----------------------------|------------------------------------|---|---------------------|---------------------------------|----------------------|
| | Clinical Audit | PREM collection | Readiness programme for CQC | Executive Walkround | Mean FFT % recommend | Complaints received | Incidents / % resulting in harm | Serious Incidents |
| Adult Autism Service | Good | Excellent | Yes | Not visited - Cancelled by team | 93% | 0 | 7 / 14% | 0 |
| Bedford Memory Assessment Service (*Service integrated with OP CMHT) | Limited | Limited | Yes | Visited | Integrated with CMHT | 2 | 10 / 0%* | 0 |
| Cedar House | Good | Good | No | Visited | 97% | 0 | 58 / 29% | 0 |
| Complex Needs Service | Limited | Limited | No | Visited | 75% | 0 | 1 / 0% | 0 |
| Diverse Cultures Team | Limited | Limited | No | Visited | 67% | 0 | 0 | 0 |
| Community Eating Disorders Service | None | Limited | No | Visited | 100% | 0 | 5 / 0% | 0 |
| Employment Services | None | Good | No | Visited | 100% | 0 | 1 / 0% | 0 |
| Mid Beds Memory Assessment Service (*Service integrated with OP CMHT) | Good | Limited | Yes | Visited | 85% | 0 | 0 | 0 |
| Primary Care Link Worker | Limited | Limited | Yes | Not visited | 100% | 0 | 3 / 33%* | 0 |
| The Coppice | Good | Limited | Yes | Visited | 69% | 0 | 0 | 0 |
| South Beds Memory Assessment Service(*Service integrated with OP CMHT) | Limited | Limited | Yes | Visited | 100% | 0 | 47 / 28% | 0 |

Table 2. 'Smaller' Luton services and their participation in ELFT quality assurance processes, and key quality and safety indicators

| Luton Services | Engagement | | e Quality Assura | Key quality and safety metrics (last 12 months) | | | | |
|---|----------------|-----------------|---------------------|---|----------------------|---------------------|----------------------------|----------------------|
| | | (last 1 | 2 months) | | | | | |
| | Clinical Audit | PREM collection | Readiness programme | Executive Walkround | Mean FFT % recommend | Complaints received | Incidents / % resulting in | Serious Incidents |
| | | | for CQC | | | | harm | |
| ECT Suite | Limited | Good | No | Visited | 82% | 0 | 7 /14% | 0 |
| Liaison and Diversion Service (LaDS) | Limited | Limited | Yes | Visited | - | 0 | 18 / 44% | 1 |
| Luton Memory Assessment Service (*Service integrated with OP CMHT) | Limited | Good | Yes | Not visited | 90% | 0 | 2 / 100% | 1 |
| Mental Health Street Triage Team | None | None | No | Not visited | - | 0 | 0 | 0 |
| Primary Care Link Workers | None | None | No | Not visited | - | 0 | 0 | 0 |

- 1.7 It seems that these smaller services can be divided into three groups:
- The 'self-sufficient' those services that stand alone with a degree of autonomy and engage with quality assurance processes, tending to be the larger of the small teams
- The 'integrated' those services that have a close relationship with larger services to the
 extent that they are difficult to distinguish, and whose quality assurance activity is combined
 with those larger services
- The 'unique' services such as the Street Triage team, where our normal ways of assuring quality may not apply, and new ways of thinking about quality assurance may be required
 - Whilst there may be some inherent risk in any of these arrangements, service user feedback and the rudimentary measures of quality and safety reviewed here do not generate immediate cause for concern.
- 1.8 We approached the clinical leads for each of these services to try to find out a little more about the oversight and support they receive to help them deliver safe and high quality services, and their perceptions of connectedness to the rest of the directorate and the wider Trust. A brief telephone semi-structured interviews was undertaken. Leads from 7 of the 17 services in scope were available for interview. Only one of the 'unique' services was contactable. This may perhaps confirm both the challenges of providing some oversight for those teams and the need to think differently about how we engage with and support them.
- 1.9 The interview included both structured rating scales of connectedness with open questions, and a summary of findings is set out below.

| Quantitative measures of connectedness | Mean score (scale 1-4, with 4 being most positive) |
|--|--|
| How connected do you feel to mental health services in the rest of Luton/Bedfordshire? | 3.3 |
| How connected do you feel to the wider Trust? | 2.0 |
| On a scale of 1-4, how well supported by management do you feel? | 3.0 |

- 1.10 It is evident that services generally feel well connected to management and other services locally. It is also apparent that services feel notably less connected to the wider organisation. Whilst the average score for how well services feel supported by management appears positive. There was more variation here with some services feeling 'extremely supported' and a similar number feeling only 'somewhat supported'. Those less positive services talked about a desire for improved communication, more face to face contact with senior management, and greater responsiveness to perceived training and staffing needs. It is tempting to think that physical isolation may be playing a part here, but there is no specific reference to this in the interview responses.
- 1.11 Overall the qualitative feedback from teams was positive, with a picture of strong supervision and appraisal, good managerial oversight, local connectedness, and opportunities to learn from and share experiences with other services. It also comes across in the interview feedback that some informal alliances and networks have developed between services to support learning and development. However there is a desire to connect with similar services across the Trust, but an apparent barrier to making this happen, and in some cases an uncertainty as to whether similar services operate outside of Bedfordshire.
- 1.12 The Bedfordshire directorate management team have recently been considering service engagement and assurance processes, and have been some changes to the management

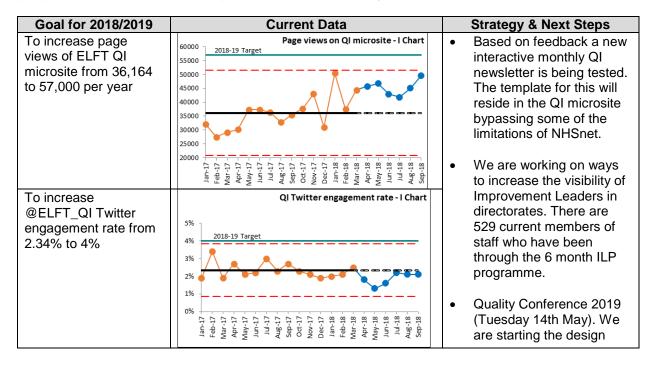
team to include a Countywide service manager for liaison and diversion, street triage, the crisis resolution and home treatment team and liaison service. The plan is to recruit to a clinical lead for this group of services, and create a new governance group to devote time and space for these particular services, just as there is for older people's services. In addition, primary care link workers now have a service manager across Bedfordshire and Luton, who is a member of the directorate management team.

- 1.12 This review process has identified some interesting insights, and the following suggestions are made for next steps:
 - Repeat this review process for smaller teams in London Mental Health Services and for Community Health Services
 - b) Consider the creation of formal networks bringing together specialisms across geography for learning and peer to peer interaction
 - c) Work with those particular 'unique' services where traditional methods of quality assurance and oversight are not suitable, to create bespoke systems and processes
 - d) Consider sources of external learning and assurance to support our approach towards smaller teams
 - e) Integrate discussion on smaller teams into existing performance and quality reviews with directorates

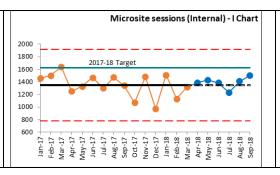
2.0 Quality Improvement

2.1 Engaging, encouraging and inspiring:

For the coming year, we have set three primary goals to help us engage, encourage and inspire people to embed continuous improvement into their daily work.



To increase number of internal QI microsite sessions (defined as microsite being viewed by unique user for over 30 minutes) by 20%



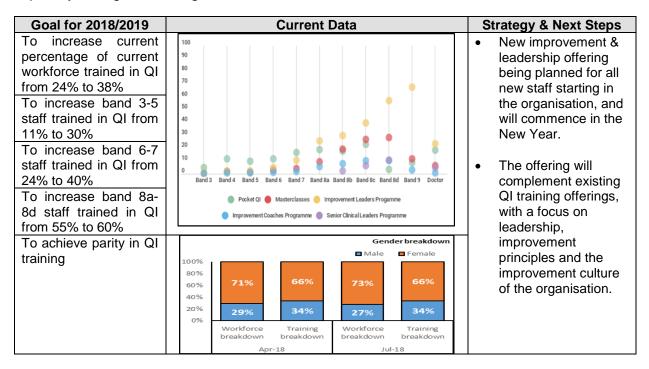
process for the conference, a steering group with services users from all directorates has been set up to co-produce the event.

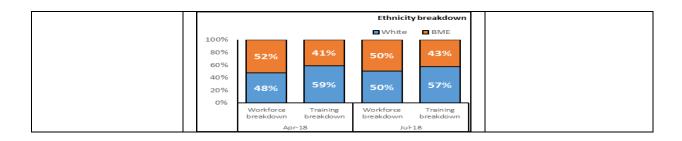
On 11 October the service user led Bridging the Bedford Gap QI project won the Quality Improvement (QI) Award at the National Mental Health Awards in Liverpool. The aim of the QI project was to engage and inform patients on the Bedfordshire Willow Ward of support and help available on discharge through the Trust's Recovery College and People Participation network.



2.2 Building Improvement skills:

For the coming year, we have set six primary goals to help us enhance how we build improvement capability throughout the organisation.





Cohort 4 of the Improvement Coaching programme graduated in September. All cohort 4 coaches are now actively supporting QI projects across the organisation, bringing the total number of active coaches in the organisation up to 70.



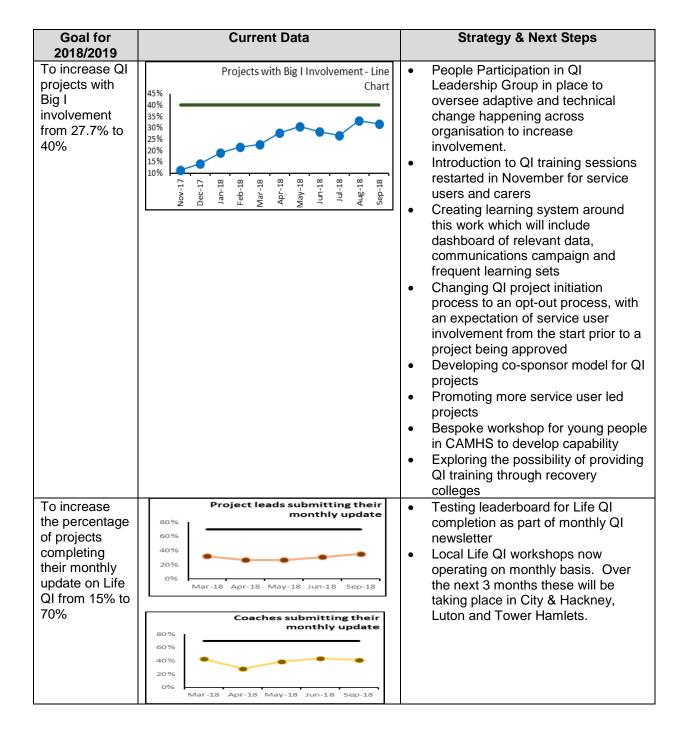
Wave 8 of the Improvement Leaders' programme started in September. To date the 180 delegates on this wave have completed a total of three workshops, focussing on identifying and understanding their quality issues, using measurement for improvement and increasing team effectiveness.

On 16-18 October, we hosted the 5th annual strategic visit from the IHI. Derek Feeley (CEO), Robert Lloyd (Vice President), Trissa Torres (COO), Pedro Delgado (Head of Europe) and Don Berwick (President Emeritus & Senior Fellow) met with over 500 staff, service users and external partners during the visit, which included a lunch & learn with Don Berwick, teaching sessions from Bob Lloyd, visits across all our directorates, and strategic guidance on execution of our Trust strategy.



2.3 Embedding into daily work:

For the coming year, we have set two primary goals to help us improve how QI is embedded into daily work.

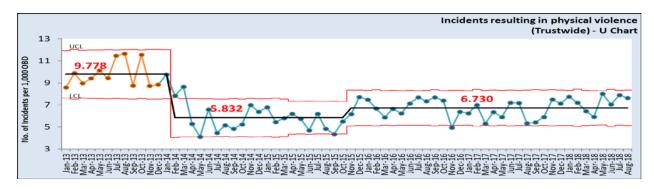


2.4 Strategic improvement efforts:

We currently have 145 active QI projects in the organisation and progress against the Trust's strategic improvement priorities is as follows:

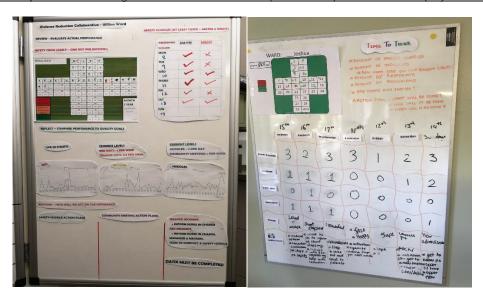
Reducing Physical Violence and Restrictive Practice

Overall the rate of violence across the organisation remains stable.

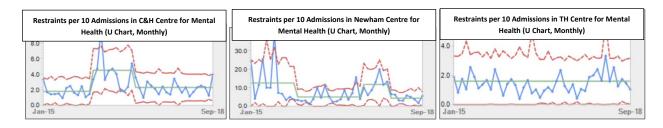


The focus for all directorates who have undertaken violence reduction work (Tower Hamlets, City & Hackney, Newham, Forensics, Luton and Bedfordshire) is to reliably embed and standardise Quality Control systems so that reductions in violence are maintained. All directorates are currently working to implement standard work templates and visual management systems on every ward to ensure reliability around the ELFT safety culture bundle. All wards now have standard work templates in place, with work to install visual management boards still underway. This work is being coordinated by the monthly Trust wide Time to Think strategy Board, with monthly Time to Think meetings taking place on a monthly basis in all London directorates.

Two examples of visual management boards in Willow Ward (Bedfordshire) and Joshua ward (City & Hackney)



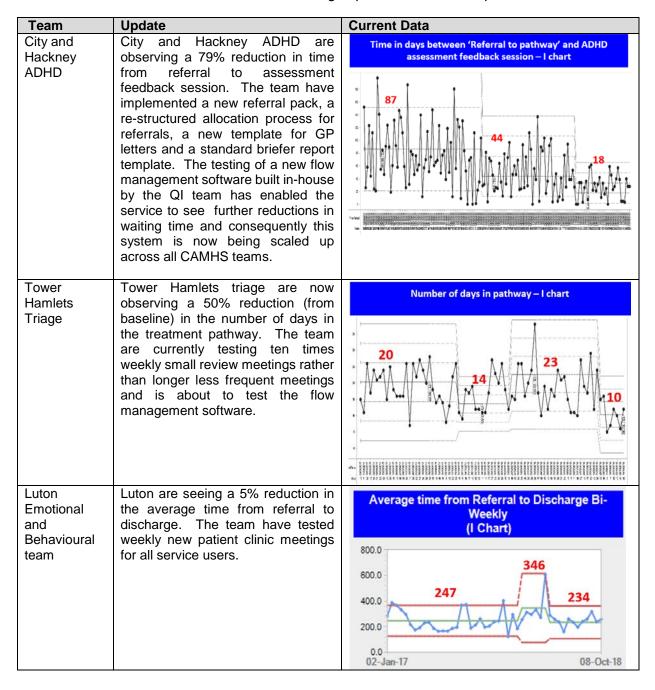
With regards to reducing restrictive practice, an advertising campaign is currently underway with posters having been distributed across the organisation. The intention is for this campaign to be provocative and targeted towards the whole community rather than staff/patients specifically. Trauma Informed Care Training is being piloted in the current band 6 development course. This will be reviewed in the Time to Think Strategy Board. MAPA trainers now have a clinical day each month to review learning from restraints and seclusions. Feedback from the trainers will be reviewed within the next few months.



Improving Access and Flow in Community Services

This workstream is focused on reducing the length of time from referral to completion of treatment for CAMHS and psychological therapy services (PTS).

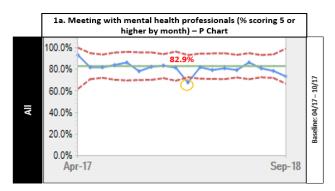
All CAMHS teams are testing changes and three out of six teams are now seeing improvements in their outcome measures, with a fourth showing improvements in their process measures.



In psychological therapy services there is still little evidence to suggest that the change ideas tested in City & Hackney and Tower Hamlets have had an impact on improving flow through the system. We are now seeing referral times to first and second contact in Newham starting to reduce. All teams are now running rapid cycle PDSAs around overbooking first contact information and enrolment sessions in addition to testing a modified non-attendance policy.

Reshaping Community Services

As an overall learning system of five community mental health teams, there is a continued increase in the proportion of service users recommending the service to friends and families, with a shift from 79.3% to 88% following the start of this work.

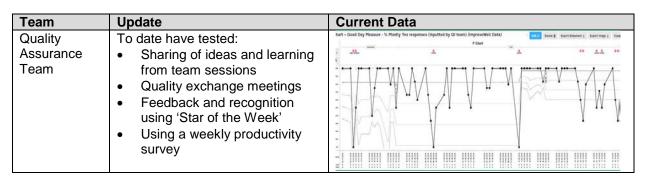


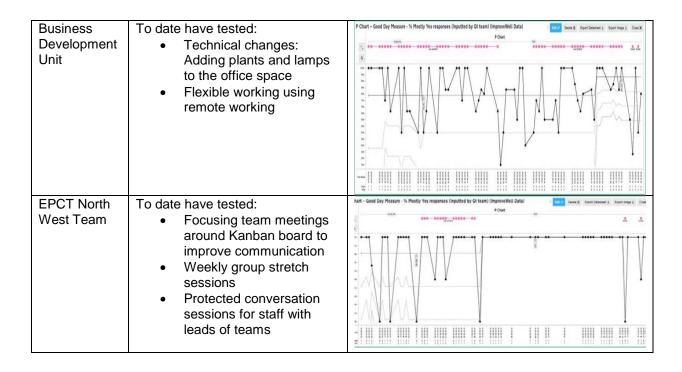


The initial pilot teams (Isle of Dogs and Newham South CRT) continue to test change ideas, with their main focus now being on consolidating their implementation plans and standard work strategies in preparation for Quality Control. The three teams that joined the collaborative between March and June (North Hackney CMHT, Dunstable CMHT and Wardown CMHT in Luton) now have aims, driver diagrams, measures and project teams in place and are now testing or close to testing change ideas.

Enjoying Work

The aim of this work stream is to improve staff satisfaction and wellbeing so that staff are better able to meet the needs of their service users. Our second cohort of 20 teams continue to be supported by a learning system that is composed of monthly learning sets (4 now completed with 2 remaining), data support and regular QI coach and QI sponsor support. As an overall cohort there is still no overall change in the group aggregated outcome measure. However, underneath this aggregated data, eight project teams are now seeing improvements in their individual outcome measures. Examples of these projects include:





Currently the majority of project teams are requiring additional support in addition to the formal elements of the learning system to move forward with this work. Team requirements are varied and include a mixture of technical issues around the use of the ImproveWell digital platform and/or Life QI in addition to challenges with the whole team engaging in the enjoying work process. In response, we are providing tailored support for every project team during learning sets, enhancing Executive sponsor oversight and have increased the frequency of data turnaround so every team sees their data on a weekly basis now.

<u>Triple Aim</u> (simultaneously improving population health outcomes, quality of care and value for money)

This work stream supports the organisation's new strategic objective of improving population health outcomes, and our new mission to lead the delivery of integrated care by working purposefully in collaboration with our communities and partners.

We continue to support three life-course work streams in Tower Hamlets Together to apply quality improvement to a defined population segment. Within the Trust, we are commencing a new area of high priority quality improvement work around achieving the triple aim for discrete population segments. Each directorate is identifying a population segment where there is an urgent need to redesign to better meet need, where there is will amongst external partners to collaborate, and where there is existing data to help us understand whether outcomes are improving. Our internal QI expertise will shift to support these projects over the coming year. Some of the initial choices of population are below, but these are still to be finalised:

- Bedfordshire: people with a diagnosis of dementia
- CAMHS: young people aged 14-16, at risk of self-harming, attending one secondary school in each of the 5 boroughs
- Community health Newham: informal carers of patients that are receiving care from the community neuro team
- IAPT: older people and people from Asian and British-Asian backgrounds

- Newham: Newham residents accessing front door crisis services (RAID, HTT) twice or more in the preceding 12 months
- Tower Hamlets community health: people with diabetes who are receiving regular visits from our district nurses for insulin administration

3.0 ACTION REQUESTED

3.1 The Trust Board are requested to **DISCUSS** and **NOTE** this report.