



Oxford University Hospitals MHS





# The Heart2Heart Stepped Care Model



STEP 1

- Cardiac specialist nurses, exercise physiologists, GPs, self-referrals
- Routine screening for anxiety/depression
- Cognitive behavioural therapy (CBT) psychoeducation session embedded in cardiac rehabilitation programme

### STEP 2

- Improving access to psychological therapies (IAPT) service, psychological wellbeing practitioner (PWP)
- Guided self-help for patients and carers
- Face-to-face/group/ telephone work with people with mild-moderate anxiety/depression
- · Computerised CBT

## STEP 3

- IAPT service, highintensity CBT therapist
- 1:1 CBT for patients and carers who have moderate-severe depression/anxiety or have not responded to treatment at Step 2.
- Long-term conditions mindfulness class

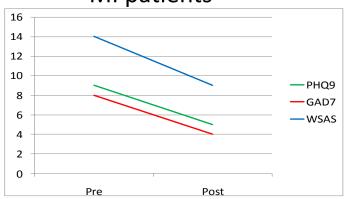
# Clinical supervision of steps 1, 2, 3 and 4 by Step 4 clinical health psychologist

### STEP 4

- Clinical health psychologist
- Assessment and Intervention for severe and complex cases and for those who have not responded to treatment at Steps 2 and 3

# **Achievements**

# MI patients

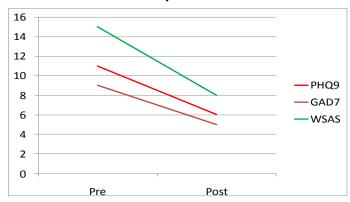


MI patients: n = 67
Anxiety and depression
51% recovery rate
72 % reliable improvement rate

**MI patients**: Cost of ALL Hospital Visits (A&E, Inpatient and Outpatient)

	REDUCTION IN COST PER PATIENT £
Treated group ie 2 or more sessions (N=34)	£4,793
Untreated group ie DNA or 1 session (N=29)	£2,814

# Heart Failure patients



Heart Failure patients: n = 39 Anxiety and depression 39% recovery rate 62% reliable improvement rate

**Heart Failure** patients: Cost of ALL Hospital Visits (A&E, Inpatient and Outpatient)

	REDUCTION IN COST PER PATIENT £
Treated group ie 2 or more sessions (N=23)	£1,635
Untreated group ie DNA or 1 session (N=3)	£302