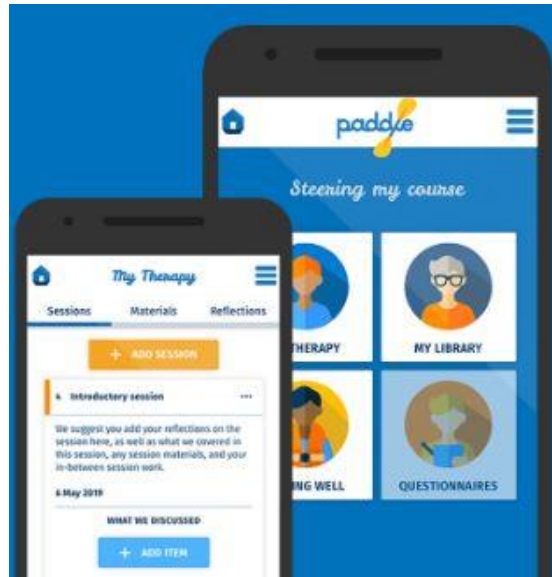


Improving post- discharge support for our patients: **Paddle & our new step 2 Staying Well protocol**

Ineke Wolsey & Michelle Lee
Anxiety and Depression Network



Overview



Our journey: background and context

Our journey



**Patient
Forum**



**Patient
Surveys**



**PWP (Step 2 therapist)
Surveys**

Our journey: Patient Forum



<http://www.oxfordahsn.org/wp-content/uploads/2015/11/AD-Network-Patient-and-Public-ForumTORs-draft-vs-2.pdf>

Our journey: Patient Surveys



Our journey: Patient Surveys



The vast majority of these patients continue to do well (83% at 6 month FU and 90% at 12 month FU)

Patients do well in treatment

84% of our sample showed reliable improvement by the end of treatment

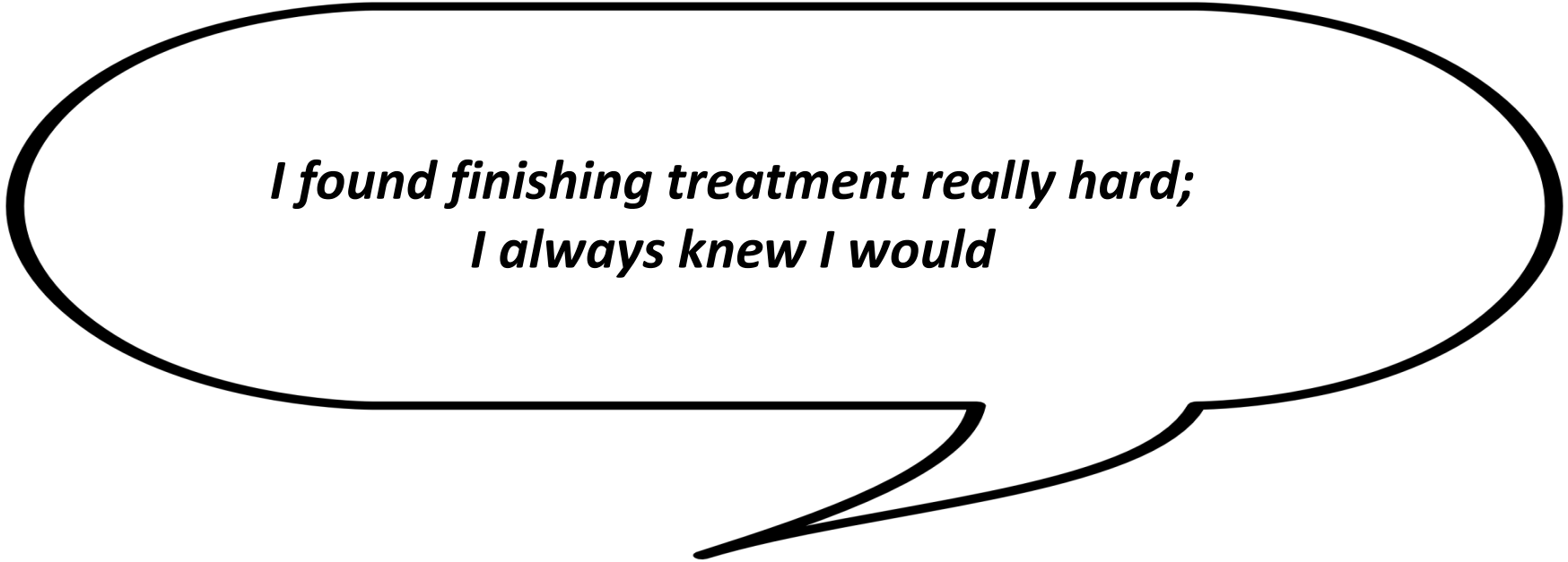
But...

Our journey: Patient Surveys

1. Patients commonly feel anxious and ill-prepared to go it alone after discharge

Our journey: Patient Surveys

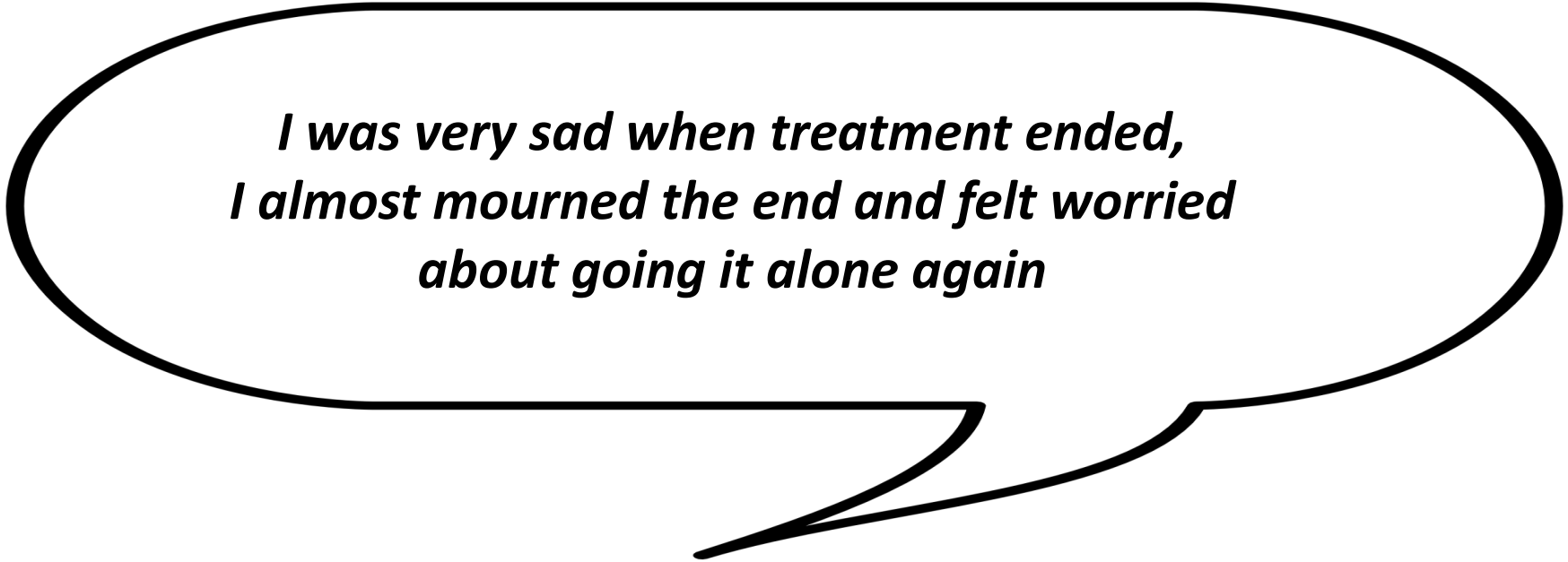
1. Patients commonly feel anxious and ill-prepared to go it alone after discharge



*I found finishing treatment really hard;
I always knew I would*

Our journey: Patient Surveys

1. Patients commonly feel anxious and ill-prepared to go it alone after discharge



*I was very sad when treatment ended,
I almost mourned the end and felt worried
about going it alone again*

Our journey: Patient Surveys

1. Patients commonly feel anxious and ill-prepared to go it alone after discharge



*I was worried that I wouldn't be
able to cope on my own*

Our journey: Patient Surveys

1. Patients commonly feel anxious and ill-prepared to go it alone after discharge



*Although I felt great at the end of treatment,
I knew I might slip*

Our journey: Patient Surveys

2. A significant proportion of patients (around a third) seek additional help in the first 6 months following discharge

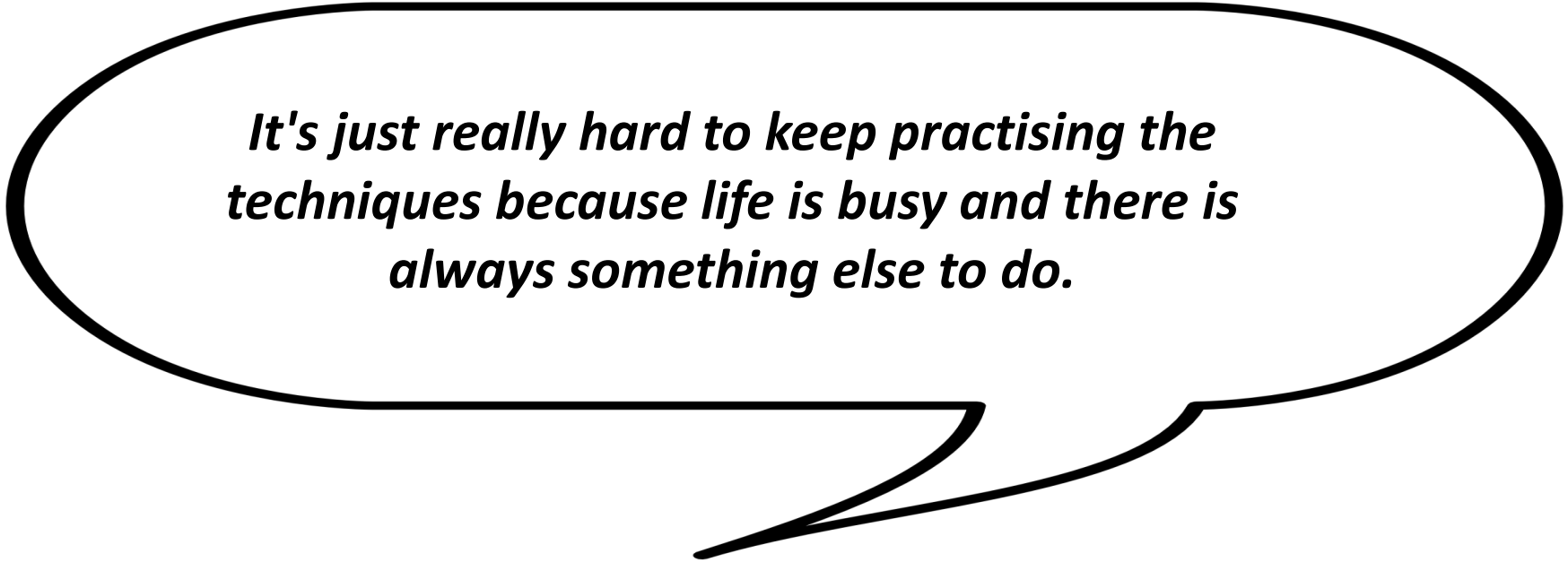
- *SHaRON online support*
- *Our Space Talking Therapies monthly meetings*
- *An additional course (stress control & well-being)*
- *Private therapy*
- *A mindfulness course*
- *Regular help at my GP surgery*
- *1 to 1 sessions with a clinical psychologist*
- *Online therapy for health anxiety*

Our journey: Patient Surveys

3. Patients sometimes struggle to know HOW to maintain their gains

Our journey: Patient Surveys

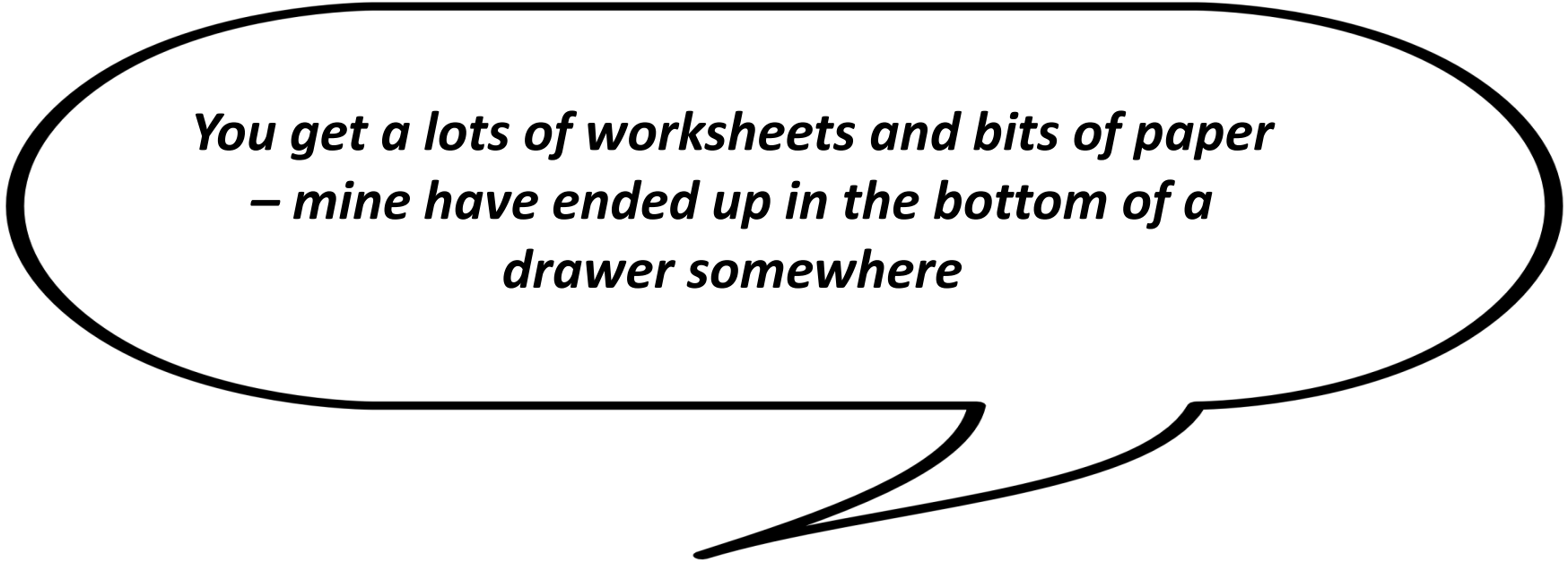
3. Patients sometimes struggle to know HOW to maintain their gains



It's just really hard to keep practising the techniques because life is busy and there is always something else to do.

Our journey: Patient Surveys

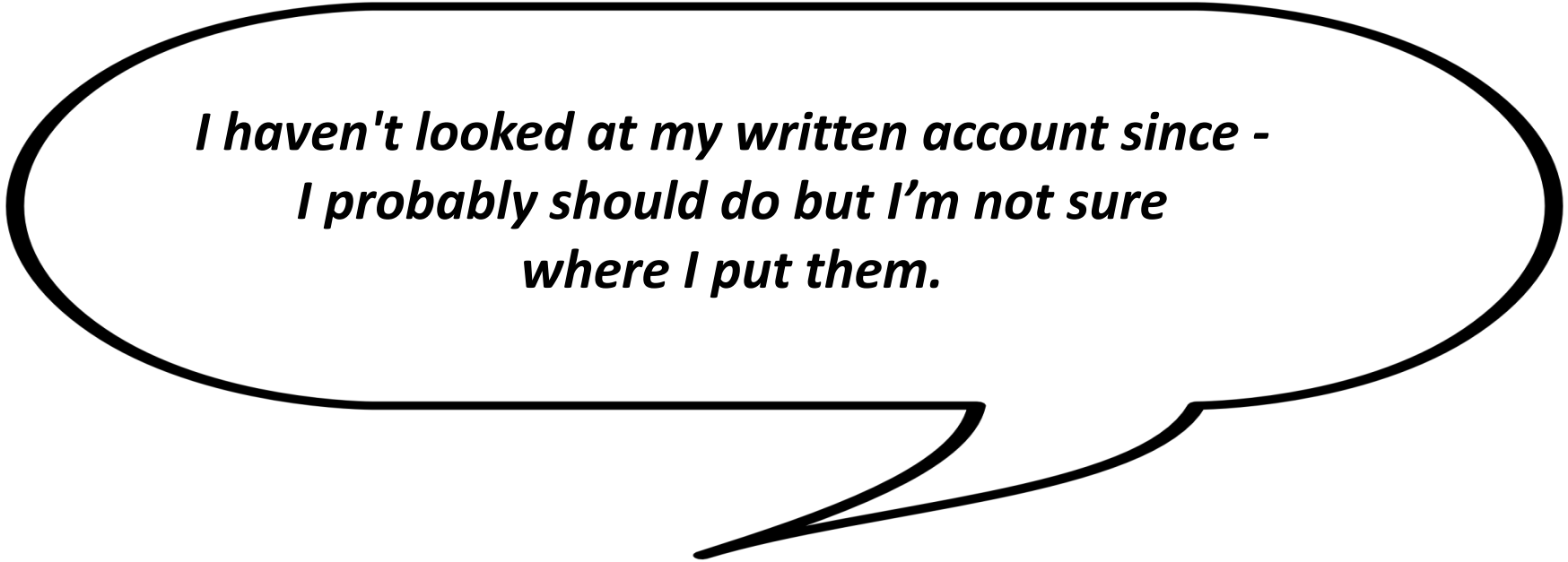
3. Patients sometimes struggle to know HOW to maintain their gains



*You get a lots of worksheets and bits of paper
– mine have ended up in the bottom of a
drawer somewhere*

Our journey: Patient Surveys

3. Patients sometimes struggle to know HOW to maintain their gains



*I haven't looked at my written account since -
I probably should do but I'm not sure
where I put them.*

Our journey: PWP (Step 2 therapist) survey



Our journey: PWP (Step 2 therapist) survey

Relapse prevention work at Step 2 is variable

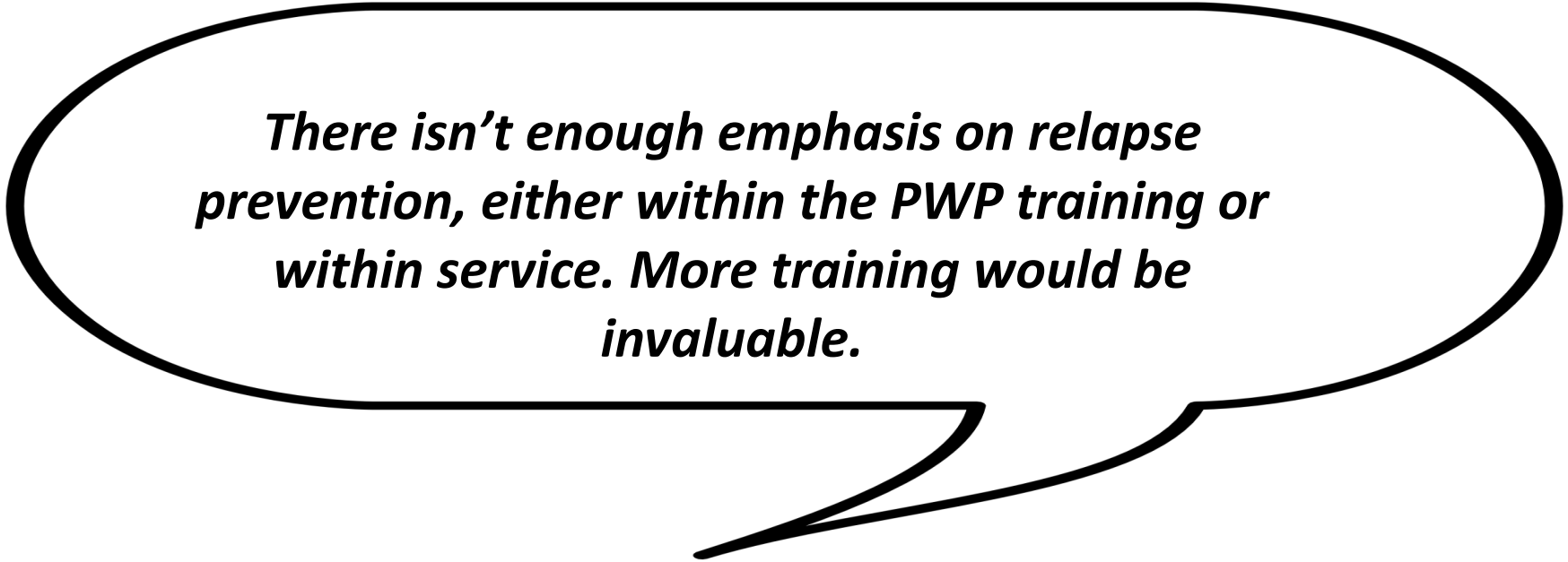
- **Existing relapse prevention training feels inadequate**
(89% of PWPs felt they would benefit from more training)
- **Relapse prevention work is not always done**
(only a third of therapists do it with ALL their patients)
- **Relapse prevention work is not always done early enough in therapy**
(42% of therapists don't do anything until the last session)
- **There are too many different relapse prevention resources available**
(more than 12 resources across the Thames Valley)

Our journey: PWP (Step 2 therapist) survey

Relapse prevention work at Step 2 is variable

Our journey: PWP (Step 2 therapist) survey

Relapse prevention work at Step 2 is variable



There isn't enough emphasis on relapse prevention, either within the PWP training or within service. More training would be invaluable.

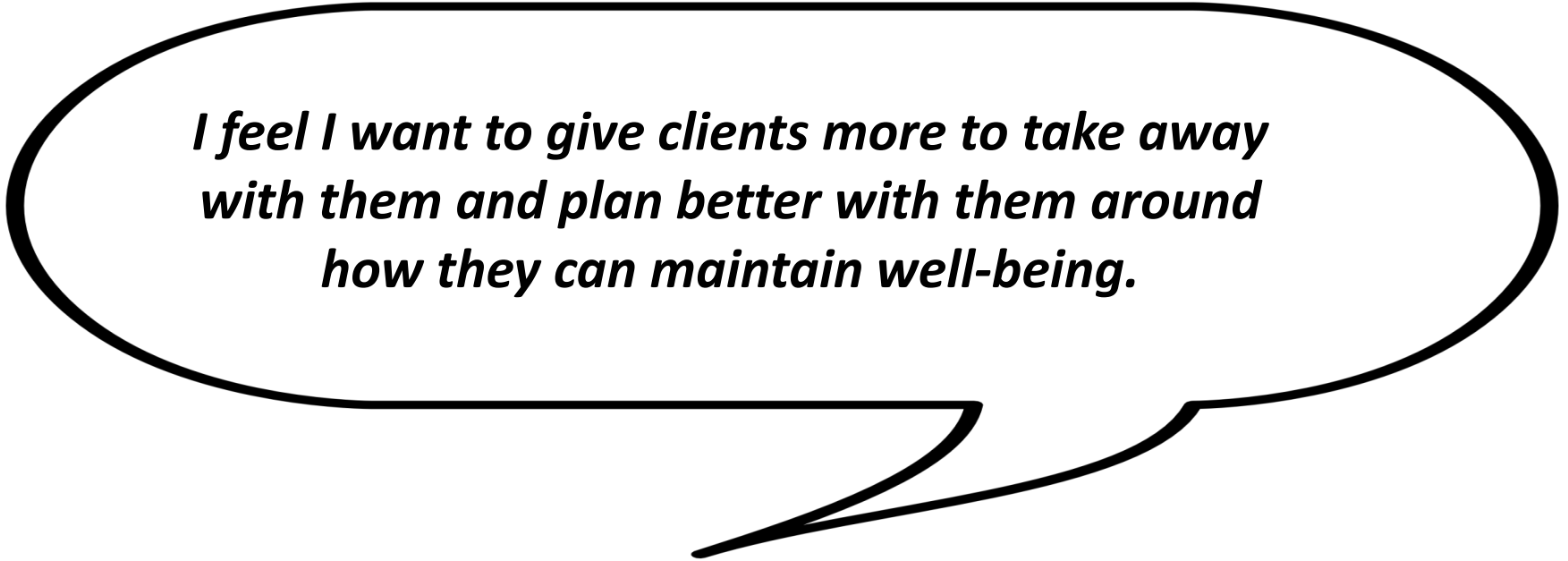
Our journey: PWP (Step 2 therapist) survey

Relapse prevention work at Step 2 is variable

Lack of knowledge and training can make the end treatment and discharging patients uncomfortable for PWPs as it is difficult to have confidence that patients will continue to use what they have learnt during treatment without any clear guidance on how to promote the use of these skills following completion of treatment

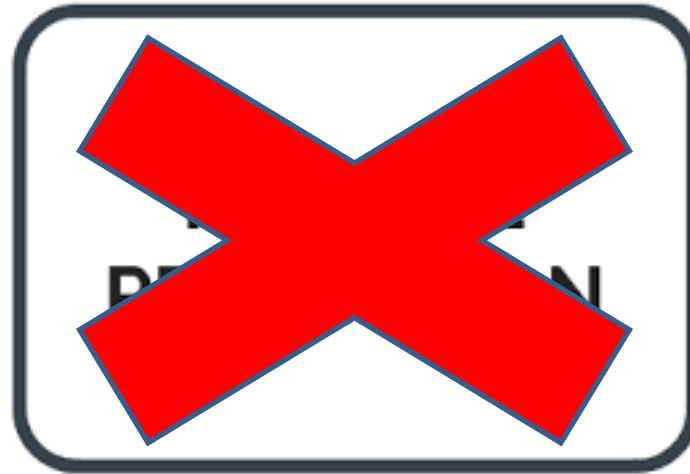
Our journey: PWP (Step 2 therapist) survey

Relapse prevention work at Step 2 is variable



I feel I want to give clients more to take away with them and plan better with them around how they can maintain well-being.

RELAPSE PREVENTION



Staying Well

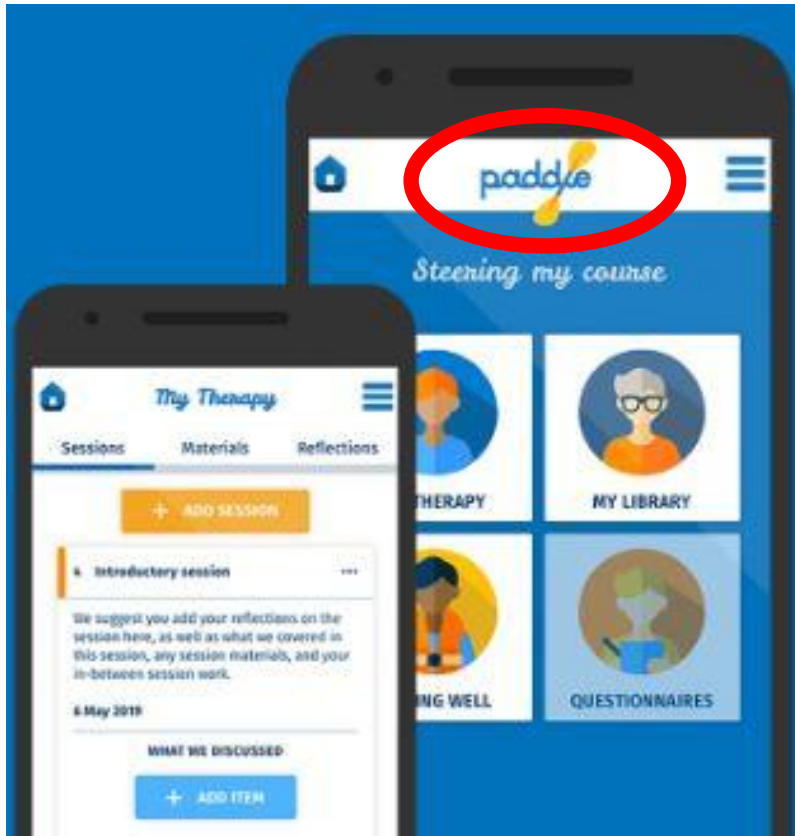
Paddle:

Our therapy support app

With grateful thanks to the Oxford CLAHRC for awarding funding for development

What's it really like
to end treatment?

Paddle: our therapy app



Helps patients to get the most out of treatment by storing and organising treatment related information in one secure location

Helps patients to continue to use the skills and tools learnt during therapy after discharge by making this information more accessible

What can you do with Paddle?



Store information about your therapy sessions (including what you discussed and learnt)



Upload relevant worksheets/booklets that you may be working through in therapy



Add reflections/thoughts you want to remember during and outside of therapy



Create your own library of resources for use during, and after therapy ends



Add information that you may need to access during an emergency



Add information/planning documents to help keep you well after therapy ends




E-Mail

PIN 


Please use the temporary PIN in your invitation e-mail if this is your first log-in.

LOGIN


[Forgot my PIN](#)




Steering my course




MY THERAPY




MY LIBRARY




STAYING WELL



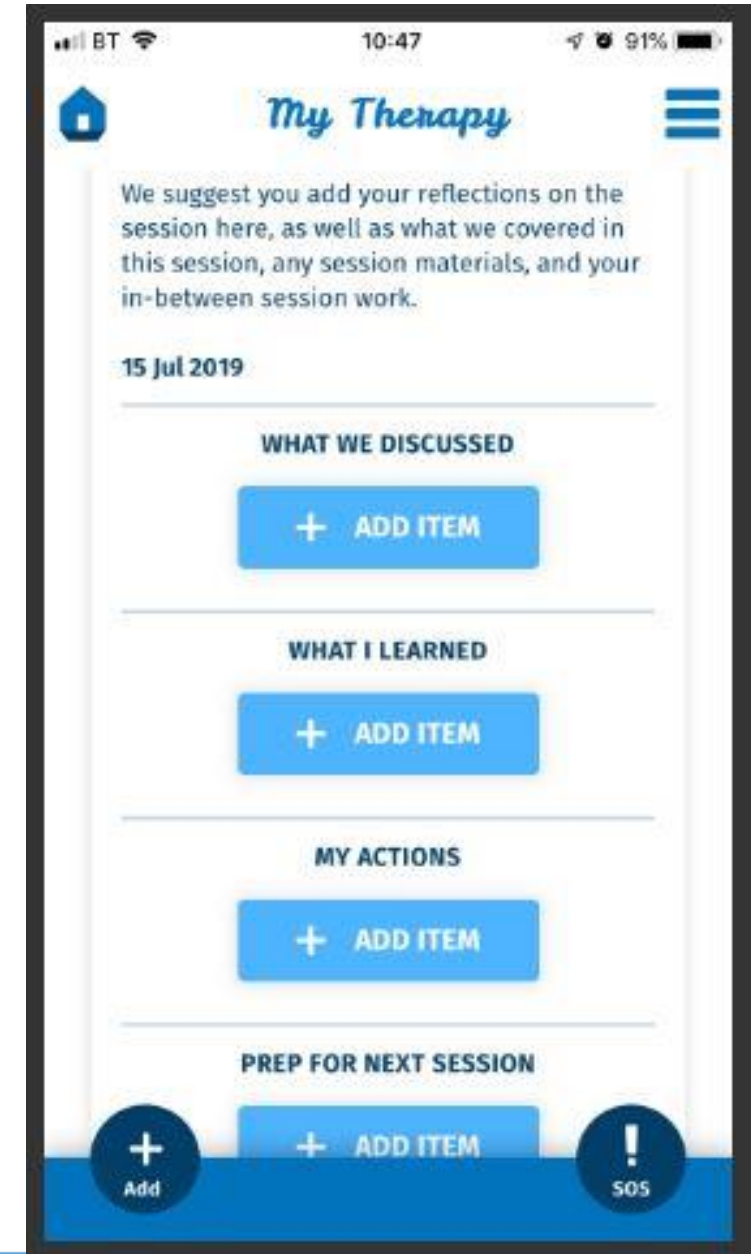
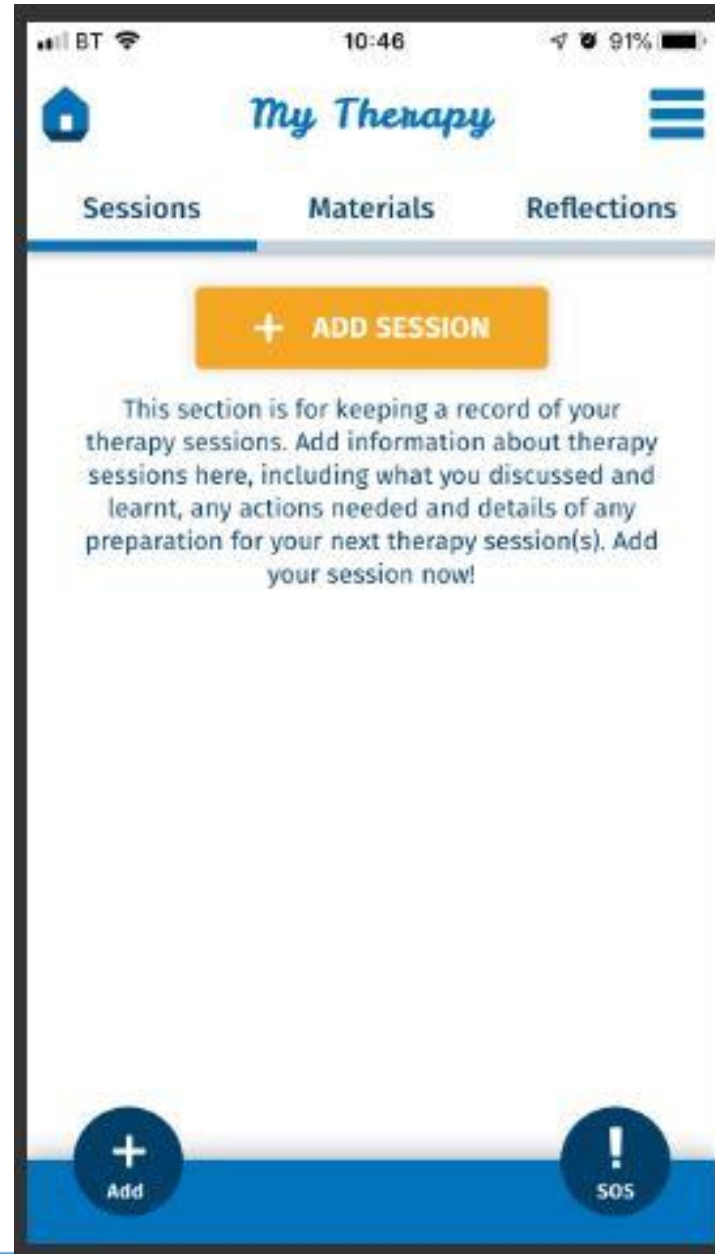
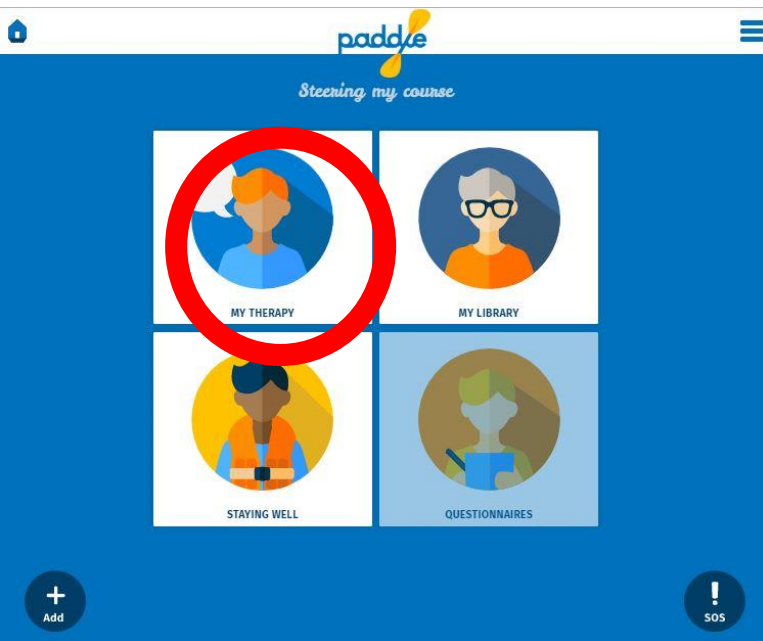
QUESTIONNAIRES

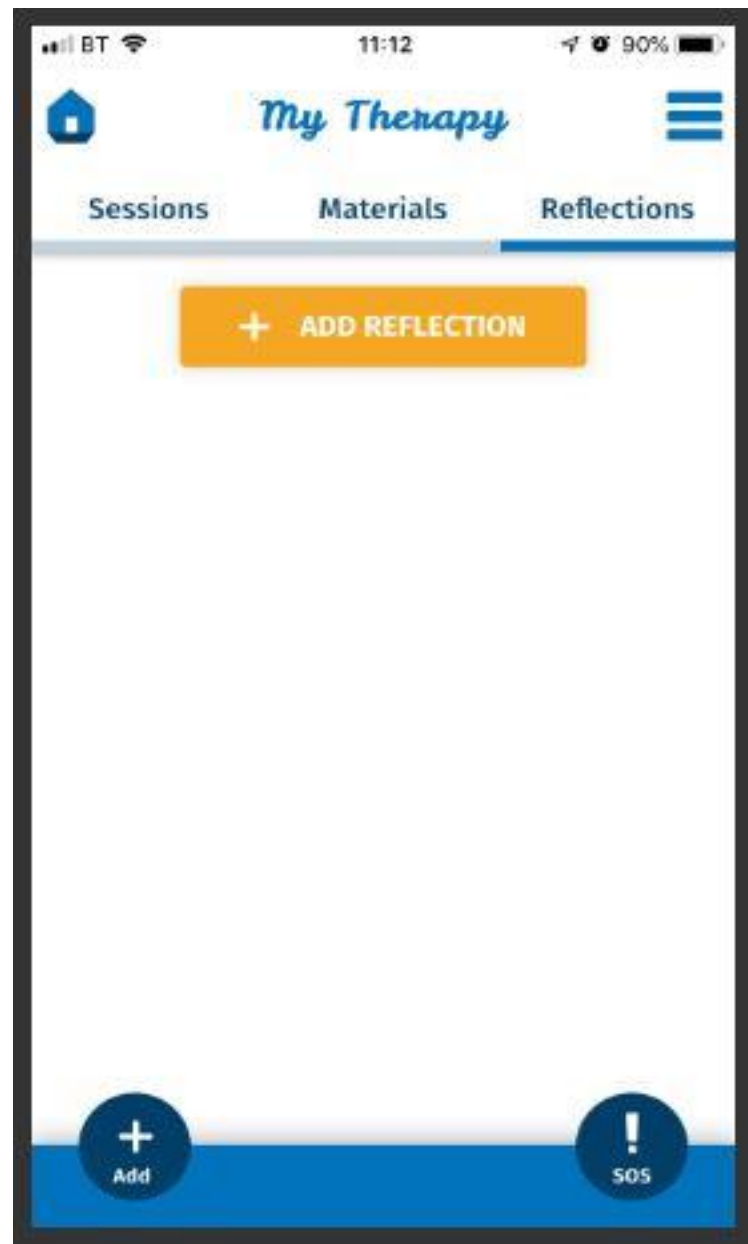
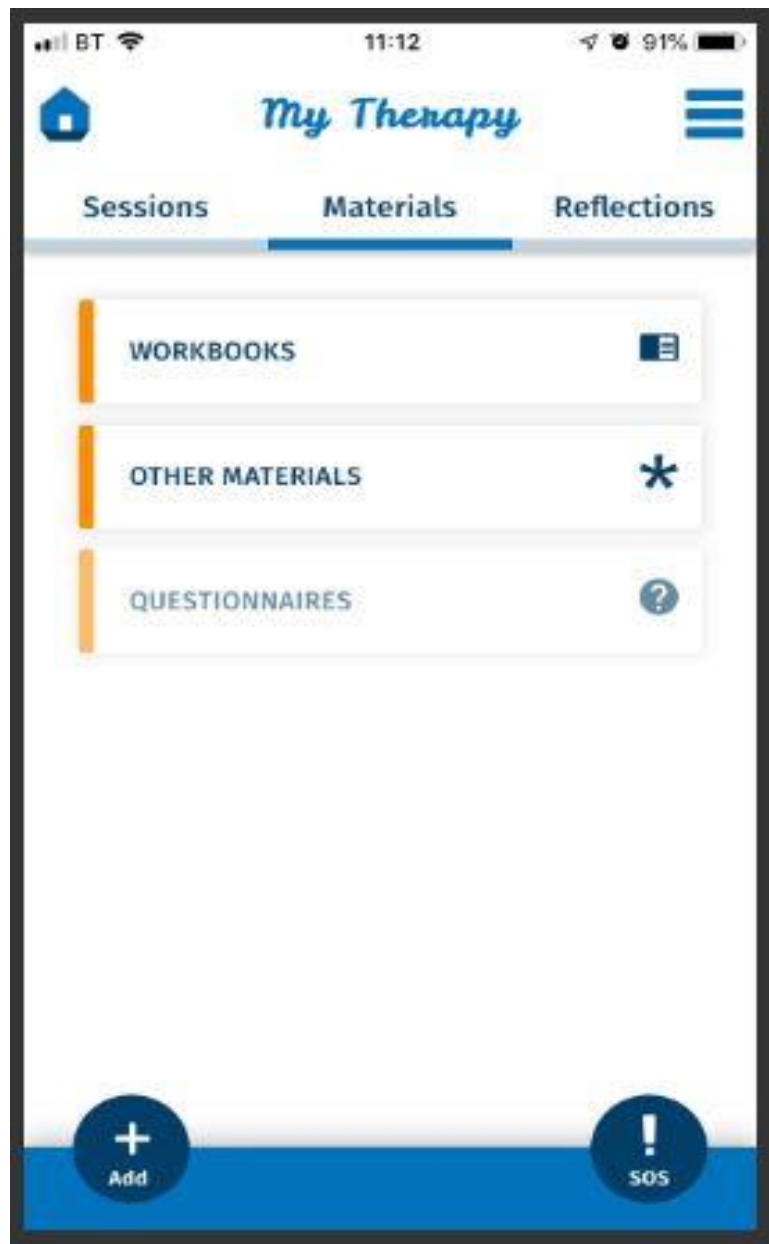
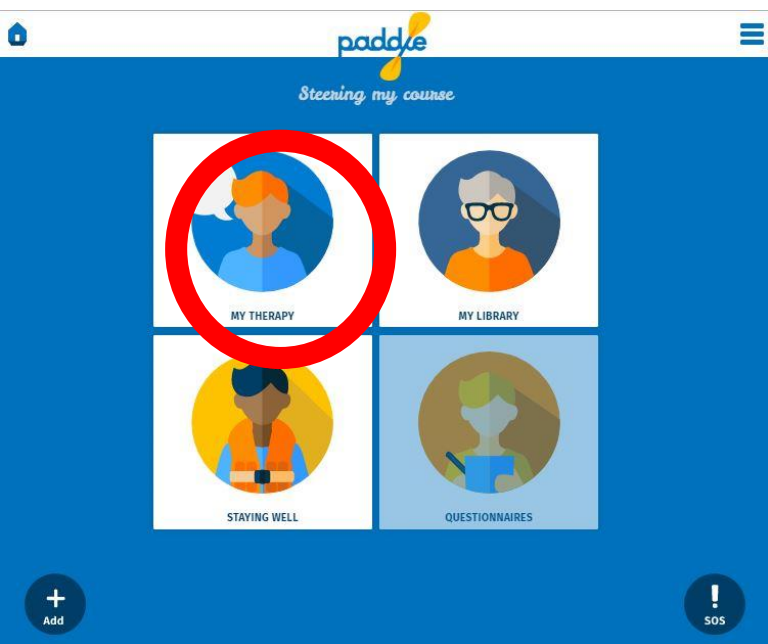


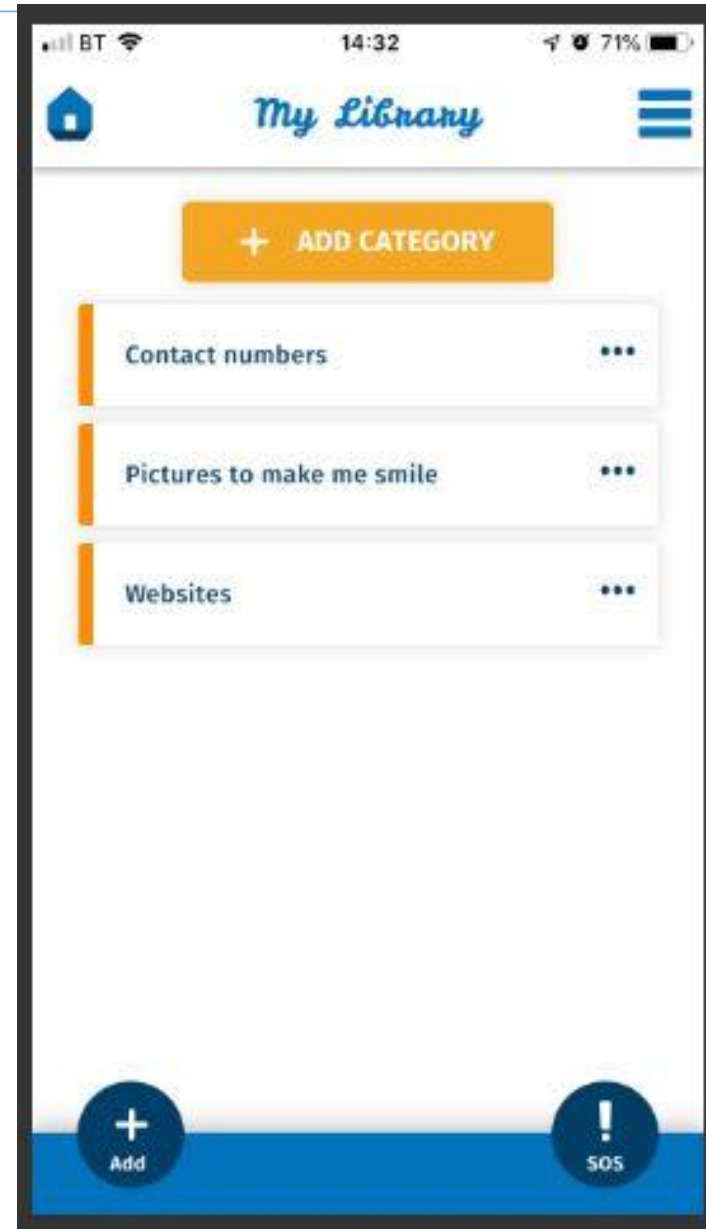
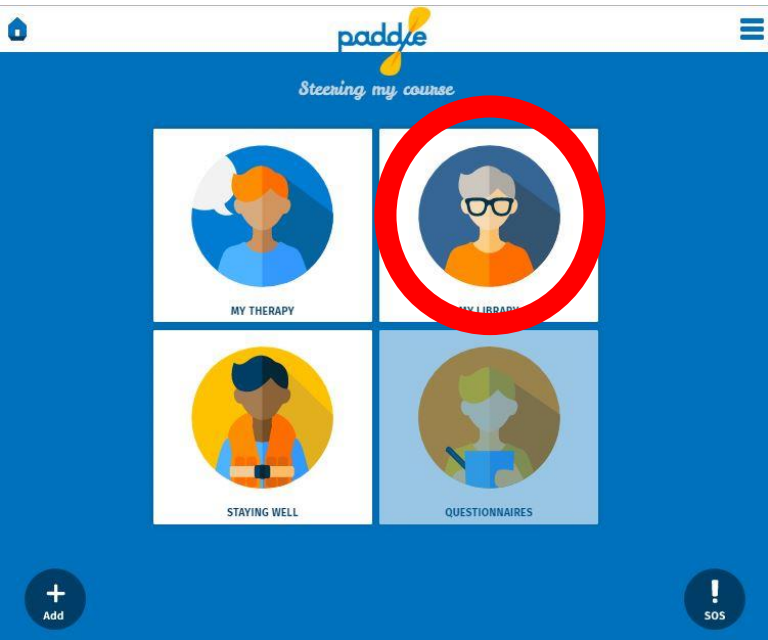
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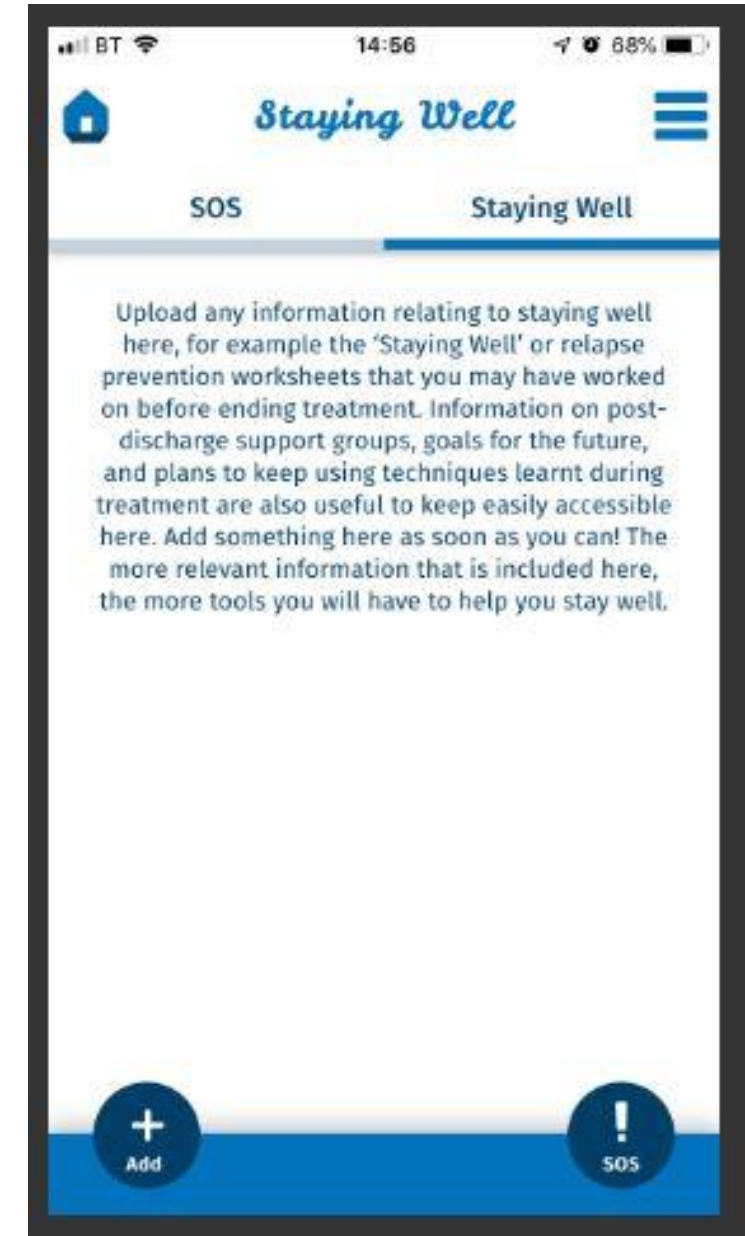
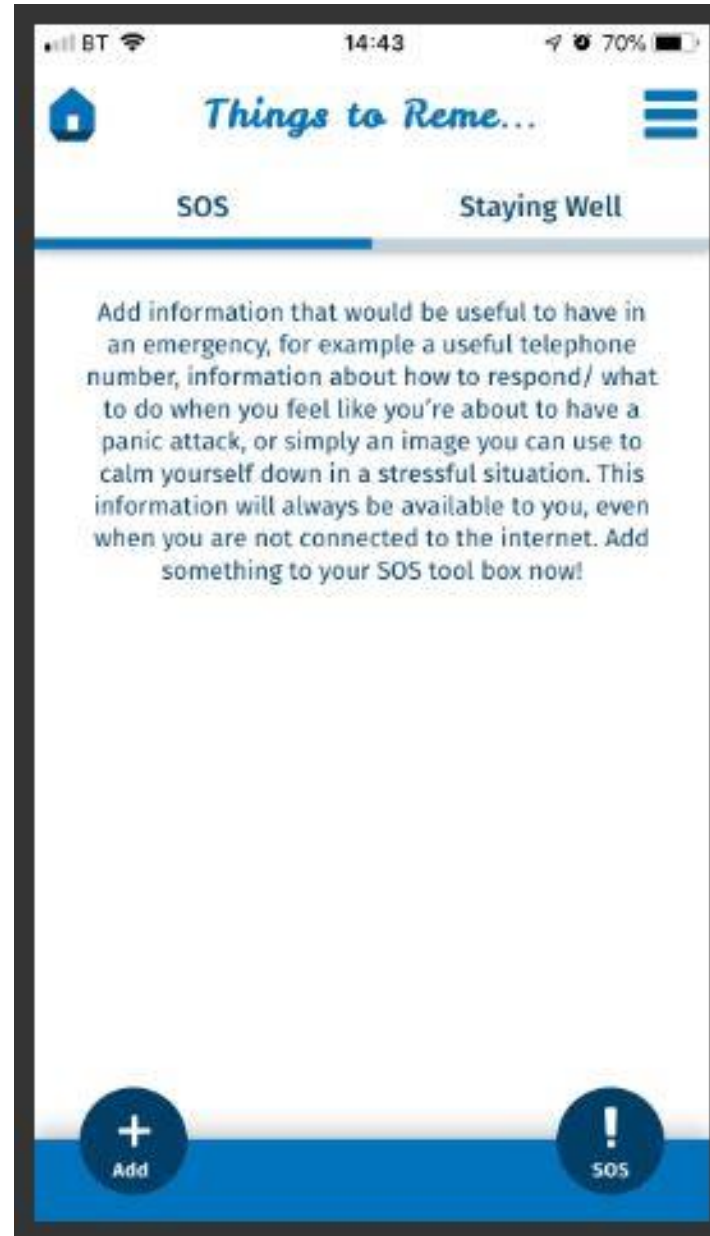
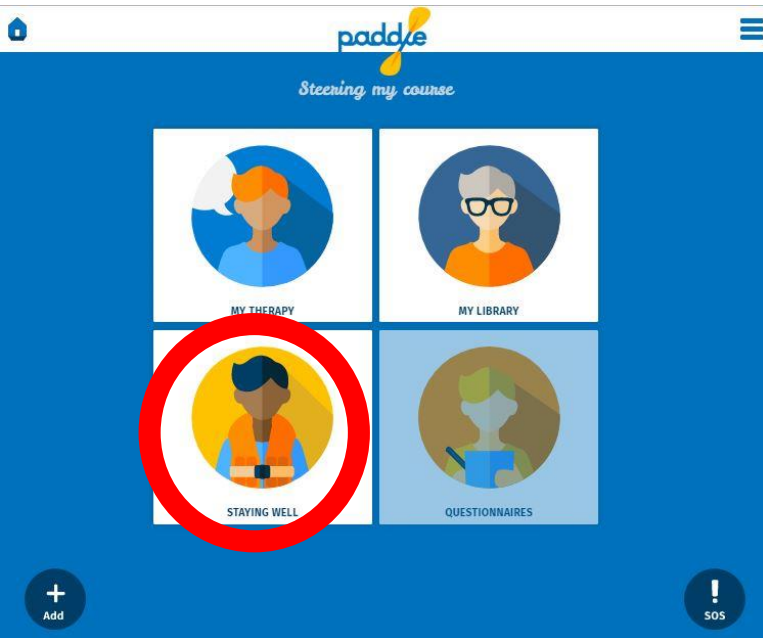


SOS









Paddle website

- Website link: <https://www.paddleapp.org.initiative-uat.com/>

Staying Well: Our new Step 2 protocol

Staying Well



Protocol
(what to do and when)

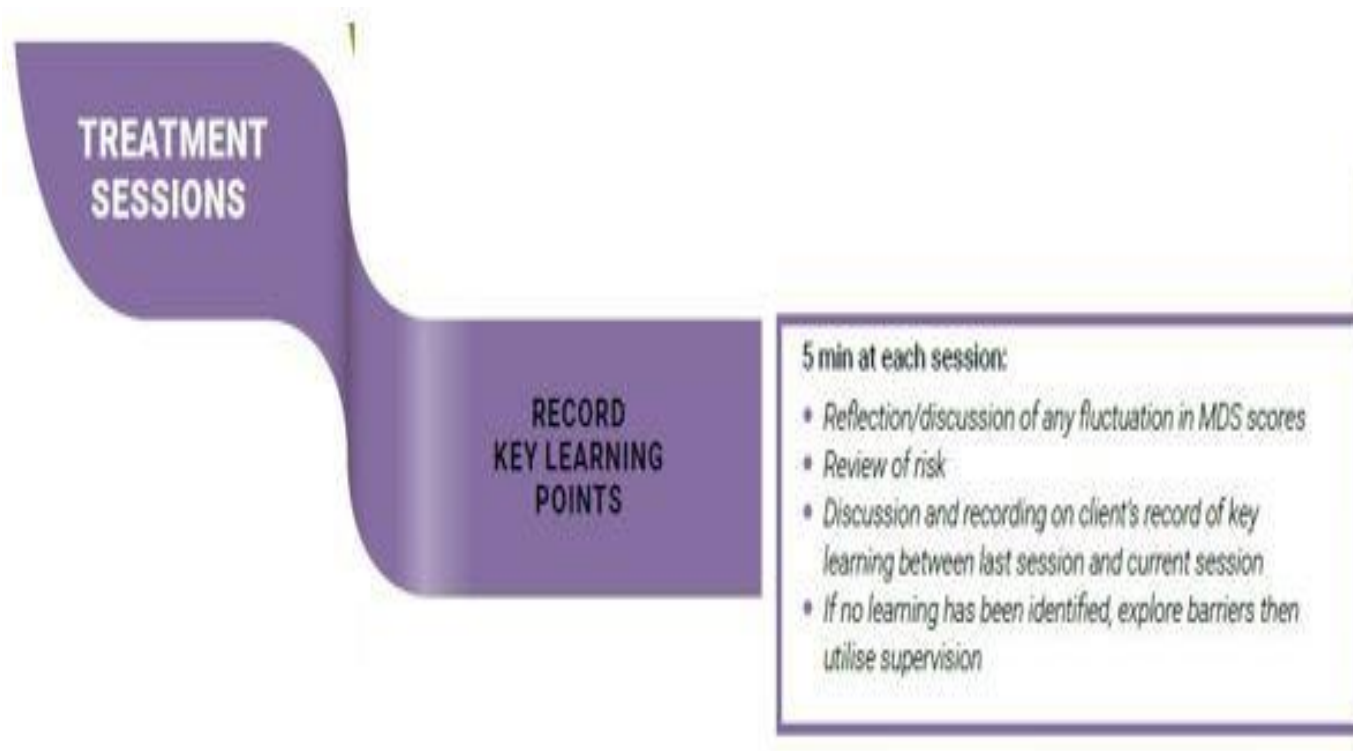
Staying Well booklet
(resource to be used by patient with guidance from PWP)

Initial Session:



5 min discussion of:

- *treatment journey through IAPT including discussion of a risk review at each session*
- *Importance of instilling skills for client to use after completing treatment*
- *Importance of reflecting on key learning in preparation for end of treatment/staying well*



Treatment sessions:

5 mins at each session

- *Reflection/discussion of any fluctuation in MDS scores*
- *Review of risk*
- *Discussion and recording on client's record of key learning between last session and current session*
- *If no learning has been identified, explore barriers then utilise supervision*

STAYING WELL

Contact details

Check in:

I will check in with myself ☐ every week ☐ every 2 weeks ☐ monthly

I will remember to do this by _____

Key points to remember:

Follow-up appointment:

If you need immediate support, please contact your GP, NHS 111, the Samaritans on 116 123, or in an emergency, go to A&E.

Guidance on how to maintain progress, and distinguishing between a lapse and relapse

Recognising change

(thinking about how things used to be and how they currently are)

Reflecting on what has been learnt during therapy
(including useful techniques, and what the patient needs to do to continue to stay well)

Warning signs of a deterioration in mood, and what can be done in response

STAYING WELL

Contact details

Check in:

I will check in with myself ☐ every week ☐ every 2 weeks ☐ monthly

I will remember to do this by _____

Key points to remember:

Follow-up appointment:

If you need immediate support, please contact your GP, NHS 111, the Samaritans on 116 123, or in an emergency, go to A&E.

How to regularly check in with yourself and identifying barriers to staying well

Identifying a social network to support staying well work

Identifying resources and other sources of support in staying well



- Finalise training video Staying Well
- Finalise website and instruction video Paddle
- Train up Paddle and Staying Well protocol 'Champions' in IAPT services
- **Small scale** roll out of Paddle and Staying Well protocol
- Evaluation (user experience and impact)
- Wider roll out