

IAPT services

The Improving Access to Psychological Therapies (IAPT) programme was

Results

The sample

At the time of data collection 1073 people had been offered prescriptions to the BWW. 316 had been activated. Of those, 72 people had used BWW for more than an hour. The team took the decision that usage under an hour was unlikely to be helpful and so excluded all those who had used it for less.

A total of 40 patients were identified from the data set who had used the Big White Wall support network for more than 1 hour and for whom the necessary data was available.

They were then matched with 40 patients who had not used the BWW on gender, age and diagnosis.

Full demographic data of the two matched samples, BWW users and BWW non-users, is in table 1.

TABLE 1: Demographics of two samples

Variable	BWW	Non BWW
Gender		
Male		

Service costs

Calculation for the cost per clinical contact

As part of the preparation for the introduction of a "payment by results" system for funding mental health services, the finance department of West London MH NHS trust calculated a cost per clinical contact (i.e. one clinical session) for the IAPT service in Hounslow. This was £65.64. This figure was calculated by taking the total service spend in that year and dividing it by the total number of clinical contacts within that year. This figure therefore includes a proportion for overheads, such as accommodation, training, employer on costs etc. However as the figure uses the total number of contacts it also includes screening and assessment appointments, as well as treatment. This report includes only treatment sessions. The figure derives from 2013-14, whilst the activity reported here is from 2014 onwards. To express this figure in "today's money" i.e. 2015 values, the Bank of England recommend using an adjustment for inflation of 2.5%³ per annum. This equates to £1.64. The cost figure to be used here therefore will be £67.28 per clinical session. This calculation applies equally to both samples, as there was no difference in the treatment provided by the service, with or without having used the BWW first.

Calculation for the cost of BWW

The cost for access to the BWW on line support network is £100 per user. The licences for this are purchased in advance, and so under use would in fact increase the actual costs per licence. At the time of our data, not all licences had been taken up, but it is understood that they have mostly been used now. The figure of £100 per licence will therefore be used.

There is also an additional cost in the training of the staff about the BWW so that they can explain this to patients. This was done within existing service meetings and so no additional cost is added to this calculation. In offering someone the option of using BWW the worker needs to spend some time explaining the additional service to them. Whilst probably brief, this will have a cumulative impact on service capacity. For the calculations here, it has been estimated that 5 minutes will be needed to explain the BWW service. That 5 minutes will have come from the clinical session. There is therefore an opportunity cost, which will not be monetised, and which would have minimal impact on the clinical content overall and applies to all who were offered the service regardless of uptake.

To calculate the cost of the service input, the mean number of clinical sessions is used to calculate the mean cost of service input.

Table 4 sets out the cost of each intervention by sample. These figures indicate that the BWW adds 14% to the service cost.

³ Actual inflation for this service may be different, but is not known

TABLE 4: cost of each intervention by sample

sample	Cost of mean clinical sessions	Cost of BWW licence	Training costs	Additional time costs	Total cost
BWW	8.98 x £67.28 = £604.17	£100	£0	£0	£704.17

References

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*This case study was completed by _____ in _____ .
Whilst undertaking this case study Brendan was Clinical Lead Ealing IAPT, West London Mental Health NHS Trust.*

Brendan successfully completed a collaborative learning programme designed to empower nurses to understand, generate and use economic evidence to continuously transform care. The programme was delivered by the Royal College of Nursing and the Office for Public Management, funded by the Burdett Trust for Nursing and endorsed by the Institute of Leadership and Management.

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