**PDSA template**

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| **Aim (overall goal for this project)** |
| To improve mental health screening for YP with Epilepsy and identify appropriate level of support |
| **Change idea** |
| For non-mental health practitioners to make an assessment of a YP mental health and be able to identify appropriate level of support using…………. |
| **PDSA objective: Describe the objective for this PDSA cycle**  | **Cycle No: 1** | **What questions do you want answered for this test of change?** |
| To identify any opportunity available to provide interventional mental health support for Epilepsy patients in Sheffield Children’s Hospital (as part of the bigger EQIP project in the South Yorkshire ICS) | Is there any support available specific to Sheffield Children’s that I can offer my patients?How do I access this resource for my patients?Have the interventions been beneficial to Epilepsy patients in Sheffield Children’s  |
| **Plan** |
| **Predict what will happen when the test is carried out.** | **Measures to determine if prediction succeeds** |
| Hopefully identify a resource that I was not aware ofCross collaboration / networking with MDT members in mental health servicesAgree on referral pathway Identify patients who to refer based on clinic reviewPatients successfully have mental health intervention as per referral | 1. Does a pathway exist? – Yes/No
2. Referral of patients – more than 1
3. Patients take part in intervention – more than 1
4. Positive qualitative feedback from patients regarding service as well as staff
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| **List the tasks needed to set up this test of change.** | **Person responsible** | **When to be done** | **Where to be done** |
| 1. Finding out if a service exists – emails, meetings, research, networking2. Discussing with Mental Health team what is possible to help my patients3. Agreeing on a referral pathway4. Identifying the patients and making the appropriate referral | Fharhad Motaleb | 6 months | Sheffield Children’s Epilepsy clinic |
| **Do** | **Describe what happened when you ran the test.** |
| 1. Through the EQIP project I met excellent clinical and non-clinical colleagues via the ICS working with Epilepsy patients and other patients with chronic health.
2. Through these discussions via Teams and emails I was able to get in touch with Psychology in Sheffield Children’s hospital.
3. This lead to further discussion about what the service is able to offer with their resources and staffing – including identifying health inequalities.
4. This then lead onto the discussion about the Lucy Project which is a low level interventional Psychology support service that started in Great Ormond Street.
5. As a trial Sheffield Children’s Psychology service were able to run the project here and so we identified that my patients were suitable for such a service.
6. I was able to do research into the Lucy Project and recognise this was an excellent specific resource I can offer my Epilepsy patients in Sheffield Children’s. It allowed patients to self-refer for low level Psychology support either by drop-in session or telephone support. No appointment was necessarily needed, nor did it have a significant waiting list
7. We agreed as a team who would be appropriate for the service (e.g. patients struggling with stress/anxiety about epilepsy, age > 10) and who would not be (e.g. significant profound neurodisability)
8. Identifying the service being a self-referral service ensured I could empower patients in clinic to take part if I promoted if effectively.
9. As such I was given a PDF leaflet about the service and QR code for which link to the self referral webpage for the patient
10. I then printed 15 copies and took to my Epilepsy clinic every week
11. Once I identified a patient I felt could benefit I gave the leaflet to the patient and talked about the service and how I felt it may help them. I made sure the patient knew how to use a QR code which they all did.
12. I also spoke to families of the patients who were in agreement of the support
13. I sent a copy of my clinic letter to families and patients (as routine) but wrote specifically about the Lucy project so patients/families could read in their own time and re-inforce the message
14. In my clinics to date I have handed out 5 leaflets since November 22
15. I am aware that 2 patients so far have accessed the service.
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| **Study** | **Describe the measured results and how they compared to the predictions.** |
| Currently waiting for some qualitative feedback from the 5 patients I have referred – this includes from the Psychology team but also the patients for their viewpoint |
| **Act** | **Describe what modifications in the plan will be made for the next cycle from what you learned.** |
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