

Coventry and Warwickshire VTS, CRN West Midlands and Warwick Medical School
‘Primary Care Research and Audit in Coventry and Warwickshire’
 11th July 2019

PRESENTER’S DETAILS		
Title Dr	First Name Jean-Pierre	Surname Laake
Place of work/study Warwick Medical School, University of Warwick		
PRESENTATION DETAILS (total max 250 words - not including title)		
Co-Authors Jemma Parratt (j.parratt@warwick.ac.uk)		Title of Study An audit of the initial management of newly diagnosed depression across six general practices in the Birmingham & Solihull Clinical Commissioning Group
What’s the problem you are tackling? (Background) The first line treatments for mild-moderate and moderate-severe depression according to the NICE guidelines for the management of depression in adults are psychological therapies followed by or alongside pharmacological treatment. Here we conducted an audit of patient records (as recorded by GPs) to compare practice to the guidelines.		
How did/will you do it? (Method) Incident cases were retrospectively identified from electronic primary care records (SystemOne). From 40,320 registered patients within the Birmingham & Solihull Clinical Commissioning Group, cases were identified based on previously coded new diagnoses of depression in the 2016-17 and 2018-19 Quality & Outcomes Framework (QOF) years. Patient notes were then screened for records of discussions of pharmacological and psychological therapies at the diagnostic appointment and against exclusion criteria. Recorded discussions were compared against the NICE guidelines.		

What did you find? (Results)

In 2016-17 (n=315) the proportion of diagnostic appointments where psychological therapies for depression were discussed was greatest in those aged 18-29 (70.8%) but decreased in each age group to 56.3% in those aged ≥ 65 . In 2017-18 (n=244) the discussion of psychological therapies had increased to 81.6% those aged 18-29 but had decreased to 39.4% in those aged ≥ 65 . Discussion of pharmacological management was similar across all age groups.

Why does this matter? (Conclusion)

This audit demonstrates that for those aged ≥ 65 GPs management discussions around psychological therapies are being carried out or recorded less. The practices involved are circulating the results of the audit to their GPs and we will reconduct the audit for the 2019-20 QOF year to evaluate whether this has led to changes in practice.