

Freedom of Information Request

Reference Number: EPUT.FOI.20.1468
Date Received: 24 February 2020

Information Requested:

RE: Specialist cognitive behavioural therapy for people with Parkinson's with impulsive and compulsive behaviours and/or disorders.

Following the inclusion of '1.4.9 Offer specialist cognitive behavioural therapy targeted at impulse control disorders if modifying dopaminergic therapy is not effective. [2017]' in the NICE guidance on Parkinson's we are interested to know which trusts are providing this service for people with Parkinson's.

1. Does your Trust provide a service that delivers cognitive behavioural therapy for people experiencing compulsive or impulsive behaviours or disorders?
(yes/no)

Yes, and depending on the severity of disturbance, and whether it presents with co-morbid Mental Health disturbance. IAPT services that we provide (in South East Essex) will provide evidence-based interventions for mild to moderate impact ICD. If the disturbance meets access thresholds for severity of disturbance and risk, then secondary care teams in older peoples mental health or adult mental health teams could provide evidence-based intervention, including CBT.

2. Does your Trust provide a service that delivers cognitive behavioural therapy for people with Parkinson's experiencing compulsive or impulsive behaviours or disorders?
(yes/no)

The Trust does not have a dedicated intervention service for people with Parkinson's disease. However, as stated above, where we offer IAPT services those with a diagnosis of Parkinsons would have similar access to CBT treatment as anyone with ICD without Parkinsons.

We do not currently provide IAPT services in south West, north West, Mid and North East Essex.

For those sufferers who meet the access threshold for secondary care, the OPMH and AMH service teams do provide CBT for ICD.

3. If so, what type of health professional provides this service? (please list specific job titles)

In our Therapy for You service – Psychological Wellbeing Practitioners, and for more complex cases, High Intensity CBT Therapists.
In our Secondary Mental Health care teams – Clinical and Counselling Psychologists provide CBT for problems that reach OCD complexity thresholds.

4. Is this service specifically commissioned by your clinical commissioning group? (Yes/No)

There is no specific service for Parkinsons sufferers, but IAPT and MH treatments are commissioned by our CCGs. Parkinsons management can also be provided within our IAPT Long Term Conditions pathway. We also have Clinical Health Psychology Services at various acute Hospital sites and people with Parkinsons could access these services.

5. Is the service commissioned by NHS England?
(Yes/No)

No

Publication Scheme:

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link <https://eput.nhs.uk>