



Department
of Health

From the Rt Hon Jeremy Hunt MP
Secretary of State for Health and Social Care

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POC_1114718

Dr Sarah Wollaston MP
Chair, Health Select Committee
Westminster
London SW1A 0AA

17 JAN 2018

Dear Sarah,

Oral evidence: One-off session with the Secretary of State, HC 523

At the Health Select Committee on 31 October 2017, Dr Cameron asked if someone will be monitoring the definition of treatment for psychological therapies between different trusts to make sure there is parity for everybody. This letter provides the response which I committed to share with you in writing.

As I explained to the Committee, there is a standard definition of “treatment” for psychological services. NICE-recommended, evidence-based psychological therapies form the basis of IAPT treatment and we monitor what is defined as treatment through the coding that clinicians use to describe appointment types.

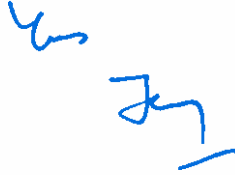
Clinicians record on the IAPT Minimum Dataset on their local IT systems, one of three options to describe the appointment type: assessment, assessment and treatment or treatment. A patient is recorded as entering treatment if the session is coded as “assessment and treatment” or “treatment”. There is guidance available to clinicians which outlines an appointment should only be recorded as one of these two options when a substantial portion of the session is devoted to delivering a NICE-recommended psychological therapy.

Examples of contact with a patient that is not classified as treatment include:

- First contact by administrative or other non-clinical staff, even if outcome measures are collected
- Triage or assessment only, where the outcome is to direct a person to an appropriate step or treatment, place them on a waiting list or schedule another assessment
- Transfer to another provider
- Signposting to another service or treatment option, such as e-therapy, unless it is part of an agreed NICE-recommended pathway that continues to be

monitored in-service, outcomes continue to be recorded and additional therapy is offered as required.

I hope this is helpful and I would be happy to provide any further information or clarity if it is needed.

A handwritten signature in blue ink, appearing to read 'Jeremy Hunt', with a horizontal line underneath the name.

JEREMY HUNT