Workshop on how to do clinical audit in psychiatric psychotherapy practice

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Learning Objectives

• Understand the process of clinical audit, following RANZCP guidelines

• Understand how to implement a clinical audit in psychiatric psychotherapy practice

• Generate workable audit projects together
What is formal clinical audit?

“Clinical audit is:
A quality improvement process that seeks to improve patient care and outcomes through: systematic review of care against explicit criteria and the implementation of change.”

Example Clinical Audit Cycle

1. Develop an audit group
2. Identify the topic for audit
3. Discuss and choose a standard
4. Create a methodology
5. Evaluate audit results
6. Implement audit outcomes
7. Sustain implemented changes
8. Reaudit as necessary
Choosing a topic that is *feasible* is of utmost importance ...

The audit should be related to improving clinical practice against *established standards*. The audit should determine if the current practice meets or exceeds best practice standards and whether current knowledge and resources are being applied to the practice.

Standards

Defining ideal standards requires discussion …This may require some reading of relevant literature to develop an understanding of best practice in the appropriate area. Utilizing guidelines provided by professional bodies will provide a credible standard for comparison.

RANZCP, Clinical Audit: Protocols
Standards and Indicators

• A *standard* is a measure of best practice and is defined in relation to a CPG, a service or professional policy, or a commonly accepted standard.

• An *indicator* is a flag indicating certain types of cases warranting review. An indicator may have threshold values.

RANZCP Learnit, *Clinical Audit in mental health practice: CCQI module 1.*
Structure, Process and Outcome Examples


• Outcome: proportion of patients in eating disorder program discharged with normal range BMI
How to do a clinical audit

1. Define the aspect of practice to be measured, for example, “structure and protocols of my practice”, or “conformity of my treatment for Borderline Personality Disorder with evidence-based guidelines”

2. Determine the *standard* or *indicator* to be used in measurement, discuss with audit group.

3. Identify data relevant to the standard or indicator, such as case records, or aspects of practice process or structure.
4. Collect data and analyze results. Engage in reflective process with audit group about the findings.

5. On the basis of the results implement change, if change is workable and warranted.

6. Re-audit after a suitable period (say twelve months) to review changes in practice.
How to do a clinical audit 3

When the Audit Project has been completed, the project should be described in a brief document. All the information about cases remains in the control of the author of the project: what should be recorded is the planning, structure, implementation and outcome of the project.

The documentation may usefully follow the College’s Template: RANZCP, CPD Program, Clinical Audit Template.
RANZCP Clinical Practice Guidelines

- Anxiety disorders
- Mood disorders
- Deliberate self-harm
- Schizophrenia
- Eating disorders
RANZCP endorsed guidelines

- Borderline Personality Disorder (NHMRC)
- Dementia (University of Sydney/NHMRC)
- ADHD (NICE)
- PTSD (ACPMH: Australian Centre for Posttraumatic Mental Health)
- Complex trauma (Blue Knot Foundation/ASCA: Adults Surviving Child Abuse)
- Sedation for interventional procedures (ANZCA)
Standards derivable from guidelines

- Pharmacologic protocols for specific disorders
- Psychotherapy protocols for specific disorders
- Assessment protocols
- Sedation protocols
- Post-sedation and critical incident protocols
- Procedures for intake in private practice
- Use of supervision in psychotherapy practice
Characteristics of effective psychotherapies (“standards”):

• Explicit theory
• Trained and supervised therapists
• Attention to emotion
• Focus on relation with clinician
• At least once a week
• Thirteen weeks to several years

NHMRC BPD CPG 2

• Therapies include Dialectical Behaviour Therapy, Transference Focused Psychotherapy, Dynamic Deconstructive Therapy and Mentalization Based Therapy

• Also applicable to persons who meet “two or more diagnostic criteria”

MyCPD

• Online resource for recording your CPD
• Makes your job easier in being ready for RANZCP or AHPRA audit of your CPD compliance
• Makes the College’s job easier in being able to demonstrate participation in CPD
• Keep the tab open on your computer
Faculties, Sections and audit

• The forms taken by audit will be variable according to sub-specialty
• The Bi-national CPD Committee has been asked to seek input from the Faculties and Sections about how to implement the 2017 changes and the PPF structure