

Essex HOSC Information Request

9th July 2020

Purpose

To support Essex HOSC discussions to understand the impact of the pandemic and lockdown on personal behaviours and well-being, with focus on substance abuse, self-harm and mental health issues. This will be considered in a future HOSC meeting alongside presentations made at specialist treatment centres.

Approach

This report covers attendances to Mid and South Essex NHS Foundation Trust's emergency departments, from 1st March 2020 to 30th June 2020, based on the following presenting complaints and ECDS codes:

ECDS_Description - Presenting Complaint

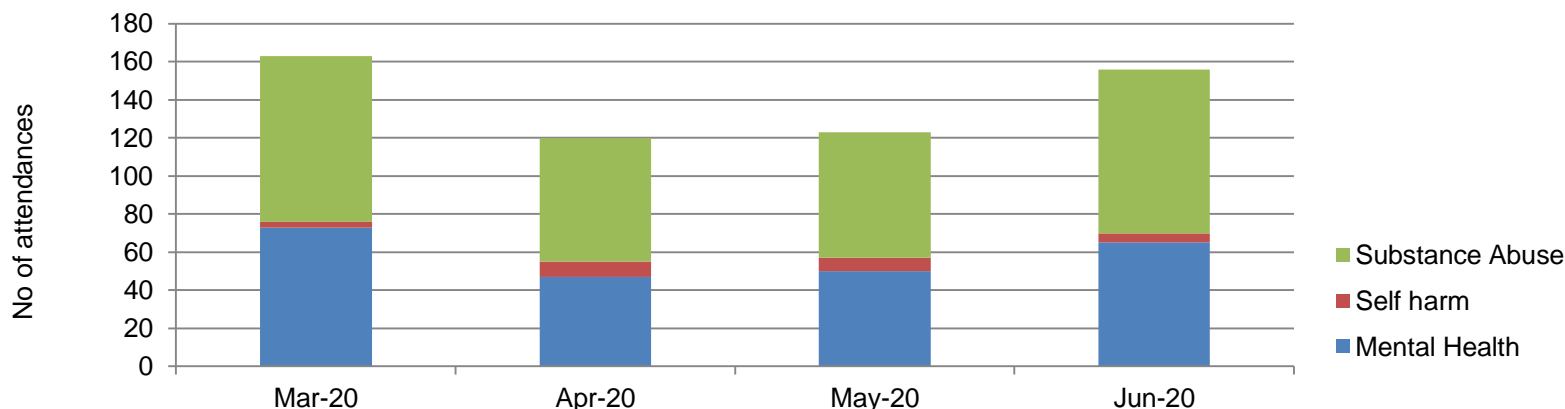
- Drug / alcohol intoxication or withdrawal
- Self-harm
- Suicidal thoughts
- Depressive disorder
- Anxiety disorder
- Behaviour : unusual
- Behaviour : agitated / violent
- Hallucinations / delusions

These have then been grouped into substance abuse, self-harm and mental health.

For ease we have presented the position across each of our Hospital sites to capture any locality specific differences.

Mid Essex Hospital

Substance Abuse, Self Harm or Mental Health Related ED Attendances at Mid Essex Hospital

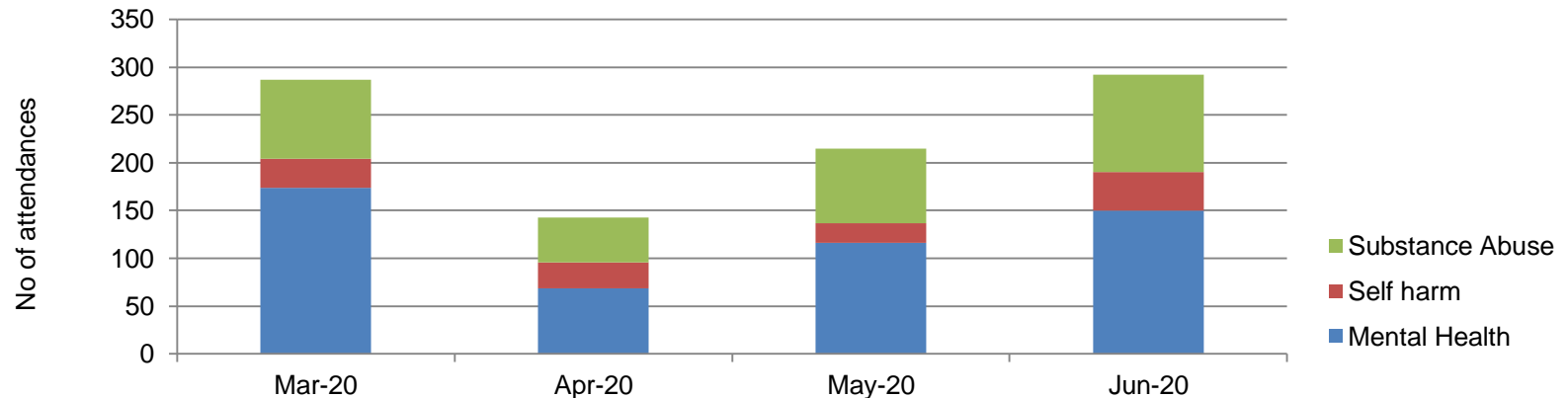


	Mar-20	Apr-20	May-20	Jun-20
■ Substance Abuse	87	65	66	86
■ Self harm	3	8	7	5
■ Mental Health	73	47	50	65

- During the peak of the COVID pandemic overall attendance numbers in the Emergency Department at Broomfield Hospital fell dramatically. In April 2020, there were 5036 attendances in ED overall. This is reflected in the decrease in attendances for the 3 issues above. In May 2020, attendances increased to 7114 and in June 2020, they increased further to 7790.
- In broader terms, therefore patients presenting with these issues followed the same pattern as the wider population and attendances have reflected the increases in activity overall. This was undoubtedly due to the general population being required to stay at home during lockdown. The re-emergence of the pre-COVID activity levels is therefore not unexpected.
- It is notable, however that across the 3 groups, the recovery in activity levels has a slight lag. We will therefore need to monitor future months with some care.

Southend Hospital

Substance Abuse, Self Harm or Mental Health Related ED Attendances at Southend Hospital

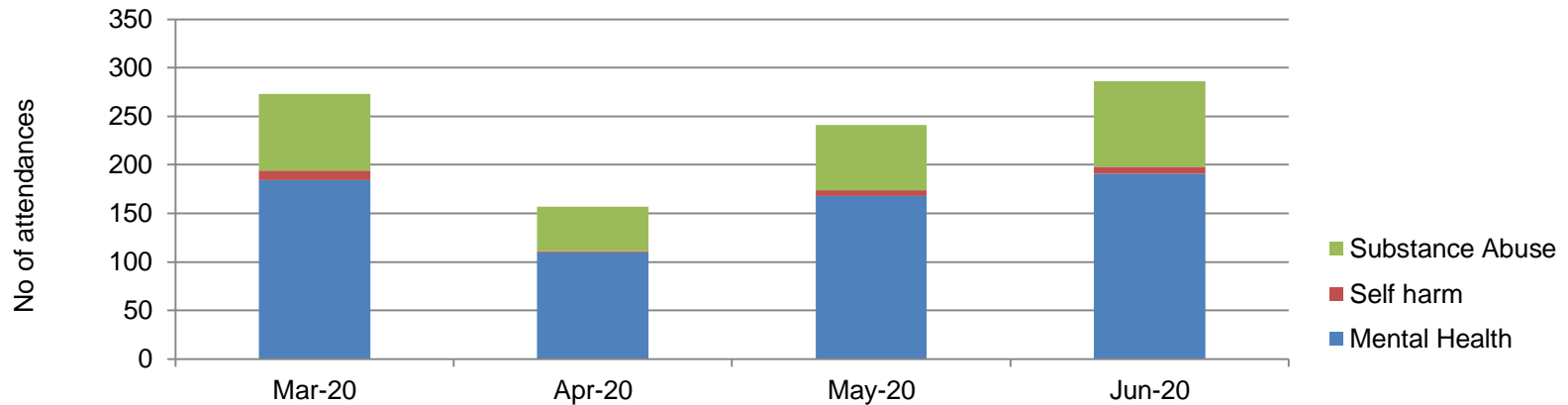


	Mar-20	Apr-20	May-20	Jun-20
Substance Abuse	83	47	78	102
Self harm	30	27	21	40
Mental Health	174	69	116	150

- During the peak of the COVID pandemic we saw a reduction in all presentations to ED which included Mental Health presentations. As can be seen from the charts, we are now seeing a return back to pre COVID levels of attendances with a worrying number of substance abuse and self harm presentations.
- In Southend, the Crisis Café opened in April 2020, which is designed to provide a safe space for patients experiencing mental health crisis or requiring support.
- The level of children and young people presenting with mental health issues has remained below pre COVID levels although we would expect that to return in due course.

Basildon Hospital

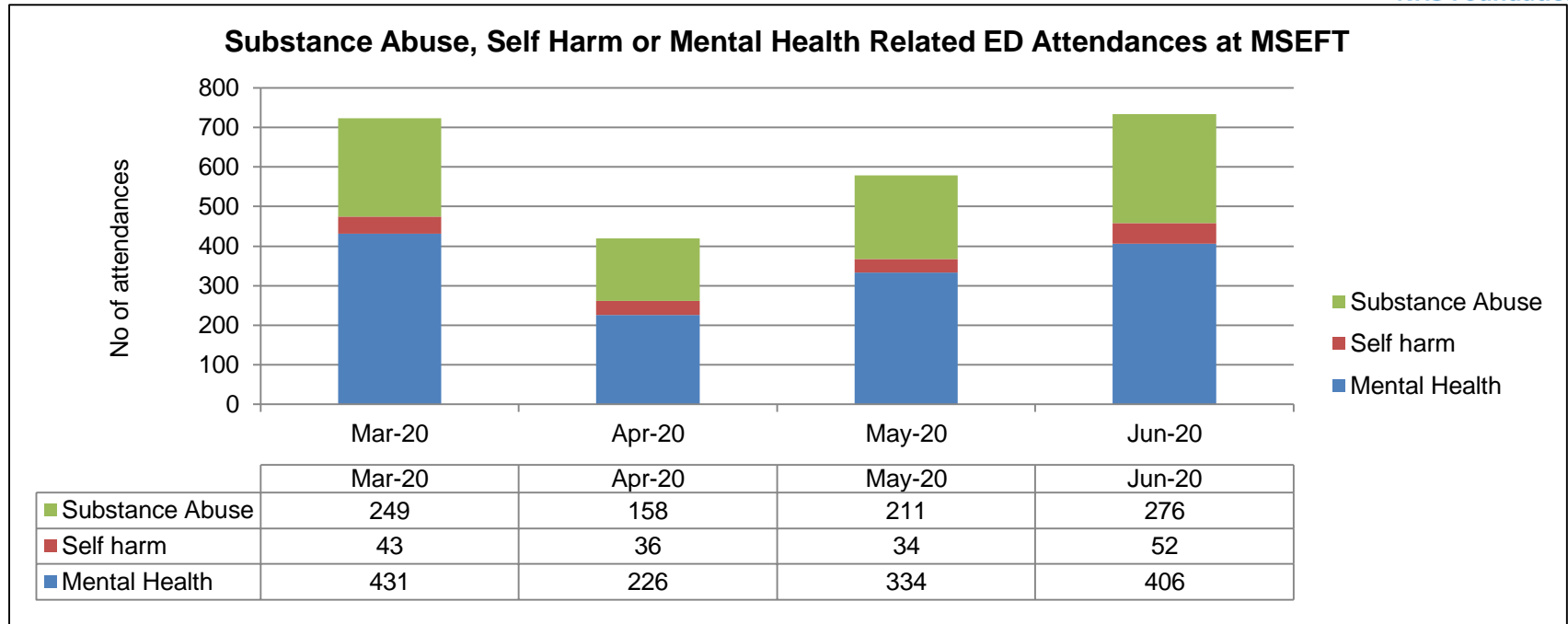
Substance Abuse, Self Harm or Mental Health Related ED Attendances at Basildon Hospital



	Mar-20	Apr-20	May-20	Jun-20
Substance Abuse	79	46	67	88
Self harm	10	1	6	7
Mental Health	184	110	168	191

- Peak COVID in April saw reduction in attendances mirroring other cohort presentations across all age groups.
- This initial impact has decreased over time and attendance trends are at or near baseline.
- We have experienced a number of out of area Mental Health attendances in recent weeks, both Adult and Young Persons, which have proven very challenging to support in a timely fashion.
- System partners have agreed to a stakeholder group to review these cases and address improvements.
- Capacity constraints within the assessment teams and onward facilities continue to be a concern, in particular in view of the need to maintain a decongested ED service and avoid excessive duration of stay whilst awaiting assessments and/or placements.

Mid and South Essex NHS Foundation Trust (combined view)



- The number of attendances for substance abuse, self harm or mental health have increased to levels seen before the COVID 19 pandemic.
- All three sites have seen an increasing trend in substance misuse and a similar proportion of mental health related presentations.