

**Reference:** FOI.ICB-2324/143

**Subject:** Pulmonary Rehabilitation and Talking Therapy Services for Adults and Young People

*I can confirm that the ICB does hold some of the information requested; please see responses below:*

QUESTION	RESPONSE
<p>I would greatly appreciate your assistance in providing the following details for both adult and young people's programs separately:</p>	
<p><b>1. Current Capacity:</b></p> <ul style="list-style-type: none"> <li>Could you please provide information about the current capacity of your Pulmonary Rehabilitation and Talking Therapy services? Specifically, I would like to know the number of available places for each program. Understanding the current capacity will help me gauge the availability of these important services.</li> </ul>	<p><b><u>Talking Therapies</u></b></p> <p><b>Sirona care and health</b></p> <p>Bristol: Rolling programmes with Capacity for 36 and additional scheduled programmes held as needed with capacity for 16 (e.g. in Easton)</p> <p>North Somerset: Rolling programme with capacity of 16 and additional scheduled programmes held a few times a year</p> <p>South Gloucestershire Rolling programme of 12 NBT (North Bristol NHS Trust) also has programmes in South glos</p>

	<p>Also hold Virtual programmes 3 times a year with capacity of 8</p> <p><b>Vita Health Group – Adult</b></p> <p>Vita Health Group is commissioned to provide NHS Talking Therapies for BNSSG, they are commissioned to meet targets set by NHSE based on population need rather than a specific number of places for interventions/treatment. Data showing operational capacity of the service is not held by the ICB and would need to be requested from the provider.</p> <p><b><u>Pulmonary Rehabilitation</u></b></p> <p>The ICB does not hold this level of information. We advise you to contact NBT directly; <a href="https://www.nbt.nhs.uk/about-us/information-governance/freedom-information/request-information">https://www.nbt.nhs.uk/about-us/information-governance/freedom-information/request-information</a></p>
<p><b>2. Current Waiting Times:</b></p> <ul style="list-style-type: none"> <li>I kindly request information on the current waiting times for the Pulmonary Rehabilitation and Talking Therapy services. Specifically, I am interested in knowing the average waiting time from referral to the commencement of these programs. Having an understanding of the waiting times will aid in managing expectations and planning for individuals seeking these services.</li> </ul>	<p><b><u>Talking Therapies</u></b></p> <p><b>Sirona care and health</b></p> <p>Referral to outpatient in 7 weeks          Outpatient into clinic 4 weeks          Clinic to Programme (dependent on whether rolling or surge – usually 2 weeks if rolling, up to 8 weeks if surge programme)</p> <p><b>Vita Health Group - Adult</b></p> <p>See attached report for waiting times in May 2023.</p>

	<p><b><u>Pulmonary Rehabilitation</u></b></p> <p>The ICB does not hold this level of information. We advise you to contact NBT directly; <a href="https://www.nbt.nhs.uk/about-us/information-governance/freedom-information/request-information">https://www.nbt.nhs.uk/about-us/information-governance/freedom-information/request-information</a></p>
<p><b>3. Retention Rates:</b></p> <ul style="list-style-type: none"> <li>It would be greatly appreciated if you could provide me with the retention rates for the Pulmonary Rehabilitation and Talking Therapy services. This information refers to the percentage of individuals who complete the full duration of the program. Knowing the retention rates will give insight into the effectiveness and engagement of the services provided.</li> </ul>	<p><b><u>Talking Therapies</u></b></p> <p><b>Sirona care and health</b></p> <p>Referral to completion – 16% average (dependant on location)</p> <p>Starting course to completion – Average 70% (dependant on location)</p> <p><b>Vita Health Group - Adult</b></p> <p>The ICB does not hold this information, please request this from the provider.</p> <p><b><u>Pulmonary Rehabilitation</u></b></p> <p>The ICB does not hold this level of information. We advise you to contact NBT directly; <a href="https://www.nbt.nhs.uk/about-us/information-governance/freedom-information/request-information">https://www.nbt.nhs.uk/about-us/information-governance/freedom-information/request-information</a></p>
<p><b>4. Drop Out Rates:</b></p> <ul style="list-style-type: none"> <li>I would also like to request information on the drop out rates for the Pulmonary Rehabilitation and Talking Therapy services. This refers to the percentage of individuals who start</li> </ul>	<p><b><u>Talking Therapies</u></b></p> <p><b>Sirona care and health</b></p>

<p>the program but do not complete it. Understanding the drop out rates will help in identifying any potential challenges or barriers that individuals may face during their participation in these programs.</p>	<p>Those starting course and those complete programme – Average 30% drop out (dependant on location)</p> <p><b>Vita Health Group - Adult</b></p> <p>The ICB does not hold this information, please request this from the provider.</p> <p><b><u>Pulmonary Rehabilitation</u></b></p> <p>The ICB does not hold this level of information. We advise you to contact NBT directly; <a href="https://www.nbt.nhs.uk/about-us/information-governance/freedom-information/request-information">https://www.nbt.nhs.uk/about-us/information-governance/freedom-information/request-information</a></p>
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***The information provided in this response is accurate as of 30 August 2023 and has been approved for release by Helena Fuller, Deputy Director of Business & Planning for NHS Bristol, North Somerset and South Gloucestershire ICB.***

**BNSSG NHS Talking Therapies Waiting Times**  
Reporting Month: May 2023

**Average Wait Times for NHS Talking Therapies service**

Current Assessment Waiting time	<b>10 Days</b>
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Treatment		Day	Evening	Face-to-Face	Interpreters
Low Intensity	1:1 CBT	4 months ↓	3.5 months	4 months ↑	5 months
	1:1 Long Term Conditions	4.5 months ↓	4 months	6 months	6 months
	Webinars	2 weeks	2 weeks	N/A	N/A
	Silvercloud computer-based CBT	1 month	N/A	N/A	N/A
High Intensity	CBT	15 months	20 months	15 months	15 months
	EMDR for Trauma	13 months ↑	13 months ↑	16 months	N/A
	Interpersonal Therapy	16 months	16 months	10 months	N/A
	Long Term Conditions CBT	13 months	19 months	19 months	26 months

**Please Note:**

Wait times are averages only. As an example, someone waiting for High Intensity CBT face-to-face (15 months) who has full availability Monday – Friday daytime and evening will wait less than average, whilst someone only available for one evening per week will wait longer.

For further information please contact [bnssgpartnerships@vhg.co.uk](mailto:bnssgpartnerships@vhg.co.uk)

