

Reference: FOI.ICB-2324/254

Subject: Insomnia Treatment Pathways

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

QUESTION	RESPONSE
<p>1. In your Integrated Care System area, how many patients have you seen with insomnia over the last 12 months?</p>	<p>2978 patients were seen in care settings across the ICS in the past 12 months.</p> <p>This includes all patients with an ICD10 code root of G47 or F51. Or, any SNOMED code, where the code description included the word 'insomnia'.</p>
<p>2. Of the NHS Trusts within your Integrated Care System area, which of them currently offer face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?</p>	<p>The ICB does not commission a service for chronic insomnia from any NHS Trust. Further information on the pathway for patients suffering from insomnia is available here - https://remedy.bnssg.icb.nhs.uk/adults/sleep-medicine/insomnia/</p>
<p>3. Of the NHS Trusts within your Integrated Care System area, which of them have previously offered face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms, but now no longer do so?</p>	
<p>4. Of the NHS Trusts within your Integrated Care System area, which of them currently offer or signpost to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?</p>	

5. Of the NHS Trusts within your Integrated Care System area, which of them have previously offered or signposted to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms, but now no longer do so?	
6. For each of the NHS Trusts within your Integrated Care System area, please could you provide a figure for how many referrals were made to Cognitive Behavioural Therapy for Insomnia services within the last 12 months that you have figures for?	

The information provided in this response is accurate as of 30 October 2023 and has been approved for release by Jon Lund, Deputy Chief Finance Officer for NHS Bristol, North Somerset and South Gloucestershire ICB.