

Recommended quality assurance criteria for the learning experience that IAPT trainees receive in an IAPT service

Background

IAPT training is full-time and depends on a substantial amount of trainees' learning occurring in the IAPT services where they work, through modelling of appropriate systems and interventions as well as through expert clinical and case management supervision.

SHA and IAPT managers may wish to use the checklist below to quality assure the training opportunity that an IAPT service may provide. All the items on the checklist have already appeared in various IAPT publications since the programme began but are brought together in this updated document for ease of reference.

1) Services that receive trainees need to have;

- I. an IT system that supports the IAPT minimum dataset, with training in the system, and easy access to the system from wherever they are seeing clients. The IT system needs to be able to generate prompt reports that have clinical utility¹.
(yes/no)
- II. a stepped care system with coherent integrated care pathways which complies with NICE Guidance and includes initial allocation and stepping up/down protocols (yes/no)
- III. suitable office and clinical accommodation for trainees (yes/no)
- IV. At least one WTE fully CBT trained member of staff for every two trainees (specify numbers of trained staff and numbers of trainees)
- V. A patient appointment system which allows clinicians (trained and trainees) to conduct out of the office experiential exercises with patients when these are indicated for the particular NICE recommended treatments that are being offered. The appointments system also needs to be sufficiently flexible to allow some sessions to be longer and some shorter than usual and for patients to be seen twice a week in the early stages of therapy when recommended by NICE (e.g. severe depression) (yes/no)

2) All supervisors who provide supervision hours that contribute to the high intensity course practice portfolios need to be BABCP accredited by the time the trainees submit their practice portfolios. *(Specify the proportion of supervisors who are BABCP accredited).*

- I. It is recommended that both high intensity and PWP supervisors avail themselves of the IAPT supervision training programmes that are being organized by SHAs. *(Specify proportion of supervisors who have attended supervisor training)*.
- II. PWP supervisors should be able to demonstrate the delivery of low intensity interventions. *(yes/no)*

3) All trainees employed by a service;

- I. will have been selected through a process involving the training provider (HEI). In the case of applicants without a professional background (e.g. graduate workers) the service, together with the HEI, needs to ensure that they meet the KSA requirements of BABCP *(yes/no)*
- II. be available for study at the University for two days a week (HI) and 1 day a week for PWP *(yes/no)*
- III. have access to appropriate study leave, as agreed between the service and the HEI *(yes/no)*

4) All trainees in the service need to have

- I. the opportunity to sit in on, or otherwise directly observe, therapy sessions conducted by fully trained therapists within their service (% of trainees)
- II. the opportunity to treat patients with depression and most anxiety disorders during their training (% of trainees)
- III. video/audio recording equipment that can be used to routinely record and subsequently review therapy sessions for both training and quality assurance purposes. Suitable data protection procedures need to be in place. *(yes/no)*
- IV. weekly clinical supervision which is outcome based and includes the opportunity to review video/audio tapes of their sessions and/or practice skills through role-play in order to develop their clinical skills. The duration of supervision sessions should be consistent with the IAPT Supervision Guidance (% of trainees).
- V. PWPs also need to have weekly case management supervision where their overall caseload is discussed and reviewed according to pre-defined clinical (such as risk) and patient progress criteria (% of trainees)
- VI. in addition to their 25 taught days at a HEI, PWPs require 20 days of in-service time set aside for practice based learning activities

prescribed by the education provider and addressing the specific learning objectives of the course (*% of trainees*)

It is recommended that SHAs specify these criteria when deciding whether to allocate trainee places to a particular PCT/service. PCTs/services should need to sign up to the requirements in advance. Trainees could be given a standard log book to record the extent to which the various required activities occur (an expansion of existing supervision log books).

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¹ For further information on data collection in IAPT see in particular the IAPT Data Handbook, along with its appendices, and the presentation for IAPT staff- 'Data collection in IAPT: Training presentation v2.0', available from <http://www.iapt.nhs.uk/services/measuring-outcomes/>