



Khiron Clinics Annual CORE Outcomes Report 2019

Independent Data report prepared by CORE IMS

July 2020

A report for clients recorded in CORE Net with a 'Closed' status and a last session date between 1st January 2019 to 31st December 2019

The 2019 Cohort

To be included in the report, clients were required to have a 'Closed' status to indicate the completion or cessation of treatment, along with a last session date recorded within 2019. At the time of analysis, baseline profile data included a total of 19 unique clients for 2019, comprising almost exclusively inpatients, with just two patients moving from inpatient to outpatient care. The lack of (sole) outpatient treatment contrasts with reports from previous years.

Gender

Overall female to male gender ratio was (63:37) which is similar to client gender ratios from previous years

Table 1: Proportion of gender and inpatient/outpatient status

	All	Inpatient Only	Outpatient Only	Both
Female	12	12	0	2
Male	7	7	0	0
Not Specified	0	0	0	0
Total	19	19	0	2

Proportion of clients above/below cut-off pre-therapy

18 of the 19 clients (95%) were above the clinical cut-off (CORE-Outcome Measure (OM) score of 10) at intake, with 1 clients (5%) reported as below clinical cut-off.

CORE OM Severity Profiles

All 19 clients had a valid pre-therapy CORE outcome measure completed. The average intake CORE score was 22, which was similar to previous year profiles. This falls within the *Moderate-to-Severe* CORE severity banding (Barkham et al., 2010), with over 90% of cases rated as *Moderate* or above.

Table 2: Pre-therapy CORE assessment profile

Simple Score Range	Clinical Category	N	%	Cum %
0 to 5	<i>Healthy</i>	1	5	5%
6 to 9	<i>Low</i>	0	0	5%
10 to 14	<i>Mild</i>	1	5	10%
15 to 19	<i>Moderate</i>	5	23	33%
20 to 24	<i>Moderate-to-Severe</i>	5	23	56%
25 to 40	<i>Severe</i>	7	45	101%

CORE Outcome Profiles

This analysis includes those clients with a valid pre- and post-therapy outcome measure completed.

Table 3: Pre-Post outcome measure score change by gender

	All (n=22)		Female (n=)		Male (n=)	
	M	Severity	M	Severity	M	Severity
Pre-therapy	23	<i>Mod-to-Severe</i>	25	<i>Severe</i>	18	<i>Moderate</i>
Post-therapy	13	<i>Mild</i>	16	<i>Moderate</i>	7	<i>Low</i>
Pre-post change	-10		-9		-11	

The average change in score for female clients was a reduction of 9, which was slightly lower to the reduction of 11 recorded for male clients. Overall, this service recorded a reduction in average scores of 10, bringing condition severity ratings down from *Moderate-to-Severe* to *Mild*. All clients had valid pre and post-therapy outcomes scores which contrasts with previous years.

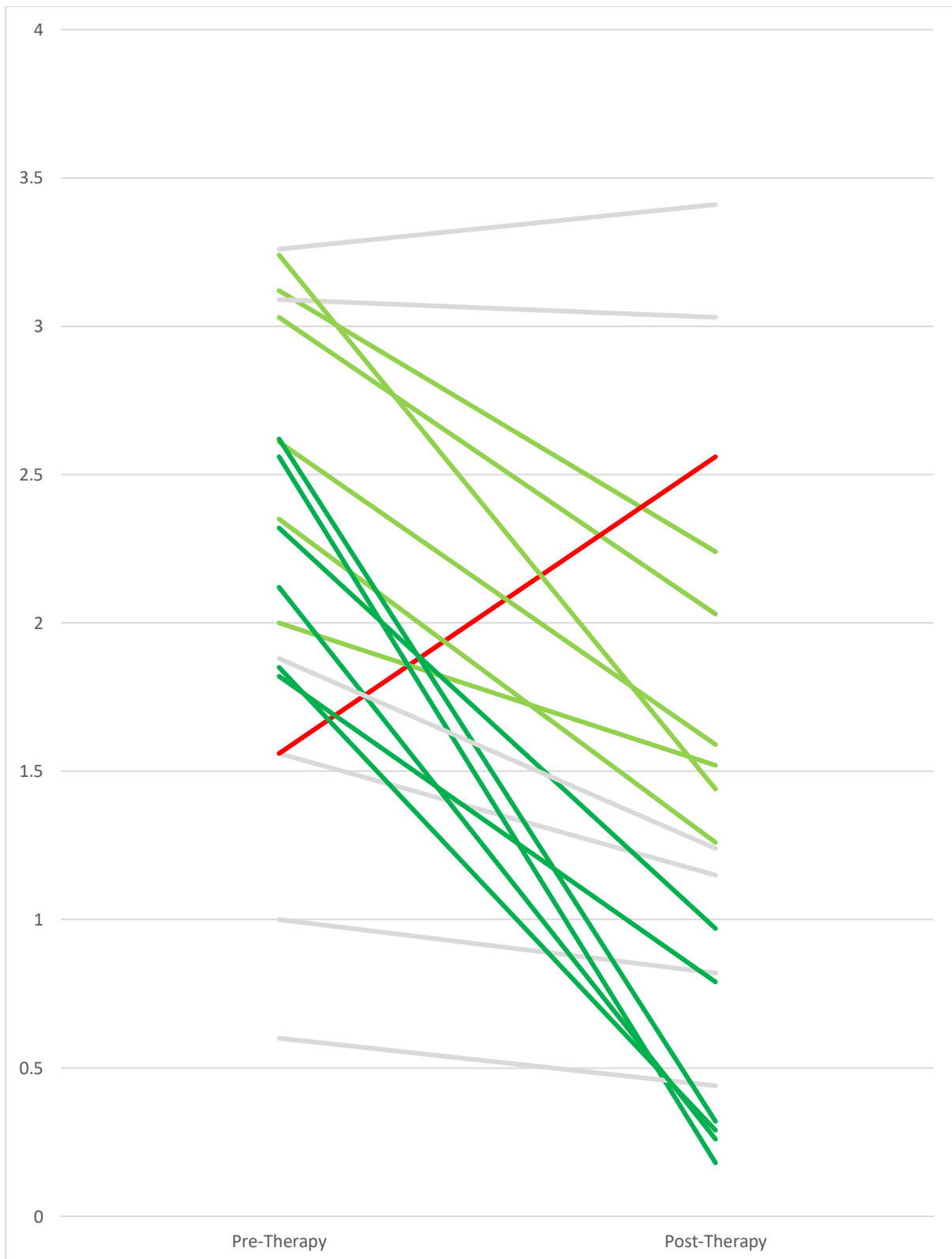
The proportion of cases with a valid post-therapy outcome score in 2018 was 75% which was similar to profiles for the previous two years.

Table 5: Recovery and improvement rates

Clinical Outcomes	N	%	Cum %
Reliable AND clinically significant change (e.g. recovery)	6	44%	44%
Reliable Improvement	6	31%	75%
No reliable change	6	25%	100%
Deterioration	1		

The overall recovery and improvement figures of 75% benchmark significantly higher than published secondary care comparators of 54% (e.g. Barkham et al., 2001). Individual (change) score trajectories are summarised in Figure 1 below. In terms of recovery and improvement profiles, the overall rate of 75% is significantly than 2018 to 2016 (63%) and is similar to the previous highest year reported in 2014 (72%).

Figure 1: Clients Outcomes 2019



Key

Dark Green = reliable and clinical significant change (i.e. recovery)	Grey = no reliable change
Sage Green = reliable change (i.e. improvement)	Red= deterioration

Table 6: Recovery and Improvement rates by gender

	Female (n=12)		Male (n=7)	
	N	%	N	%
Reliable AND clinically significant change (e.g. recovery)	3	25%	4	57%
Reliable Improvement	4	33%	2	29%
No reliable change	5	42%	1	14%
Deterioration	0		0	

The overall recovery and improvement figures were higher for male clients (86%) than female clients (58%) although the absolute numbers within these categories were small and should be interpreted with caution.

Summary

According to the CORE-OM scores at therapy intake, during this year Khiron House treated cases within the *Moderate-to-Severe* range. According to overall intake scores, these were similar to those recorded in 2016 although an increased majority of referrals are now seen in the *Moderate* categories and above. This identifies the complex case-mix which continues to be treated at this service.

The proportion of clients with valid a post-therapy outcome score has remained stable since 2016, with both female and male clients reporting similar response rates. This rate was maintained despite the absolute numbers of client responses increasing. Different from previous year reports, the data is almost exclusively based on inpatient clients.

Overall, rates of recovery and improvement are significantly higher in this report compared with previous. As in previous years, male clients reported higher rates of recovery and improvement than female clients.

CORE IMS Systems Methodology

As a leading outcome measure in UK clinical practice, the CORE-OM consists of 34-items designed to help measure psychological distress and change. Structurally, it taps the domains of subjective well-being (4 items), problems (12 items), life functioning (12 items), and risk (6 items: 4 risk to self items and 2 risk to others items). Particular features of the CORE-OM include a balance of high (18) and low (16) intensity items to capture a broader intensity of affect and impact, positive (8) and negatively keyed items (26), and items focusing on both risk to self and to others.

CORE-OM clinical scores are calculated as the mean of completed items multiplied by 10, so clinically meaningful differences are represented by whole numbers. Thus, scores and their respective change range between 0 to 40. The CORE-OM's recommended *clinical cutoff score* is 10 and helps discriminate between a clinical sample and a general population sample to facilitate the measurement of clinical *recovery*. A reliable change index of 5 points helps assess statistically significant change – and is termed *improvement*.

Operationally used for outcomes profiling, clients that have pre- and post-therapy (COREOM) scores that change by 5 or more points are considered (statistically) *improved*, whilst clients that have change scores of at least 5 points and final scores below the cut-off of 10 are deemed *recovered*.

The CORE-OM is complemented by a Therapy Assessment Form to help provide a standardised summary of the clients' presentation and an End of Therapy Form to help provide a summary of the treatment provided along with a summary of clinical outcomes from the practitioners' perspective. The full suite of measurement tools is collectively known as the CORE System.

To help collate CORE System data for rigorous independent analysis, Khiron House uses CORE Net as specialist software supporting CORE outcomes management across UK clinical practice.

For further information and access to resources, including the CORE IMS Systems benchmarks, please visit <http://www.coreims.co.uk/>