

Are you aware  
of our service?

# NHS England Highly Specialised Outpatient Service (HSS) for OCD and BDD

Are you seeing any patients  
with OCD or BDD who haven't  
responded to CBT treatment?

Do you know there is no  
need for permission from  
your ICB?

For information about the HSS service, please contact  
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## The Good News!

NHS England HSS is a tier 6 specialist service. We are delighted to tell you that this means we can offer treatment to eligible patients without the need to contact your local Integrated Care Board (ICB) directly to request their agreement to the clinical appropriateness of this treatment. Our clinic offers specialist out-patient cognitive behaviour therapy (CBT) to those patients with the most severe, treatment resistant OCD and BDD.

## Referral Criteria:

We welcome referrals from **secondary care mental health services**, of patients whose **main problem** is severe and treatment refractory OCD & BDD, who are suitable for out-patient services and are aged over 18. Please note, if you are a GP it is a requirement that emergency/ support care is provided by local CMHT, and that they are linked in at point of referral.

To be seen within this NHS England service the following criteria must be met:

- The OCD or BDD must be severe and interfere significantly with the person's life (YBOCS score in OCD  $\geq 30$  or BDD YBOCS of  $\geq 36$ )
- The person must have completed at least two adequate courses of CBT, which is specifically directed at OCD or BDD.
- The person must have had at least two adequate medication trials of serotonin re-uptake inhibitor (SSRI) medication at NICE guideline maximum recommended doses and have been offered augmentation with neuroleptic medication or clomipramine. This must be at maximal doses, e.g Fluoxetine 60mgs, Sertraline 200mgs, Escitalopram 20mg, Citalopram 40mg, Clomipramine 250mgs for at least 12 weeks minimum trial + augmentation with a low dose of anti-psychotic drug in OCD, for at least 4 weeks trial. If your patient has not yet had this medication it would be helpful to review before referral is made.

In the **referral letter**, it would be helpful if the referring team could include the following information:

- Details of the presenting problem
- Y-BOCS score indicating how severe the OCD or BDD is (if known), or confirming information that the problem is severe
- Previous and current medication including duration, dates, doses, etc. (if known)
- Details of any previous psychological treatment, including dates, duration, location, NHS or private, name of therapist, etc.

NHS England requires all patients referred under this service to remain under the care of the local CMHT during treatment. More information will be provided on request.

## People who do not meet HSS criteria?

Some people will not meet the stringent criteria outlined but might still require specialist outpatient CBT through our clinic. HSS is just one of our service streams and if your patient does not meet criteria, but OCD or BDD is the main presenting problem, we may still be able to offer an assessment and a set of CBT treatment sessions (if required) via our National service stream. However, we would need to contact your ICB in advance to request their agreement to the clinical appropriateness of the referral before offering any appointments.