

Early identification of medically unexplained symptoms (MUS)

Priory offers a range of outpatient therapies to provide the best possible treatment for mental health conditions.

The information below provides you with the clinical specification of our MUS screening programme, along with information about outcome measures, ongoing care options and details of the treatment itself.

We strive to deliver innovative treatment plans which can be paid for on a session-by-session basis. The prices at our wellbeing centres are as follows:

- 1:1 therapy starts from £109 per session (£132 in London)
- Consultant psychiatrist assessments start from £300
- Consultant psychiatrist follow-ups start from £150
- Group therapy starts from £65 per session (£77 in London)

A simple GP referral process with 24/7 support

We have a simple process for GPs who would like to refer a patient, and our GP enquiry team can support you with any queries that you may have.

To make an online referral, visit [priorygroup.com/gp-referral](https://www.priorygroup.com/gp-referral)

The treatment that is offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

Call our 24/7 GP support line on 0800 090 1354

Email priory.referral@nhs.net

Fax 0844 770 6206

For more information visit [priorygroup.com/gp](https://www.priorygroup.com/gp)

Referrer guidance

If referral at an early stage of negative physical health investigations (two or more), and if screening for emotional and psychological issues was a compulsory part of ongoing funding of physical health investigations, unnecessary costs will be saved.

20-25% of 'frequent attenders' at specialist medical clinics have MUS. On average 52% of patients accessing outpatient services have MUS. These symptoms lead to a 30% increase in hospital admission and inpatient care. MUS account for approximately 10% of total NHS expenditure on services for the working age population.

- + Having an unknown cause for symptoms can lead to psychological distress
- + Having unnecessary investigations can be physically damaging
- + MUS can lead to spiralling costs for the NHS and private medical insurers
- + Patients can be frustrated by doctor's assumptions that they have an emotional cause for their physical symptoms

Priory can offer a solution to reduce these issues.

We deliver a philosophy of care based on integrating physical and mental healthcare, recognising that the mind and body are linked.

This screening is underpinned by excellent communication between clinicians. It is aimed at reducing the patient's distress, the number of physical health investigations completed unnecessarily and the consequent costs, and the reoccurrence rates of physical health concerns. This package is recovery focused.

Goals of assessment and treatment

- + To ascertain if a psychological component may be a contributing factor to ongoing physical health symptoms
- + To assist in early detection of psychological issues and to prevent unnecessary physical health investigations and costs
- + To prevent unnecessary assumptions that there is a psychological component to the physical health symptoms
- + To improve functioning of the patient and their ability to enjoy their life
- + To prevent future unexplained physical health symptoms that may have a psychological component from re-occurring in the future

Referral criteria	<ul style="list-style-type: none"> + Referral is recommended at an early stage for any patient who has had two or more negative investigations for ongoing physical health symptoms that the clinician suspects they will not find an underlying medical cause for. They do not have to have clear symptoms of a mental health issue
Evidence base	<ul style="list-style-type: none"> + Joint Commissioning Panel for Mental Health. Guidance for commissioners of services for people with MUS. JCP-MH Feb 2017 + NICE guidance CG123 common mental health disorders
Team	<ul style="list-style-type: none"> + The team consists of psychiatrists, psychological therapists and occupational therapists and dietitians where indicated. With consent, liaison will occur with physical health clinicians already involved in the patient's care
Time	<ul style="list-style-type: none"> + Option 1: Screening package <ul style="list-style-type: none"> - An initial assessment by a therapist with a specialist experience in MUS to ascertain need for a detailed psychiatric assessment + Option 2: Diagnostic package <ul style="list-style-type: none"> - Full psychiatric history: 90 minutes including initial psychoeducation - Optional additional psychological assessments: 1-2 hours - A treatment package detailing initial costs of future sessions will be provided following the initial assessment + Treatment: <ul style="list-style-type: none"> - 50 minute session for psychological therapy on a bespoke basis - 30 minute psychiatric reviews of any medication prescribed on a bespoke basis + Relapse prevention: <ul style="list-style-type: none"> - Individual top-up psychological therapy sessions on an individual needs basis
Process of care	<ul style="list-style-type: none"> + Comprehensive diagnostic assessment + Group or individual therapy + Pharmacological treatment may be offered in addition to therapy
Outcome measure	<ul style="list-style-type: none"> + PHQ9, GAD7 + Patient satisfaction survey
Options for ongoing care	<ul style="list-style-type: none"> + Further outpatient care + Day care (group therapy) + Inpatient care + Discharge to GP + Discharge to NHS + Discharge to other referrer

Priory offers an extensive number of evidence-based therapy treatments for a range of conditions.

Because every individual is unique we have a bespoke approach to helping people through their most difficult times, offering mental health assessments, individual, group and family therapies. Not all of these interventions will be appropriate or necessary for all people and collaborative tailored treatment options will be explored with referrals at the first assessment.

First, we assess and understand the particular needs of a person and then recommend an appropriate course of treatment that is underpinned by clinical specifications based on the latest research and guidance.