InformGloucestershire

GP practice profiles - Mental health and dementia

There are 81 GP practices in Gloucestershire.

Data presented in these profiles is based on GP Practice disease registers (maintained under the Quality and Outcomes Framework). The validity of this data in reflecting true population prevalence depends on individuals being registered with a GP Practice, presenting symptoms, receiving an accurate diagnosis and the GP adding the patient to the disease register. In addition it is not possible to adjust data from published disease registers for differences in the age profile of registered patients. Risk of many diseases increases with age, therefore higher prevalence rates may reflect an older registered population of a GP Practice and/or differences in other risk factors in the underlying population.

Mental health is as important as physical health for wellbeing and can lead to worse outcomes for physical conditions. Poor mental health can be measured as conditions self reported by patients or patients diagnosed with a severe mental health condition. Poor mental health can include many conditions from depression and anxiety to bi-polar affective disorder and schizophrenia. Dementia is a syndrome (a group of related symptoms) associated with an ongoing decline of the brain and its abilities.

Self reported long term mental health issues

The GP Patient Survey[1] asks patients about perceived mental health issues and the length of time they have experienced them. These could be diagnosed serious mental health issues or un-diagnosed mood disorders.

Table 1 shows the crude[2] recorded proportion of patients reporting long term mental health issues by GP cluster[3].

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[1] The GP Patient Survey is conducted on behalf of NHS England. The purpose of the survey is to use the information gathered to help the NHS to improve local health services. The survey asks questions about the patients' experiences of their GP surgeries and other local NHS services, as well as asking questions about the patients and their general health.
[2] Crude rate/proportion/prevalence where the numerator is the number of new cases during the specified time period and the denominator is the population at risk during the period. This does not allow for variations in age profiles between different populations.
[3] GP clusters are made up of 3-11 practices of similar demographics and geographies. Individual practice level data is available at https://fingertips.phe.org.uk/

Table 1: Proportion of patients reporting long term mental health issues (GP cluster)

GP Cluster	Combined percentage of patients citing long-term mental health issues	Combined percentage of respondents of GP patient survey	% estimated prevalence
Aspen and Saintbridge	17.66	396.81	4.4
Berkeley Vale	15.96	522.89	3.1
Cheltenham Central	51.07	691.27	7.4
Cheltenham Peripheral	19.02	666.54	2.9
Forest of Dean	41.15	844.14	4.9
Gloucester Inner City	26.25	424.59	6.2
Hadwen Quedgeley and Rosebank (HQR)	24.32	598.43	4.1
North Cotswolds	17.49	401.06	4.4
North East Gloucester (NEG)	19.21	459.22	4.2
South Cotswolds	37.49	756.71	5.0
South East Gloucester and GHAC (SEGG)	14.92	294.88	5.1
St. Paul's	26.27	620.53	4.2
Stonehouse and Frampton	9.74	229.15	4.2
Stroud Central	21.77	451.60	4.8
Stroud Rural	14.29	363.82	3.9
Tewkesbury Newent and Staunton	22.67	534.67	4.2
Gloucestershire	379.28	8256.31	4.6

Figure 1 shows crude prevalence of self reported mental health issues by GP locality[4]. Prevalence of self-reported mental health issues is similar across all localities, it is significantly lower than the England average (5.7%) in South Cotswold (3.80%), Stroud and Berkeley Vale (4.27%) and Tewkesbury (2.52%).
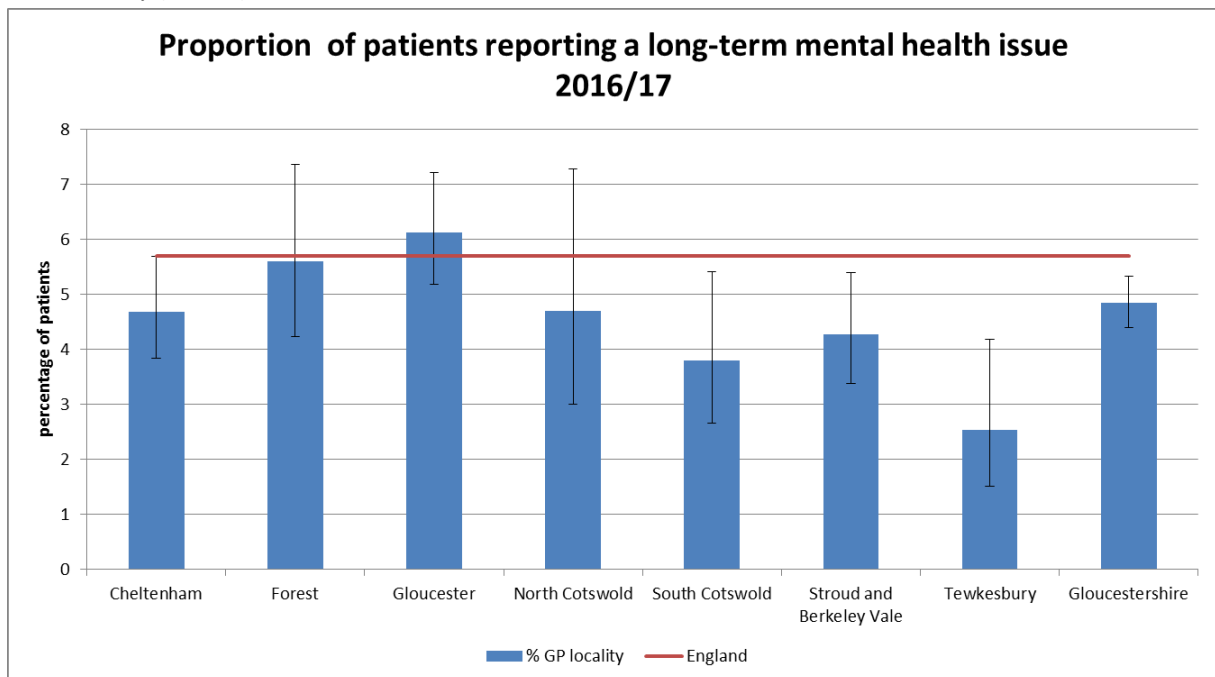

Figure 1: Proportion of patients reporting long term mental health issues (GP locality)

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[4] All 81 GP practices are aggregated into 7 locality areas. Each locality has a GP liaison lead sitting on the CCG Governing Body and a Locality Executive Group where 'local' decisions can be made.

Figure 2 shows the crude prevalence of self reported mental health issues by Taxonomy group[5]. Taxonomy group 9, most deprived younger population with a high prevalence of disease has the highest prevalence of self reported mental health issues.
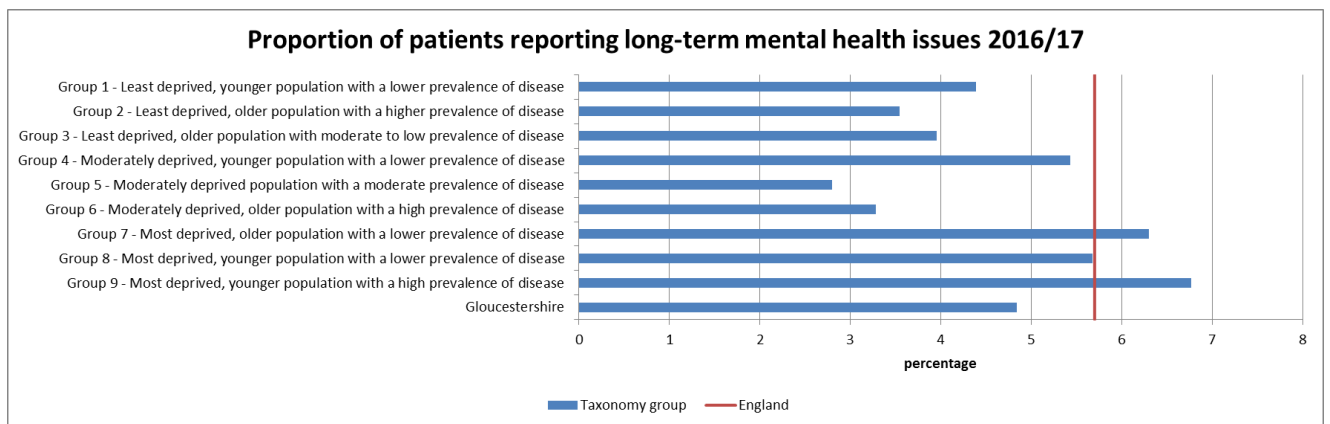

Figure 2: Proportion of patients reporting long term mental health issues (taxonomy group)

Diagnosed severe mental health conditions

Patients diagnosed with severe mental health conditions including psychosis, bipolar disorder and schizophrenia are recoded by GP practices and used as a measure of diagnosed mental health prevalence.

Psychosis is a mental health problem that causes people to perceive or interpret things differently from those around them. This might involve hallucinations or delusions. Bipolar disorder, formerly known as manic depression, is a condition that affects a patient's moods, which can swing from one extreme to another. Schizophrenia is a severe long-term mental health condition. It causes a range of different psychological symptoms.

Table 2 shows the crude prevalence of diagnosed severe mental health conditions for individual practices.

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[5] All 81 practices have been aggregated into 9 groups using the most common age group, deprivation level and prevalence of disease of their patients.

Table 2: Percentage of patients with severe mental health conditions (GP cluster)

GP Cluster	Combined mental health conditions register	Combined practice list	% estimated prevalence
Aspen and Saintbridge	304	29,891	1.02
Berkeley Vale	257	39,092	0.66
Cheltenham Central	470	54,478	0.86
Cheltenham Peripheral	314	51,301	0.61
Forest of Dean	474	63,054	0.75
Gloucester Inner City	377	35,087	1.07
Hadwen Quedgeley and Rosebank (HQR)	354	47,314	0.75
North Cotswolds	191	29,366	0.65
North East Gloucester (NEG)	223	33,925	0.66
South Cotswolds	358	58,228	0.61
South East Gloucester and GHAC (SEGG)	196	24,475	0.80
St. Paul's	542	48,232	1.12
Stonehouse and Frampton	100	17,801	0.56
Stroud Central	392	34,897	1.12
Stroud Rural	194	27,950	0.69
Tewkesbury Newent and Staunton	258	42,464	0.61
Gloucestershire	**5,004**	**637,555**	**0.78**

Figure 3 shows the crude prevalence of diagnosed severe mental health conditions by GP locality. Cheltenham (0.86%) has the highest overall prevalence of patients diagnosed with severe mental health conditions closely followed by Gloucester (0.85%). All localities have a lower prevalence than the England average (0.92%).
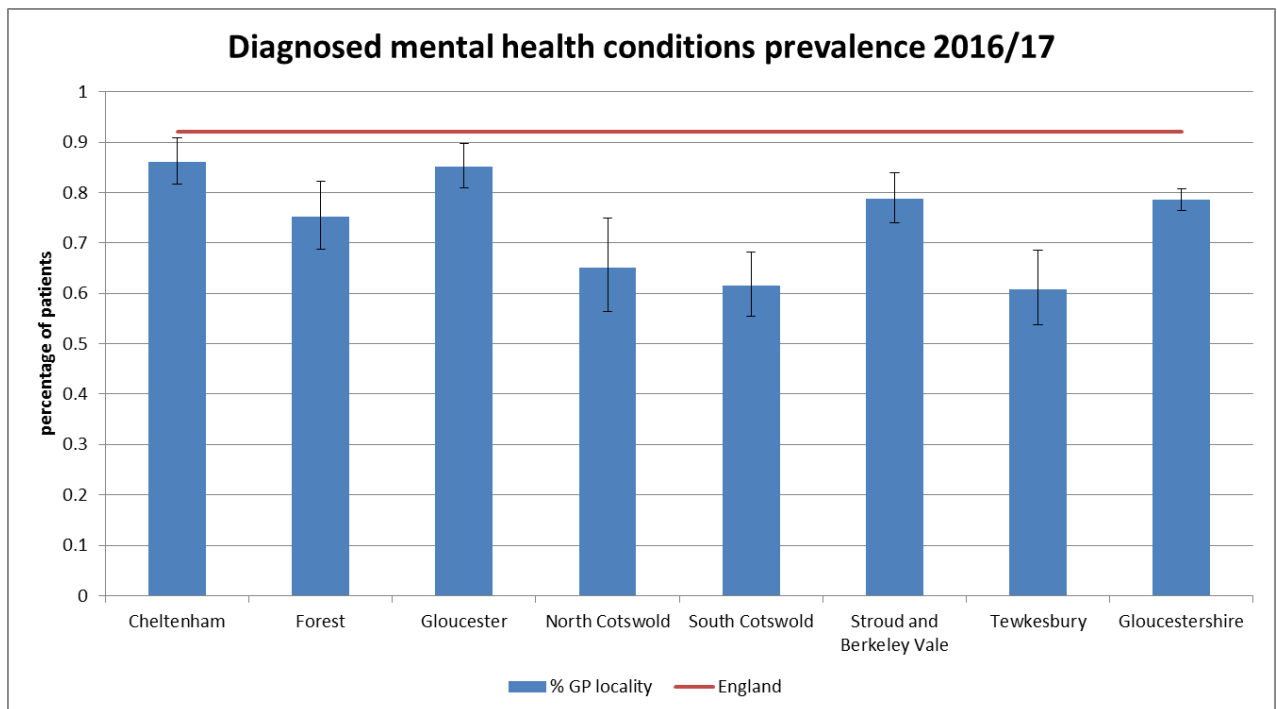

Figure 3: Percentage of patients with severe mental health conditions (GP locality)

Figure 4 shows the crude prevalence of diagnosed severe mental health conditions by Taxonomy group. Taxonomy group 9, most deprived younger population with a high prevalence of disease has the highest prevalence of diagnosed severe mental health conditions.
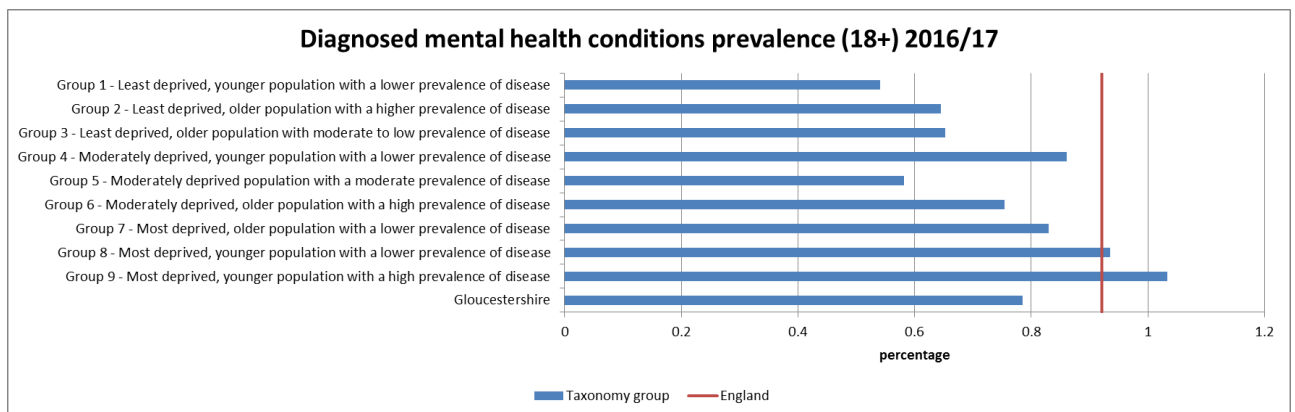

Figure 4: Percentage of patients with severe mental health conditions (taxonomy group)

Figure 5 shows the crude mental health conditions prevalence by GP practice. 14 practices have a significantly higher rate than the Gloucestershire average and 9 practices have a significantly lower rate.
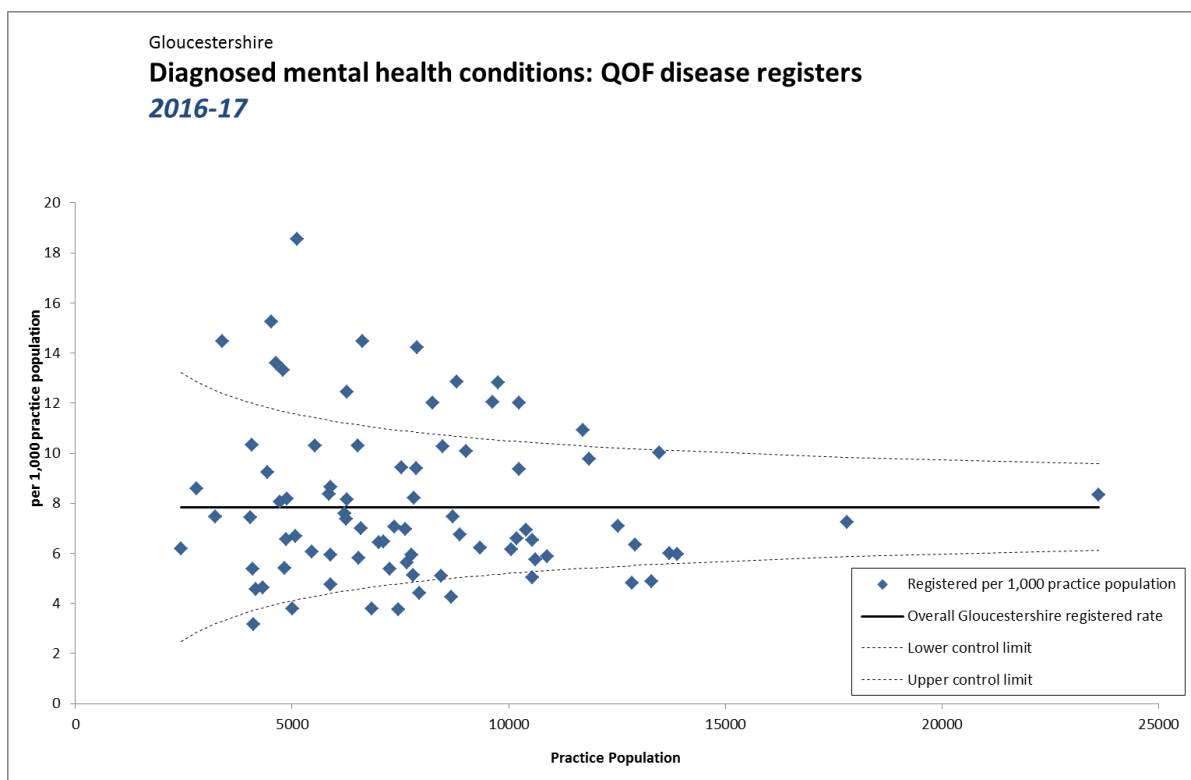

Figure 5: Diagnosed mental health issues (GP practice)

Depression

Depression is more than simply feeling unhappy or fed up for a few days; depressed patients feel persistently sad for weeks or months. Depression affects people in different ways and can cause a wide variety of symptoms. They range from lasting feelings of unhappiness and hopelessness, to

losing interest in the things they normally enjoy and feeling very tearful. Many people with depression also have symptoms of anxiety. There can also be physical symptoms, such as feeling constantly tired, sleeping badly, having no appetite or sex drive, and various aches and pains.

Table 3 shows the crude prevalence of depression[6] by GP cluster.

Table 3: Percentage of patients with depression (GP cluster)

GP Cluster	Combined depression register	Combined practice list	% estimated prevalence
Aspen and Saintbridge	3,042	23,704	12.83
Berkeley Vale	2,321	31,567	7.35
Cheltenham Central	4,171	44,076	9.46
Cheltenham Peripheral	2,679	40,900	6.55
Forest of Dean	5,453	51,185	10.65
Gloucester Inner City	2,209	26,478	8.34
Hadwen Quedgeley and Rosebank (HQR)	3,221	35,759	9.01
North Cotswolds	1,793	24,189	7.41
North East Gloucester (NEG)	1,999	27,438	7.29
South Cotswolds	3,790	47,392	8.00
South East Gloucester and GHAC (SEGG)	1,309	19,138	6.84
St. Paul's	3,762	38,206	9.85
Stonehouse and Frampton	882	14,126	6.24
Stroud Central	2,071	28,035	7.39
Stroud Rural	1,511	22,696	6.66
Tewkesbury Newent and Staunton	2,409	34,372	7.01
Gloucestershire	**42,622**	**509,261**	**8.37**

Figure 6 shows by GP locality, the crude prevalence of depression was above the England average (9.09%) in Forest (10.65%).

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[6] The percentage of patients aged 18 and over with depression, as recorded on practice disease registers (diagnosed on or after 1 April 2006, who have an unresolved record of depression in their patient record).
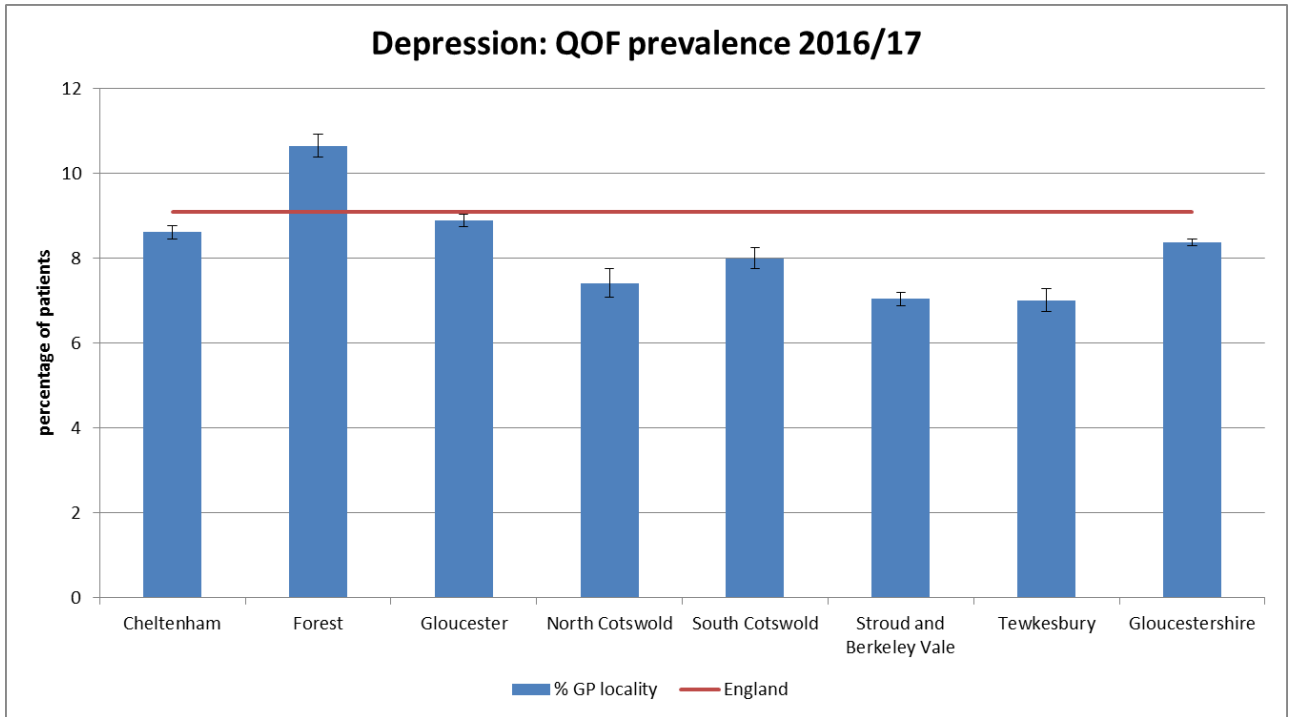
Figure 6: Proportion of patients with depression (GP locality)

Figure 7 shows the crude prevalence of depression by Taxonomy group. Taxonomy group 8, most deprived younger population with a lower prevalence of disease has the highest prevalence of depression.
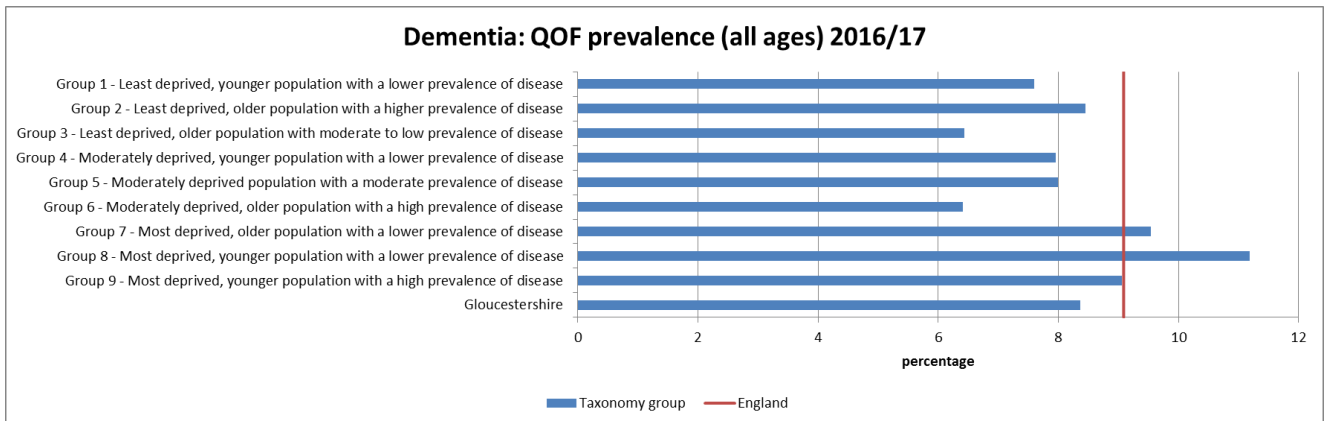

Figure 7: Proportion of patients with depression (taxonomy group)

Figure 8 shows the crude depression prevalence by GP practice. 22 practices have a significantly higher rate than the Gloucestershire average and 32 practices have a significantly lower rate.
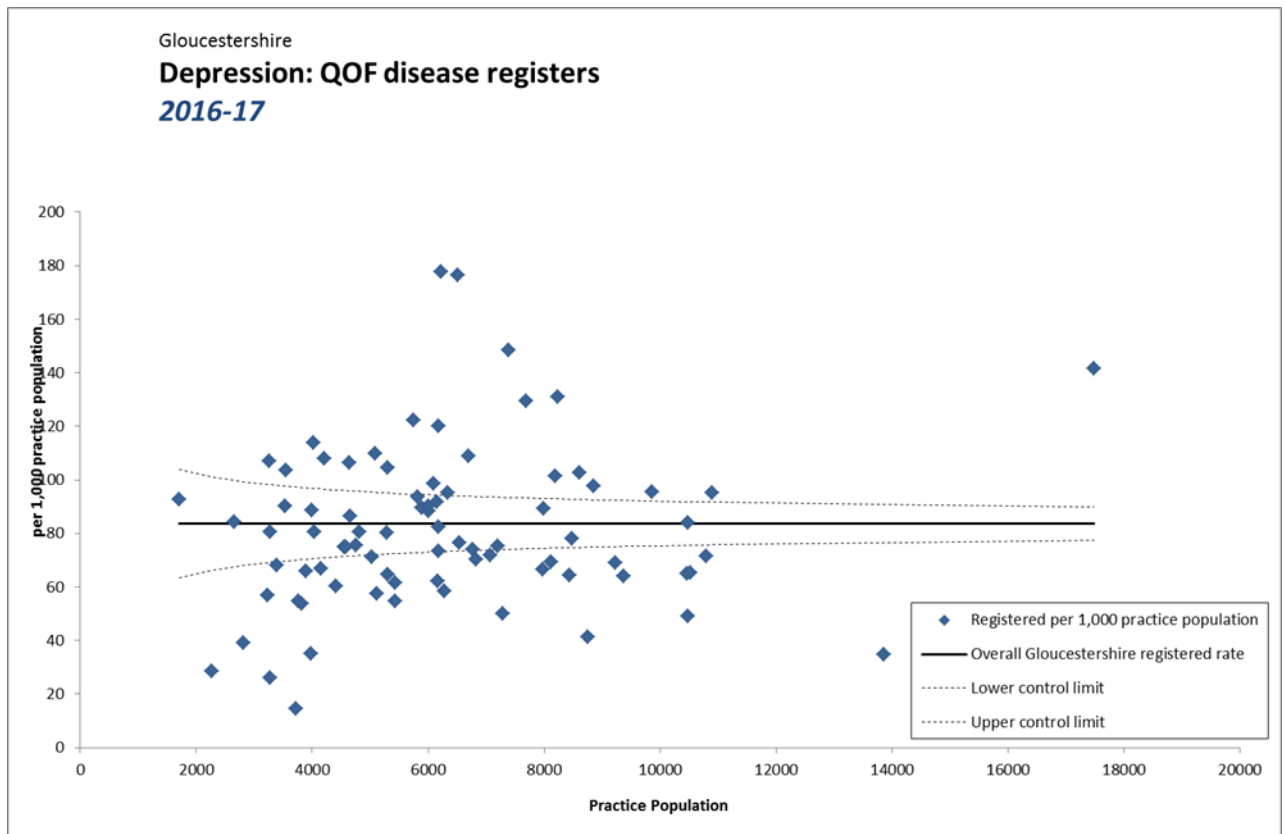
Figure 8: Proportion of patients with depression (GP practice)

New diagnosis of depression

Depression is often a chronic condition for this reason GPs are asked to record the percentage of patients aged 18 and over with depression recorded on practice disease registers for the first time in the financial year. Table 4 shows crude proportion of depression patients with a new diagnosis by GP cluster.

Table 4: New diagnosis of depression (GP cluster)

GP Cluster	Combined new depression patients	Combined practice list (18+)	% estimated prevalence
Aspen and Saintbridge	534	23,704	2.25
Berkeley Vale	482	31,567	1.53
Cheltenham Central	708	44,076	1.61
Cheltenham Peripheral	366	40,900	0.89
Forest of Dean	770	51,185	1.50
Gloucester Inner City	462	26,478	1.74
Hadwen Quedgeley and Rosebank (HQR)	659	35,759	1.84
North Cotswolds	338	24,189	1.40
North East Gloucester (NEG)	233	27,438	0.85
South Cotswolds	612	47,392	1.29
South East Gloucester and GHAC (SEGG)	272	19,138	1.42
St. Paul's	358	38,206	0.94
Stonehouse and Frampton	161	14,126	1.14
Stroud Central	309	28,035	1.10
Stroud Rural	257	22,696	1.13
Tewkesbury Newent and Staunton	480	34,372	1.40
Gloucestershire	**7,001**	**509,261**	**1.37**

Figure 9 shows the crude incidence of newly diagnosed depression by GP locality. Gloucester (1.63%)has an incidence level above the England average (1.52%).
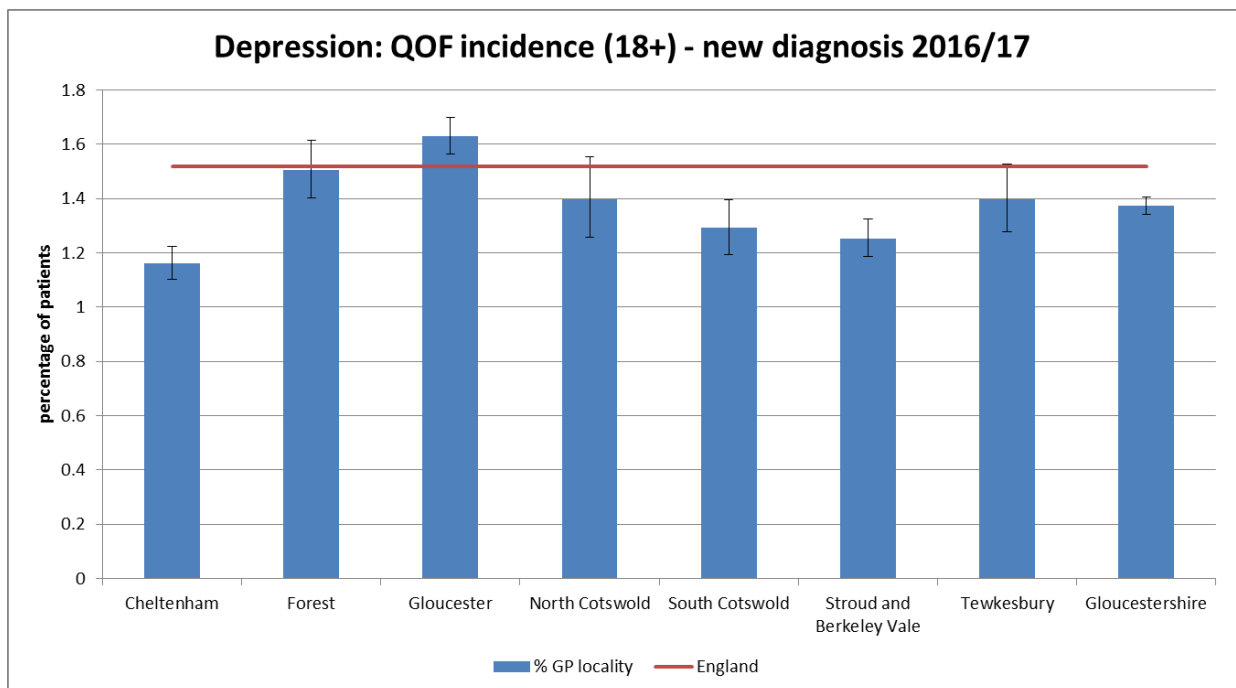

Figure 9: New diagnosis of depression (GP locality)

Figure 10 shows the crude incidence of newly diagnosed depression by Taxonomy group. Taxonomy group 8, most deprived younger population with a lower prevalence of disease has the highest incidence of newly diagnosed depression.
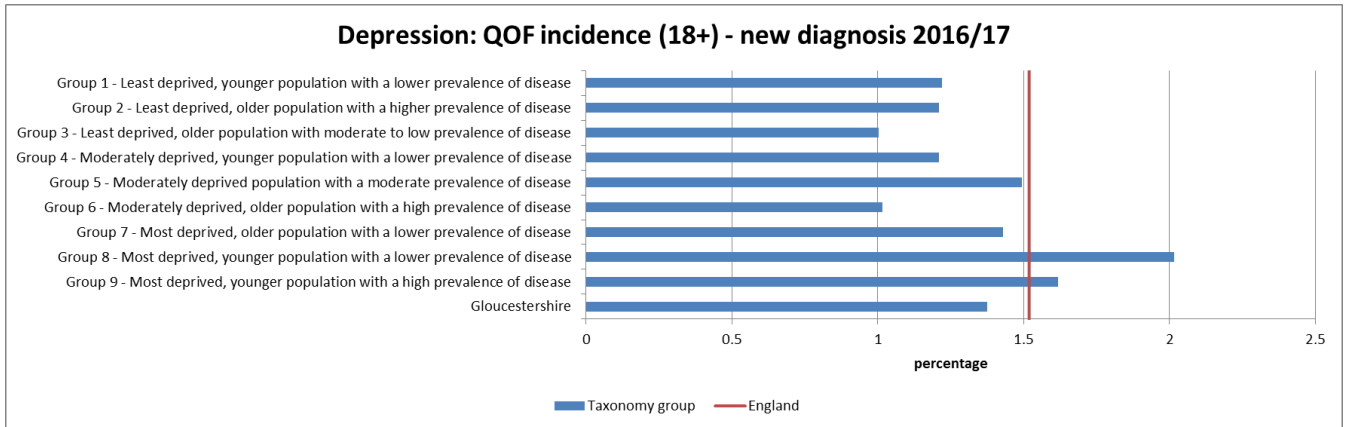
Depression: QOF incidence (18+) - new diagnosis 2016/17

Figure 10: New diagnosis of depression (taxonomy group)

Figure 11 shows the new diagnosis of depression prevalence by GP practice. 18 practices have a significantly higher rate than the Gloucestershire average and 23 practices have a significantly lower rate.
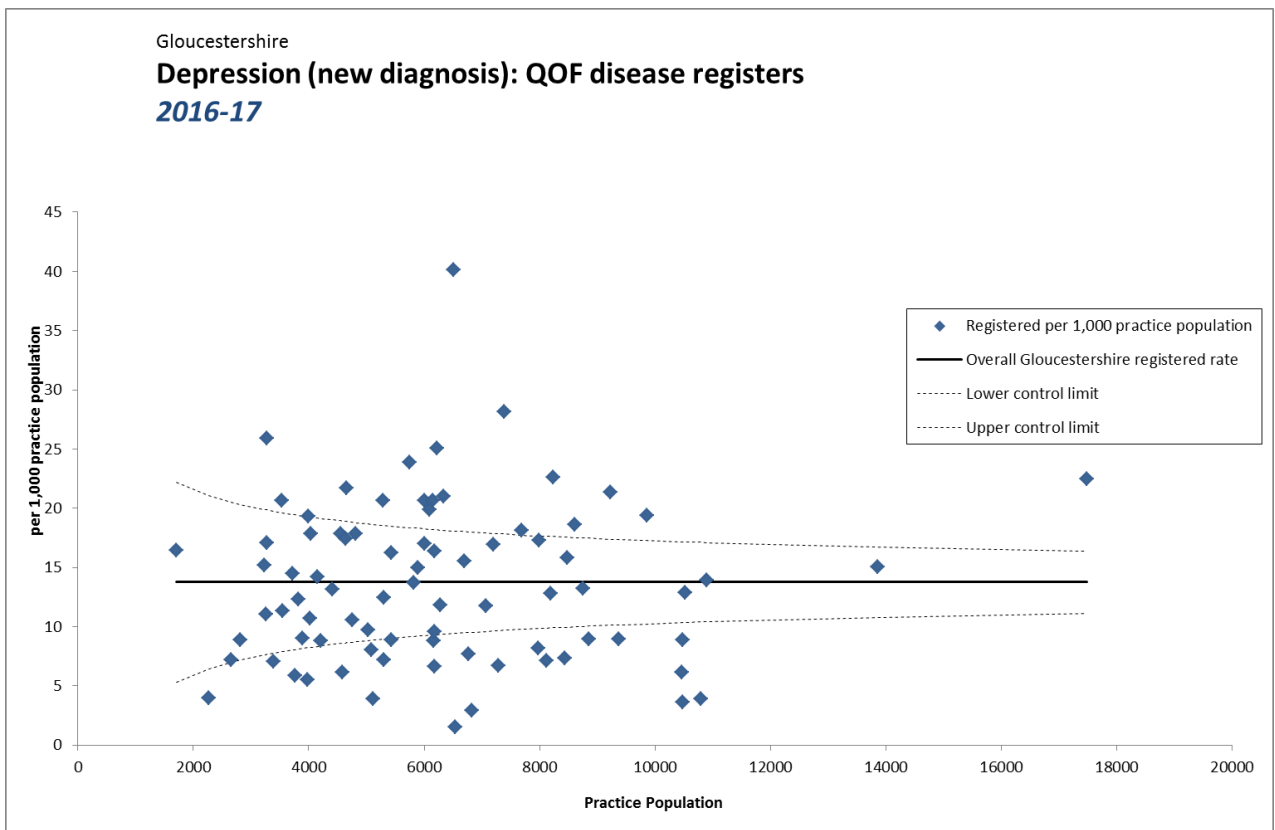

Figure 11: New diagnosis of depression (GP practice)

Dementia

Dementia is a common condition. The risk of developing dementia increases as people get older, the condition usually occurs in people over the age of 65. Dementia is a syndrome (a group of related symptoms) associated with an ongoing decline of the brain and its abilities. This includes problems with; memory loss, thinking speed, mental agility, language, understanding and judgment. People with dementia can become apathetic or uninterested in their usual activities, and have problems

controlling their emotions. They may also find social situations challenging, lose interest in socialising, and aspects of their personality may change.

Table 5 shows the crude prevalence of dementia by GP cluster (note data has not been age standardized).

Table 5: Proportion of patients with dementia (GP cluster)

GP Cluster	Combined dementia register	Combined practice list	% estimated prevalence
Aspen and Saintbridge	289	29,891	0.97
Berkeley Vale	400	39,092	1.02
Cheltenham Central	443	54,478	0.81
Cheltenham Peripheral	587	51,301	1.14
Forest of Dean	624	63,054	0.99
Gloucester Inner City	263	35,087	0.75
Hadwen Quedgeley and Rosebank (HQR)	311	47,314	0.66
North Cotswolds	292	29,366	0.99
North East Gloucester (NEG)	315	33,925	0.93
South Cotswolds	532	58,228	0.91
South East Gloucester and GHAC (SEGG)	216	24,475	0.88
St. Paul's	484	48,232	1.00
Stonehouse and Frampton	238	17,801	1.34
Stroud Central	334	34,897	0.96
Stroud Rural	281	27,950	1.01
Tewkesbury Newent and Staunton	362	42,464	0.85
Gloucestershire	**5,971**	**637,555**	**0.94**

Figure 12 shows the crude proportion of dementia by GP locality. Stroud and Berkeley Vale (1.05%) has the highest crude prevalence of dementia. All localities have a crude prevalence above the England average (0.77%).
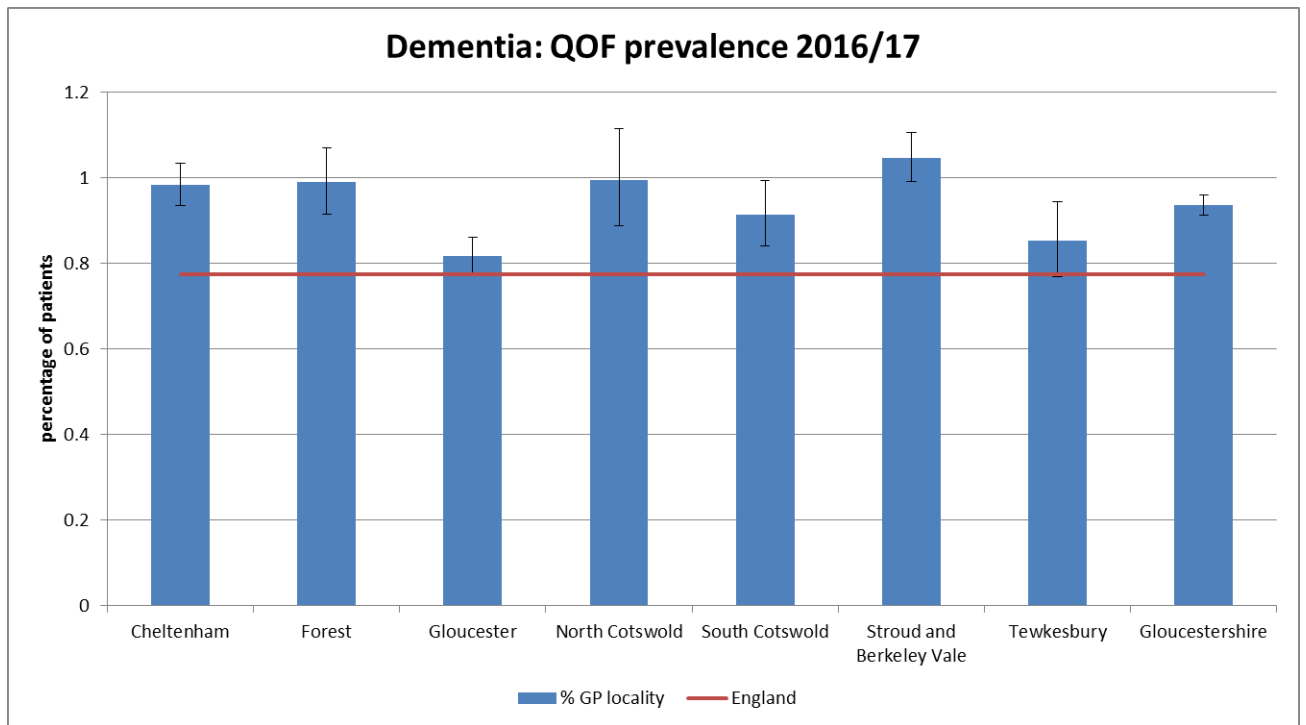
Figure 12: Proportion of patients with dementia (GP locality)

Figure 13 shows the crude prevalence of dementia by Taxonomy group. Both taxonomy group 6; moderately deprived older population with a high prevalence of disease and taxonomy group 3; least deprived, older population with moderate to low prevalence of disease have high prevalence of dementia.
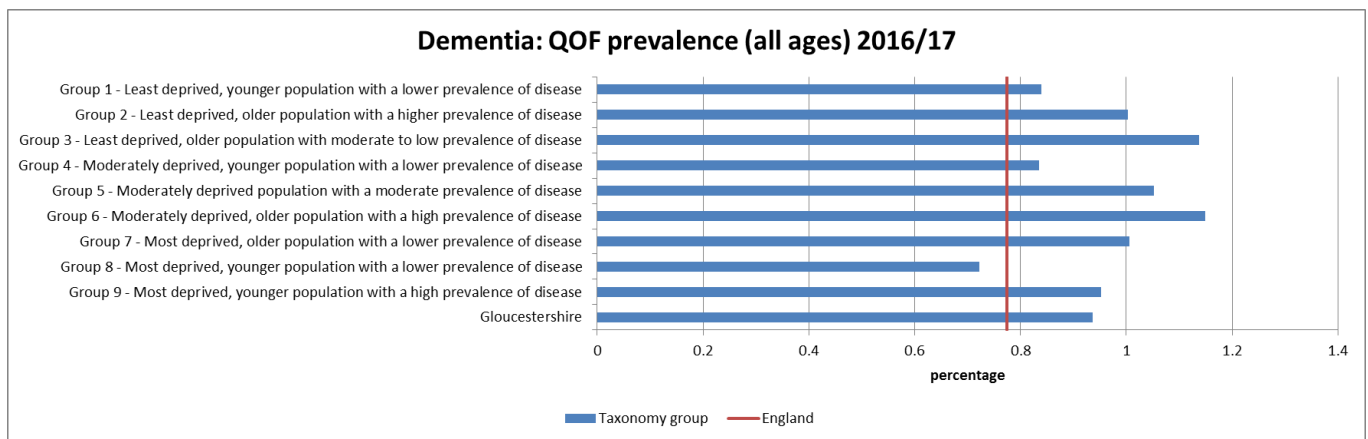

Figure 13: Proportion of patients with dementia (taxonomy group)

Figure 14 shows dementia prevalence by GP practice. 11 practices have a significantly higher rate than the Gloucestershire average and 4 practices have a significantly lower rate.
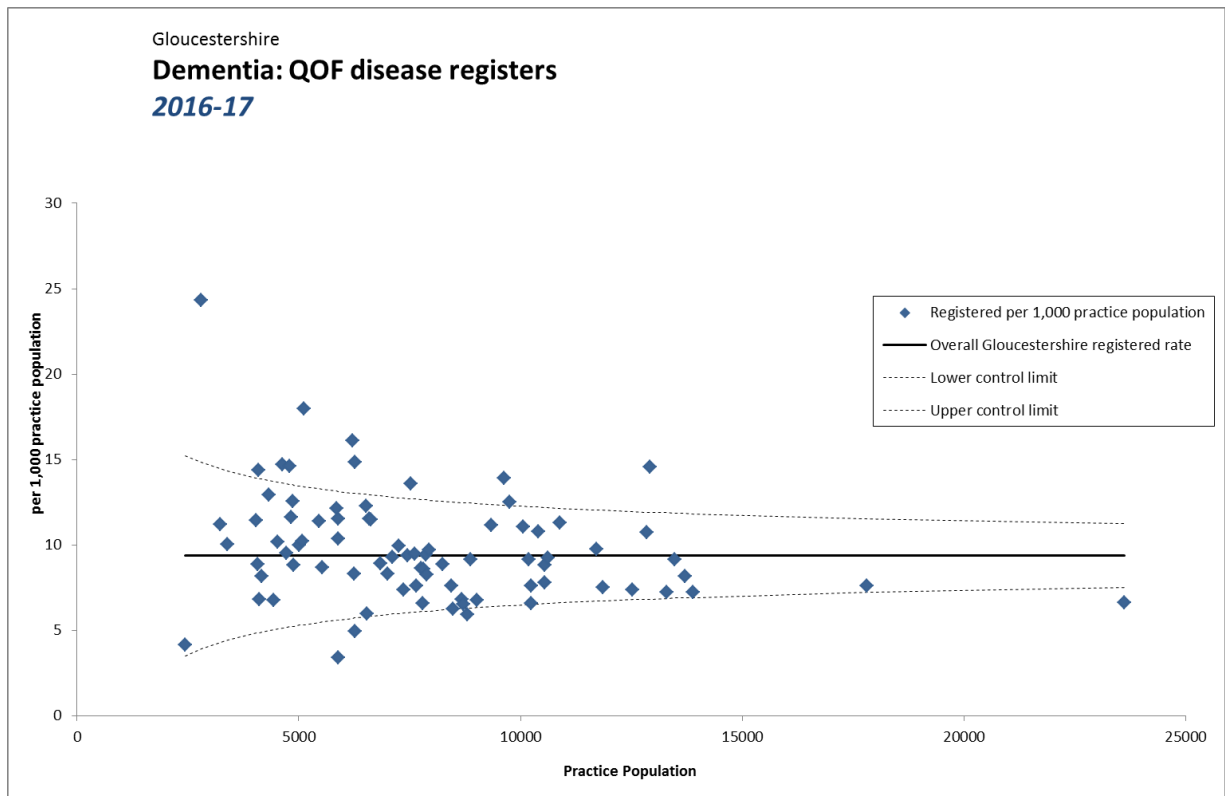
Gloucestershire
Dementia: QOF disease registers
2016-17

Figure 14: Proportion of patients with dementia (GP practice)

Key points and interpretation

Recorded prevalence of long-term mental health problems and of severe mental health conditions tend to be higher in more deprived practices and in those with younger populations. Severe mental health problems are more commonly recorded among patients of Cheltenham and Gloucester GP Practices compared to the average for all patients registered to Gloucestershire GP Practices.

Recorded prevalence of new and on-going depression was highest among patients in the Forest of Dean in 2016/17, patients of Gloucester practices also had higher recorded depression rates than the Gloucestershire average. This may be expected given the higher levels of deprivation in these areas.

Recorded crude dementia prevalence is higher among older practice populations, as would be expected.

Improving lifestyle factors such as reducing alcohol consumption and increasing levels of physical activity can improve mental health and wellbeing and reduce the risk of vascular dementia.

References

All data relating to GP practices sourced from PHE fingertips; https://fingertips.phe.org.uk/

All information relating to medical conditions sourced from NHS choices; http://www.nhs.uk/pages/home.aspx

Appendix 1: *GP Locality, Cluster, Practice table*

GP Locality	GP Cluster	Practice name
Cheltenham	Cheltenham Central	BERKELEY PLACE SURGERY
		CRESCENT BAKERY
		OVERTON PARK SURGERY
		ROYAL CRESCENT
		SPRINGBANK SURGERY
		UNDERWOOD SURGERY
		YORKLEIGH SURGERY(CT)
	Cheltenham Peripheral	SEVEN POSTS SURGERY
		SIXWAYS CLINIC
		THE LECKHAMPTON SURGERY
		THE STOKE ROAD SURGERY,
		WINCHCOMBE MEDICAL CENTRE
	St. Paul's	ST.GEORGE'S SURGERY
		ST.CATHERINE'S SURGERY
		THE CORINTHIAN SURGERY
		THE PORTLAND PRACTICE
		THE ROYAL WELL SURGERY
Forest	Forest of Dean	BLAKENEY SURGERY
		BRUNSTON PRACTICE
		COLEFORD FAMILY DOCTORS
		DOCKHAM ROAD SURGERY
		DRYBROOK SURGERY
		FOREST HEALTH CARE
		LYDNEY PRACTICE
		MITCHELDEAN SURGERY
		NEWNHAM SURGERY
		SEVERNBANK SURGERY
		YORKLEY HEALTH CENTRE(WG)
Gloucester	Aspen and Saintbridge	BARNWOOD MEDICAL PRACTICE
		HEATHVILLE MEDICAL PRACTICE
		LONDON MEDICAL PRACTICE
		SAINTBRIDGE SURGERY
	Gloucester Inner City	BARTONGATE SURGERY
		GLOUCESTER CITY HEALTH CENTRE
		KINGSHOLM SURGERY
		PARTNERS IN HEALTH, PAVILION FAMILY DRS
	Hadwen Quedgeley and Rosebank (HQR)	HADWEN MEDICAL PRACT.
		QUEDGELEY MEDICAL CENTRE
		ROSEBANK HEALTH
	North East Gloucester (NEG)	CHELTENHAM ROAD SURGERY
		CHURCHDOWN SURGERY
		COLLEGE YARD & HIGHNAM
		LONGLEVENS SURGERY
	South East Gloucester and GHAC (SEGG)	BROCKWORTH SURGERY
		GLOUCESTER HEALTH ACCESS CENTRE
		HUCCLECOTE SURGERY
North Cotswold	North Cotswolds	CHIPPING CAMPDEN SURGERY
		COTSWOLD MEDICAL PRACTICE
		MANN COTTAGE SURGERY
		STOW SURGERY
		WHITE HOUSE SURGERY
South Cotswold	South Cotswolds	AVENUE SURGERY
		HILARY COTTAGE SURGERY
		LECHLADE MEDICAL CENTRE
		PARK SURGERY(CV)
		PHOENIX SURGERY
		RENDCOMB SURGERY
		ROMNEY HOUSE SURGERY
		ST.PETER'S ROAD SURGERY
Stroud and Berkeley Vale	Berkeley Vale	ACORN PRACTICE
		CAM & ULEY FAMILY PRACTICE
		CHIPPING SURGERY
		CULVERHAY SURGERY
		MARYBROOK MEDICAL CENTRE
		WALNUT TREE PRACTICE
	Stonehouse and Frampton	FRAMPTON SURGERY
		HIGH STREET MEDICAL CENTRE
		REGENT STREET SURGERY
		STONEHOUSE HEALTH CLINIC
	Stroud Central	LOCKING HILL SURGERY
		ROWCROFT MEDICAL CENTRE
		STROUD HC
		STROUD VALLEYS FAMILY PRACTICE
	Stroud Rural	FRITHWOOD SURGERY
		HOYLAND HOUSE
		MINCHINHAMPTON SURGERY
		PRICES MILL SURGERY
Tewkesbury	Tewkesbury Newent and Staunton	CHURCH STREET PRACTICE
		HOLTS HEALTH CENTRE
		MYTHE MEDICAL PRACTICE
		STAUNTON & CORSE SURGERY