



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board

Cadeirydd/Chair: **Emma Woollett**  
Prif Weithredwr/Chief Executive: **Tracy Myhill**

**gofalu am ein gilydd, cydweithio, gwella bob amser**  
**caring for each other, working together, always improving**

Rydym yn croesawu gohebiaeth yn y Gymraeg ac yn y Saesneg. We welcome correspondence in Welsh or English.

Dyddiad/Date: 14<sup>th</sup> September 2020  
Ein Cyf / Our Ref: 20-G-028

☎ 01639 648363  
✉ [FOIA.Requests@wales.nhs.uk](mailto:FOIA.Requests@wales.nhs.uk)

Corporate Services  
Headquarters  
1 Talbot Gateway  
Baglan  
Port Talbot, SA12 7BR

Dear

I refer to your Freedom of Information Act Request acknowledged by ourselves on 22<sup>nd</sup> July 2020. Your request sought information relating to post-traumatic stress disorder (PTSD) after COVID-19.

**1. The number of recovering COVID patients in the Swansea Bay UHB area + and how many of these have been identified as potentially needing psychological support or treatment for PTSD?**

Using data from the Public Health Wales dashboard as of 19<sup>th</sup> August 2020 Swansea Bay Health Board had 2,024 total confirmed cases of COVID-19 and 206 deaths.

In the context of this request, we would define the patients diagnosed with COVID-19 that did not die as "recovered" or "recovering". Therefore, we have 1,818 patients that could be defined as "recovered" or "recovering".

As yet the Tier 1 Local Primary Mental Health Support Service (LPMHSS) at both Swansea and Neath Port Talbot and Tier 2 Psychology Services at Swansea Bay have not been in receipt of any referrals for individuals recovering from COVID-19 who are also coping with symptoms of Post-Traumatic Stress Disorder (PTSD).

However, we are mindful of the fact that it continues to be early in the trajectory of recovery and rehabilitation for these individuals and that they may yet be referred to our services.

We are conscious that individuals coping with psychological consequences during the course of their recovery from COVID-19 will not always present at mental health services with PTSD but may be referred due to other presenting



**Pencadlys BIP Bae Abertawe, Un Porthfa Talbot, Port Talbot, SA12 7BR / Swansea Bay UHB Headquarters, One Talbot Gateway, Port Talbot, SA12 7BR**

Bwrdd Iechyd Prifysgol Bae Abertawe yw enw gweithredu Bwrdd Iechyd Lleol Prifysgol Bae Abertawe  
Swansea Bay University Health Board is the operational name of Swansea Bay University Local Health Board

issues including, anxiety, and depression. We are in the process of engaging in some waiting list management exercises and are in discussion of modelling and mapping out likely demand. We are cognisant of the existing evidence that suggests a 38.80% prevalence of PTSD; 33.20% of Depression; and 30.04% of Anxiety in this patient group, (Peeri et al., 2020).

We operate a stepped care model to help people coping with mental health issues and are aware that some individuals may be accessing freely available resources and support at Tier Zero of the pathway before progressing to the other Tiers of Mental Health Care provision in accordance with their needs.

Of note, we have been in receipt of <5\* referrals for individuals coping with the consequences of bereavement associated with COVID-19.

**2. How many therapists are there in the Swansea Bay UHB area who are trained in the delivery of evidence-based psychological treatments of PTSD?**

There are 10 Psychological therapists who can work with PTSD in Swansea, Tier 1, LPMHSS

There are 6 Psychological Therapists who can work with PTSD in Neath Port Talbot, Tier 1, LPMHSS

There is one Practitioner Psychologist who can work with PTSD in Tier 1, LPMHSS

In Psychology there are 15 Practitioner Psychologists (Tier 2) who can work with PTSD in Mental Health services - learning disability services aside.

**3. How many people are there currently on waiting lists for psychological PTSD treatments in the Health board area?**

As of 4th August 2020 at Tier 1 LPMHSS - there are 65 patients waiting to be seen for PTSD therapy in Swansea and 12 people waiting for face to face EMDR in Neath Port Talbot. There are also 52 people waiting for trauma stabilisation group in Neath Port Talbot. (This means that these are people who are experiencing symptoms of trauma including the possibility of PTSD.)

At Tier 2 there are three people waiting for PTSD treatment from Practitioner Psychologists.

I hope this information is helpful. If you require anything further please contact us at [FOIA.Requests@wales.nhs.uk](mailto:FOIA.Requests@wales.nhs.uk).

Under the terms of the Health Board's Freedom of Information policy, individuals seeking access to recorded information held by the Health Board are entitled to request internal review of the handling of their requests. If you would like to complain about the Health Board's handling of your request please contact me directly at the address below or register your complaint via [FOIA.Requests@wales.nhs.uk](mailto:FOIA.Requests@wales.nhs.uk).

If after Internal Review you remain dissatisfied you are also entitled to refer the matter to the information commissioner at the Information Commissioner's Office (Wales), 2<sup>nd</sup> Floor, Churchill House, Churchill Way, Cardiff, CF10 2HH. Telephone Number: 029 2067 8400.

Yours sincerely



P. a. wenger

Pam Wenger  
**Director of Corporate Governance**

