SQR (Post-Intervention Group): Treated between December 1, 2023, and May 31, 2024, with dose titration guided by the SQR scale.

Inclusion criteria were depressive disorders (e.g. recurrent depression, bipolar depression), excluding primary psychotic disorders. Outcomes measured included the number and dose of treatments, Clinician's Global Improvement (CGI) scores, and subjective memory reports (patient-rated).

Results: The SQR group (n=7) received lower mean electric doses (622 mC) compared with the pre-SQR group (n=11; 705 mC) while maintaining comparable therapeutic outcomes. Both groups required a similar number of treatments (mean: 12 sessions). CGI improvement scores (CGI-I) and subjective memory ratings post-ECT showed no significant difference between the groups. These results suggest that the SQR scale may support safer dosing without compromising clinical efficacy.

Conclusion: The integration of the SQR scale into ECT practice demonstrated a promising trend toward optimizing treatment by reducing electric doses while maintaining clinical effectiveness. This structured approach offers the potential to minimize cognitive side effects, particularly in vulnerable populations such as the elderly. These findings underline the broader implications of incorporating data-driven tools like the SQR scale into routine ECT protocols across various trusts to enhance precision, safety, and patient outcomes on a wider scale. Future recommendations include gathering patient feedback to assess the cognitive and mood benefits of lower doses, conducting further research with larger cohorts to validate the findings, and embedding the SQR scale into standard ECT guidelines to promote consistency and improve treatment outcomes.

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From 'Memory Assessment Please' to Masterpieces: Refining the Referral Process

Dr Donncha Mullin[1,2,3], Dr Amy Lindsay[1], Ms Helen Smith[1], Ms Lorraine Mitchell[1] and Dr Imogen Smith[1]

[1]NHS Lothian, Livingston, United Kingdom; [2]University of Edinburgh, Edinburgh, United Kingdom and [3]Alzheimer Scotland Dementia Research Centre, Edinburgh, United Kingdom

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Aims: Inappropriate or incomplete referrals for memory assessment were a recurrent issue within our Old Age Psychiatry community multidisciplinary team (MDT) triage meetings. These referrals often lacked essential information, such as duration of cognitive concerns, patient consent, results of confusion screen blood tests, clarity on the presence of delirium versus long-standing cognitive concerns, ECG and imaging findings, or results of a cognitive screen. Some referrals were minimal, providing only the phrase "memory assessment please", leading to inefficient use of resources, delays in assessment, and unnecessary correspondence with referring teams. Since memory assessments involve detailed 60-minute home visits by experienced nurses, followed by consultant evaluation, optimizing referral quality was imperative to reduce inappropriate referrals and improve service efficiency.

Methods: A retrospective analysis of referrals from wards and clinics to our weekly MDT triage meeting was conducted over a two-month period (July 1–August 31, 2024). Referrals were assessed for the presence of key information required for triage, including patient consent, confusion screen blood results, cognitive screen findings, imaging results, and clarity on the nature of the cognitive concern. Following this analysis, we collaborated with clinicians from Old Age Psychiatry, Liaison Psychiatry, Geriatrics, and administrative staff to design a standardized one-page referral form. The form, adapted from an existing referral template in use elsewhere in Scotland, was tailored to include all critical elements necessary for triage decisions.

Results: Implementing the new referral form led to a marked improvement in the completeness and quality of referral information. Key details, such as cognitive screen results and delirium assessments, were routinely included. This reduced the need to search clinical notes during MDT meetings, saving significant time for the 30–40 mental health professionals present. Additionally, there was a substantial reduction in follow-up emails and phone calls to clarify referrals. The streamlined process improved triage efficiency, decreased inappropriate referrals, and shortened waiting times for patients requiring assessment.

Conclusion: Introducing a standardized referral form significantly improved the quality and efficiency of referrals for memory assessments. By ensuring all essential information was provided upfront, we optimized resource use, minimized delays, and enhanced communication between teams. The referral form remains a living document, with ongoing review to ensure its continued relevance and effectiveness.

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Trust-Wide Quality Improvement Project on Improving the Competence and Confidence of First On-call Doctors in Nottinghamshire Healthcare NHS Foundation Trust (NHCFT)

Dr Sowmy Murickal, Mr Jonathan Wright, Dr Joshua Bachra, Ms Julie Rastall and Dr Emma Poynton-Smith

Nottinghamshire Healthcare NHS Foundation Trust, Nottingham, United Kingdom

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Aims: This project emerged in response to surveys conducted in 2022–23, which revealed first on-call doctors at NHCFT, perceived they were required to operate beyond their competency levels. Recognising this could negatively affect both patient safety, and training experience of resident doctors, we sought to improve their confidence and competence through structured support, education, and resource development.

The project's aim was to ensure that no first on-call doctor would feel that they were working beyond their competency.

Methods: Cycle-1: The project began with anonymous baseline surveys using Hewson Confidence Tool, grade-specific focus groups which revealed a lack of knowledge in both clinical and practical aspects, increased stress due to untriaged workloads, and feelings of insufficient support from senior staff which contributed to widespread sense of being overwhelmed and impacted confidence and competence. Primary intervention included targeted on-call teaching sessions focussing on areas such as the role of on-call resident doctors, management of common tasks, seclusion reviews, legal frameworks, and escalation pathways.

Cycle-2: Observing the positive impact on doctors' self-reported competency and confidence levels in the first PDSA cycle, Cycle 2 began with stakeholder engagement through listening events with first on-call doctors. We held discussions with key leaders, Director of Medical Education, Associate Director of Nursing, Deputy