



## Membership costs for 2024

**POMH** is open to all specialist mental health services in the UK and Ireland. The membership period runs from **1 January to 31 December** and we offer a discounted rate for Trusts/organisations that join for 3-years.

**1-year:** £6,150 + VAT  
**3-years:** £17,500 + VAT

**POMH** is funded solely by subscriptions from member organisations and does not receive any funding from the pharmaceutical industry.

POMH provides a 'first-rate service to healthcare providers by designing high-quality audits of prescribing practice, making it easier for teams to benchmark their practice against national standards and implement changes aimed at improving the quality of care that patients receive.'

**Professor Mike Crawford,**  
former Director of the Royal College of Psychiatrists' College Centre for Quality Improvement

## Find out more

Contact a member of the **POMH** team to find out more, or visit our website:

[www.rcpsych.ac.uk/pomh](http://www.rcpsych.ac.uk/pomh)

**E** [pomh-uk@rcpsych.ac.uk](mailto:pomh-uk@rcpsych.ac.uk)

**T** 0208 618 4010

The current **POMH** team:

### Joint Heads of POMH

Carol Paton, Pharmacist. Honorary Research Fellow, Imperial College London  
Thomas R. E. Barnes, Emeritus Professor of Clinical Psychiatry, Imperial College London

### Programme Manager

Gavin Herrington

### Deputy Programme Manager

Olivia Rendora

### Project Officer

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The Royal College of Psychiatrists is a charity registered in England and Wales (228636) and Scotland (SC038369)

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)



**POMH**  
PRESCRIBING  
OBSERVATORY FOR  
MENTAL HEALTH



**2024**

# What is the Prescribing Observatory for Mental Health (POMH)?

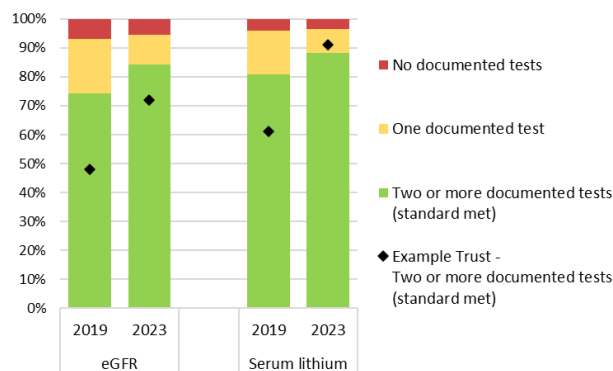
The Prescribing Observatory for Mental Health (**POMH**) is based at the Royal College of Psychiatrists' Centre for Quality Improvement. We run national Quality Improvement Programmes (QIPs) open to all UK specialist mental health services.

Services that are members of **POMH** take part in audit-based QI programmes that focus on specific topics within mental health prescribing. We support clinical services to improve the quality of their prescribing practice and reduce risks associated with medicines management.

Wide participation in the clinical audits creates a picture of prescribing practice nationally. Member organisations are able to identify where their prescribing practice meets evidence-based standards along with areas for improvement, where local intervention may be warranted.

## Example of POMH benchmarked reporting:

Documented eGFR and serum lithium tests conducted in the past year  
National and Example Trust subsamples, 2019 and 2023



# How POMH supports clinicians and services

For more than fifteen years, active participation in **POMH** QI programmes has helped services in individual Trusts and nationally to improve the quality of prescribing, monitoring and review of psychotropic medication.

Participation can also help your organisation demonstrate it's meeting national requirements by:

- Providing evidence relevant to the local implementation of NICE guidelines and compliance with best practice standards
- Informing local QI initiatives
- Providing data for Trust Quality Accounts.
- Providing clinical staff with the opportunity to become more familiar with the audit process as a tool for quality improvement.

## We provide:

**Support to help clinical services measure practice** against national standards and agreed best practice

**Clear, customised reports for each QI programme** that allow services to confidentially benchmark their prescribing practice against other services and the national sample

**Change interventions** where appropriate, specifically designed for individual QI programmes to support specialist mental health services improve local practice

**Free webinars** to members that include clinical background presentations from experts in the field

**A new online Members' Area** providing easy access to POMH reports and other support materials.

# Quality Improvement Programmes for the 2024 membership period

The **POMH** team provides participants with all the help needed to measure practice in a QI programme area. We develop the data collection tools, services enter their data online, then we undertake the analysis.

In 2023, **POMH** QI programmes have addressed:

- The monitoring of patients prescribed lithium
- The use of medicines with anticholinergic properties in older people's mental health services
- The sharing of best practice initiatives in POMH member services

For a summary of how **POMH** members have responded to past programmes, you may also wish to review our publicly available **15-year report**, which highlights some of their QI initiatives. The report also considers the wider impact of **POMH** data in supporting the development of evidenced based treatment guidelines and rationales for funded trials. Our 15-year anniversary report is available our website:

[www.rcpsych.ac.uk/pomh](http://www.rcpsych.ac.uk/pomh)

## QI programmes in the 2024 membership period:

- **Rapid Tranquillisation in the context of the pharmacological management of acutely disturbed behaviour**
- **The use of melatonin**
- **Opioid medications in mental health services**