

Reading Well Books on Prescription: Protocol for booklist selection 2013

READING WELL

Background and context

The first year of the Reading Well Books on Prescription scheme has adopted a book selection protocol that has focused on existing best practice and expert advice. This approach has been adopted to facilitate the transition from localised Books on Prescription delivery to a standardised shared approach. The approach builds on existing knowledge and delivery models, and available book stock in libraries whilst new local commissioning and funding models are being developed to take the project forward.

Once the national Reading Well Books on Prescription scheme is in place and supporting partnerships secured, new approaches to expanding the reach of the scheme and developing the existing book selection protocol will be modelled and tested.

Reading Well Books on Prescription will deliver a shared platform for improving quality assurance, building evidence and developing innovation and best practice.

Protocol for 2013 book selection

The process included:

- An evidence review of the efficacy of self-help based on cognitive behavioural therapy (CBT) and existing Books on Prescription practice (see the evidence base on the [Reading Agency website](#))
- An analysis of thematic areas and titles featuring in the Welsh Books on Prescription scheme, established in 2004 and revised 2011, to identify a supporting framework for the English programme
- National research to identify common titles frequently recommended in local English Books on Prescription schemes, including those featured on the Welsh list and professionally endorsed recommendations
- Cross analysis of English and Welsh practice to produce a longlist of recommended titles where there has been a critical mass of use in existing Books on Prescription schemes
- Discussion and review of the longlist by the critical friends group of key stakeholders and experts, taking into consideration: a focus on CBT approaches, the requirement for a National Institute for Health and Care Excellence (NICE) recognised evidence base for conditions, expert endorsement of titles and user accessibility
- A call for further recommended titles through the critical friends' networks

- National consultation with the Improving Access to Psychological Therapies Programme's (IAPT) regional leads to identify best practice and potential areas of concern for unsupported self-help
- Review of the list with the critical friends group in the light of the above including removal of conditions for which evidence base was felt to be weak or where unsupported self-help might be inappropriate e.g. bi-polar disorder, sexual abuse, post-traumatic stress disorder
- Final revision of the list following the checking of publication details, formats and availability
- Endorsement by key partners: IAPT, Royal College of Nursing, Royal College of Psychiatry, Royal College of General Practitioners, the British Psychological Society, the British Association for Behavioural and Cognitive Psychotherapies (BACP) and Mind

Selection criteria applied

Material should:

- Adopt a CBT approach as the primary focus
- Relate to conditions for which there is a NICE and/or professionally recognised evidence base for the efficacy of book-based CBT
- Draw on existing best practice in local and national delivery models
- Have been recommended by health professionals as a useful, appropriate and accessible resource for people managing these conditions
- Be in print and remain so for the first year of the scheme
- Be available in other formats where possible

Critical friends group

The critical friends group is an expert group of respected professionals representing key stakeholder groups and partners. No fees have been paid to individual members to support their involvement in the project and there are no declared interests in any of the books selected. The critical friends group has met regularly to support the development of the Reading Well Books on Prescription scheme and the selection of the core booklist.

No publishers have been consulted as part of the book selection process.

The critical friends group includes:

- Professor Sue Bailey President, Royal College of Psychiatrists
- Deborah Hart Royal College of Psychiatrists
- Dr Paul Blenkiron Consultant in Adult Psychiatry, Leeds and York NHS Foundation Trust, NICE Fellow
- Dr Mark Haddad Senior Lecturer in Mental Health, representing Royal College of

- Nursing
- Prof Graham Turpin National Advisor for Education and Training to the IAPT Programme
 - Charley Sangar NHS Choices
 - Prof Neil Frude Welsh Books on Prescription Scheme
 - Elaine Iljon Foreman Clinical Psychologist, The British Psychological Society
 - Marie Challingsworth Nottingham University, British Association of Behavioural and Cognitive Psychotherapies
 - Debbie Hicks The Reading Agency
 - Judith Shipman The Reading Agency

The Royal College of General Practitioners has been regularly consulted as part of the core booklist development process.

Next steps

The next phase of the scheme will include the development of a revised book selection protocol. This will be developed with partners and the critical friends group and will include the production of criteria to support the assessment of new titles, consideration of new conditions for inclusion in the scheme and a focus on new target audiences e.g. children and young people and carers.

Assessment panels will be established to consider future book selection, and there will be condition-focused expert review. Authors will be asked to provide the evidence base for their books.

A series of user panels will also be developed to review book selections and approve materials.