National Development Team for Inclusion

Care and Treatment reviews explained

Care and Treatment Reviews (CTRs) are part of NHS England's commitment to transforming services for people with learning disabilities, autism or both. CTRs are for people whose behaviour is seen as challenging and/or for people with a mental health condition. They are used by commissioners for people living in the community and in learning disability and mental health hospitals.

Since 2015, thousands of CTRs have been carried out. They are helping to reduce the number of people going into these hospitals. For example, of the 552 community CTRs recorded between April 2016 and January 2017, the outcome was a decision not to admit in almost three out of four (403) reviews.

CTRs also help to improve the quality of care people receive in hospital by asking key questions and making recommendations that lead to improvements in safety, care and treatment. They reduce the amount of time people spend in hospital and bring people together to help to sort out any problems which can keep people in hospital longer than necessary. They do this by helping to improve current and future care planning, including plans for leaving hospital.

CTRs are carried out by an independent panel of people. This includes an expert by experience, who is a person with a learning disability or autism or a family carer with lived experience of services. The panel also includes a clinical expert who is qualified to work in healthcare and the commissioner who pays for the person's care.

https://www.england.nhs.uk/learning-disabilities/care/ctr/

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