

**Compliance Team – Health Records**

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## FOI REQUEST NUMBER 271 2016

**Request:**

1. How do you categorise terrorism, is it included under a major disaster umbrella?
2. What is the average waiting time for trauma-focused psychological treatments (trauma-focused CBT therapy and EMDR) for mild and severe PTSD and post-traumatic symptoms
3. Whether there is a specific waiting target for trauma focused-treatments for PTSD, what is it and if you are meeting this target
4. Short and long term consequences of not receiving trauma-focused therapies for PTSD and post-traumatic symptoms
5. Short and long term consequences of delayed trauma-focused therapies for PTSD and post-traumatic symptoms

**Response:**

Q1.

Under Section 1 of the Civil Contingencies Act 2004 an “emergency” means “(a) an event or situation which threatens serious damage to human welfare in a place in the United Kingdom; (b) an event or situation which threatens serious damage to the environment of a place in the United Kingdom; (c) war, or terrorism, which threatens serious damage to the security of the United Kingdom”. This is the accepted definition which is provided in the NHS England Emergency Preparedness Resilience and Response Framework (2015).

In the event of a terrorist incident in Norfolk or Suffolk, it is almost certain that a major incident would be declared and Norfolk and Suffolk NHS Foundation Trust would be notified, in order to support the multi-agency response. If such an incident were to occur, the Trust has pre-prepared advice for those affected, which is available on the Trust website. Similar advice would also be made available to GP practices and other relevant healthcare partners in order that personnel could be signposted to the appropriate psychological support.

Q2. – Q5.

We have reviewed the request and sought clarification from our Informatics and Clinical Teams. Unfortunately, our recording systems do not record any of the data in the specific way you have specified in your request. Therefore, we do not hold this information.

Within Wellbeing services across Norfolk and Suffolk provided by NSFT and subcontracted partner organisations we have staff trained to deliver both trauma focussed CBT and EMDR for mild to moderate presentations of trauma and PTSD.

We operate according to the NICE guidelines for psychological treatment of PTSD which recommend that initial treatment offered is either trauma focussed CBT or EMDR (rather than offering initially a step 2 guided self-help intervention or counselling at step 3).

The Trust provides a complaints procedure to deal with complaints about the Trust's handling of requests for information. If you feel you need to make a complaint, in the first instance, you should contact a Non-Executive Director via the Chair of the Trust. If you feel you have exhausted our internal complaints procedure, you also have the right and may feel you wish to write to the Information Commissioner who can be contacted on telephone number 01625 545740 or at [www.ico.gov.uk](http://www.ico.gov.uk).