

SPSO decision report

Case: 201403324, Tayside NHS Board
Sector: health
Subject: clinical treatment / diagnosis
Outcome: not upheld, no recommendations

Summary

Mr C has had contact with mental health services in the board area since 1997, and his complaint concerned the care and treatment he received from 2004 until 2014. Mr C said it was clear he had suffered from post-traumatic stress disorder throughout his contact with mental health services during this period, but that the board failed to diagnose him with this or provide appropriate treatment, such as trauma-focussed cognitive behavioural therapy (CBT). Mr C complained this meant that he was unable to return to work and effectively 'lost' ten years of his life.

We took independent advice from one of our medical advisers who specialises in psychiatry. We found that the action taken by each mental health practitioner following contact was reasonable, and there had been no indication that trauma-focussed CBT should have been preferred to the treatment given.