

# “Making Cases Count” Report for Valerie Gawel & Felicity Legan

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## Background

Homeopaths Valerie Gawel and Felicity Legan have both been practising homeopathic medicine for 5 years. Felicity Legan has been a qualified speech therapist for 20 years. Valerie and Felicity provide a local weekly clinic at a drop-in centre for people with chronic mental health issues. Patients are referred to this clinic by the drop-in centre if deemed suitable, approximately 1-2 people are referred a month. In addition to being a homeopath

Patients are offered consultations of up to 1 hour on their first visit and up to 0.5 hours on any subsequent visits, which occur at varied intervals (2-6 weeks). Almost all (98%) of these consultations are conducted in person, with just 2% being conducted over the phone. These consultations used to be free, but as of September 2014, £3.50 is charged per consultation and the local trust pays for the homeopaths. At the end of the homeopathic consultation patients are usually offered a homeopathic remedy in the form of centesimal tablets, however occasionally the remedy is sent to the patient via post. No other techniques or forms of treatments are used or offered.

Valerie and Felicity have been routinely collecting data from all their new patients who consulted between 7/9/10 and 23/7/14 using the MYMOP validated outcome measure. This data was anonymised and inputted into a MYMOP Excel spreadsheet.

## Information collected

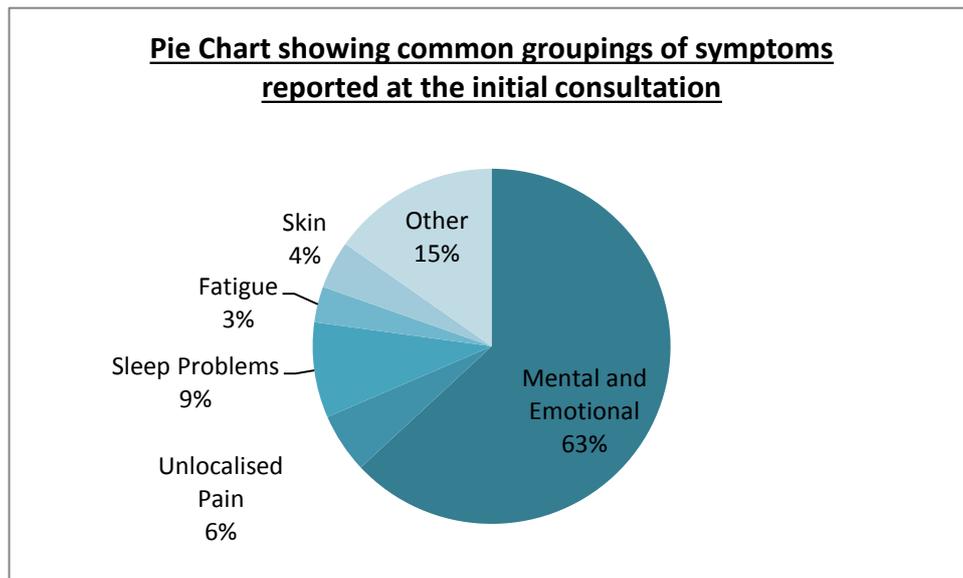
Between the dates of 7/9/10 and 23/7/14 Valerie and Felicity were consulted by 63 patients, ranging from 22-68 years of age. Using a patient generated outcome measure (MYMOP) they collected initial data for 46 of the 63 new patients who consulted them during this period.

Patients were asked to write down their two ‘worst’ symptoms and to score them on a seven point Lickert scale; 0 being ‘as good as it could be’ and 6 being ‘as bad as it could be’. In addition patients scored their ‘general wellbeing’ according to the same scale. Of these 46 new patients, 33 filled out at least one follow up outcome measure in addition to the initial MYMOP form. The outcome measures were usually filled out by the patient at the beginning of the consultation.

## Analysis of Information

Of the 46 total patients who were consulted the most commonly reported primary or secondary symptoms were; depression (41% of patients), anxiety (26% of patients) and stress (13% of patients).

The most commonly reported symptom among the 33 patients who filled out an initial and follow up outcome measure were depression (49% of patients) followed by anxiety (27% of patients) and problems with sleep (15% of patients). This data was input into a pie chart (see below).



A total of 17 of the 29 patients who provided a primary symptom score for the initial and the follow up consultation reported that their symptoms were improved at follow up, 1 reported that they were worse and 11 reported no change. This represents an average decrease of 0.81 in symptom related scores. In addition 15 of the 24 patients who provided a wellbeing score for an initial and follow up consultation 15 reported that their general wellbeing was improved, 3 reported it was worse, 6 reported no change hence there was an average decrease of 0.94 in wellbeing scores.