

Health of the Nation Outcomes Scales (HoNOS) Training Package

Copyright in the Health of the Nation Outcome Scales (HoNOS, HoNOS 65+, HoNOSCA and HoNOS ABI) is owned by the Royal College of Psychiatrists. Commercial copying, renting, and adaptation are prohibited
Health of the Nation Outcome Scales (HoNOS) © Royal College of Psychiatrists 1996

**Healthy London
Partnership**

Working in partnership to improve services for Londoners

Module one



This training has been produced in collaboration with Healthy London Partnership and London clinicians. This resource can be used to understand the basics of HoNOS and ensure that it is rated effectively.

This module provides an introduction of HoNOS including the following sections:

1 Overview of HoNOS: what is HoNOS?

Using HoNOS as an outcome measure

2

3 Understanding how to rate HoNOS

Timescale: when to complete HoNOS

4

Overview of HoNOS: what is HoNOS?

- **What is HoNOS?**
- **What does it measure?**
- **Rating scale**
- **Background and context to HoNOS**

What is HoNOS?

HoNOS has 12 items that measure

- ✓ behaviour
- ✓ impairment
- ✓ symptoms
- ✓ social functioning

Each item is rated on a scale of 0–4



i There are five different versions of HoNOS. This training package covers HoNOS for adults aged 18-64 years.

HoNOS can also be used for:

1. HoNOSCA: for children and adolescents aged 4-17 years
2. HoNOS65+: amended version of the HoNOS for adults aged 65 and over
3. HoNOS-LD: for adults who have a dual diagnosis, such as mental illness and an intellectual disability
4. HoNOS-secure: for adults who are being supported by forensic services

- 1 Overactive, aggressive, disruptive or agitated behaviour
- 2 Non-accidental self-injury
- 3 Problem drinking or drug-taking
- 4 Cognitive problems
- 5 Physical illness or disability problems
- 6 Problems associated with hallucinations and /or delusions
- 7 Problems with depressed mood
- 8 Other mental and behavioural problems
- 9 Problems with relationships
- 10 Problems with activities of daily living
- 11 Problems with housing and living conditions
- 12 Problems with occupation and activities

Using HoNOS as an outcome measure

- **What is an outcome measure?**
- **Value of using HoNOS as an outcome measure**

Using HoNOS as an outcome measure



HoNOS is completed by a qualified mental health professional who has been trained in the use of HoNOS who is most familiar with the individual. Ideally the same team or professional should make the follow-up ratings however this may not always be possible, particularly in the case of an inpatient treatment settings.

The Health of the Nation Outcome Scale (HoNOS) is a clinician reported outcome measure (CROM).

What is an outcome measure?



An outcome measure is a tool used to assess a change in health, wellbeing and circumstances over time. It measures the symptom severity and social functioning of people with mental illness across time.

Other outcome measures include:

Patient reported outcome measures (PROM)

Patient reported experience measures (PREM)

Understanding how to rate HoNOS

- **Rating and severity description overview**
- **Important information for rating HoNOS**

Rating and severity description overview

The rating is made using a glossary developed by the Royal College of Psychiatrists (2018) that has detailed descriptors of severity levels and complexity.

Severity description	Level
no problem	0
minor problem requiring no action	1
mild problem but definitely present	2
moderately severe problem	3
severe to very severe problem	4

Ratings of 0 and 1:

are not clinically significant, requiring no specific action other than possible monitoring for change.

Ratings of 2 and above:

are regarded as clinically significant and would warrant recording in the clinical record for on-going monitoring. A rating of 2 may be incorporated in the care

Ratings 3 and 4:

should always be incorporated in the patient's care plan.



When a lack of information from assessment means rating is not possible, a 9 is used to denote this. Where possible, this should be avoided, because missing data make scores less comparable over time or between settings. London clinicians have also agreed that rating of 1 (minor) does not require input from secondary mental health service.

Source: 1. © Royal College of Psychiatrists 2018 2.

Important information for rating HoNOS

When making each rating there is important information that you should consider. This is outlined in the Royal College of Psychiatrists (2018) glossary.



Rate the most severe problem that occurred during the previous two weeks.



The rating (0-4) will be made from comprehensive mental health assessments and routine clinical work in any setting.



Information from all available sources should be considered when completing ratings including:

- ✓ the service user
- ✓ family
- ✓ clinical notes



Take into account factors such as culture and context when assessing whether specific behaviours, experiences or beliefs are problematic.



Consider the impact on behaviour and/or the degree of distress that the problem causes.



Do not include information rated in an earlier item except for item 10 which is an overall rating.

 **Minimum suggested time points to complete HoNOS**

Timescale: when to complete HoNOS

Below are the minimum recommendations agreed by London clinicians.

