



**Staffordshire and  
Stoke-on-Trent**  
Integrated Care Board

Our Ref: TS/AKB/FOI/0724/920

Stafford Education & Enterprise Park  
Weston Road  
Stafford  
ST18 0BF

30<sup>th</sup> July 2024

Telephone: 0300 123 1461

Sent by email

Dear

**FOI-0724-920**

**Your request for information under the Freedom of Information Act 2000**

Thank you for your request for information received on the 16<sup>th</sup> July 2024. We can confirm that the Staffordshire and Stoke-on-Trent Integrated Care Board can provide the following information.

An anonymised copy of this response will be made publicly available on the ICB website.

Please see our responses in blue below:

**I am writing to you under the Freedom of Information Act 2000 to request the following information from your organisation. Please may you provide me with an answer to the following in relation to sleep and/or insomnia:**

**1. Treatment Pathway:**

- What is the treatment pathway for sleep and/or insomnia within your ICS/ICB? Please provide detailed information for both acute and chronic insomnia, including any specific protocols or guidelines followed.**

The Staffordshire and Stoke-on-Trent ICB does not have a specific pathway for sleep or insomnia. The majority of the patients that the ICB support attend one of the four following Acute trusts or two Mental Health Trusts. The protocols should be requested from them:

**Acute:**

- **University Hospitals of North Midlands NHS Trust**  
**<https://www.uhnm.nhs.uk/contact-us/>**

**Chair:** David Pearson MBE

**Chief Executive Officer:** Peter Axon

- Royal Wolverhampton NHS Trust  
<https://www.royalwolverhampton.nhs.uk/about-us/freedom-of-information/>
- University Hospitals of Derby and Burton NHS Trust  
<https://www.uhdb.nhs.uk/freedom-of-information-foi/>
- University Hospitals of Birmingham NHS Foundation Trust  
<https://www.uhb.nhs.uk/freedom-of-information.htm>

### Mental Health:

- North Staffordshire Combined Healthcare NHS Trust  
<https://www.combined.nhs.uk/get-in-touch/freedom-of-information/>
- Midlands Partnership University NHS Foundation Trust  
<https://www.mpft.nhs.uk/about-us/freedom-information>

### 2. Formal Strategy or Plan:

- Does your ICS/ICB have a formal strategy or plan aimed at improving sleep and/or managing insomnia? If so, please could you share this document or provide detailed information on its key components and objectives?

The Staffordshire and Stoke-on-Trent ICB does not have a specific strategy for improving sleep or managing insomnia.

### 3. Programs or Initiatives:

- What specific programs or initiatives has your ICS/ICB implemented to address sleep and insomnia? Please provide detailed information for both acute and chronic insomnia, including program names, objectives, target populations, and outcomes if available.

Whilst sleep and insomnia services are included within our main contracts specific information regarding specific programs and/or initiatives would need to be requested from our System Partners stated in question one response.

### 4. Data Collection:

- Does your ICS/ICB collect data or statistics related to sleep and/or insomnia? If so, what metrics are tracked? Please provide relevant metrics and any available data for both acute and chronic insomnia, including prevalence rates, treatment outcomes, and patient satisfaction if available.

Information regarding treatment outcomes and patient satisfaction would need to be requested from our System Acute Trust Partners, details as per question one response.

**5. Responsible Personnel:**

- Who in your organisation would hold responsibility for:**
  - **Clinical leadership around sleep services and/or insomnia (including chronic insomnia)?**
  - **Commissioning of sleep services and/or insomnia (including chronic insomnia)?**
- Please provide the name, position, and contact details where possible.**

Dr Paul Edmondson-Jones  
Medical Officer for the ICB

Email: [enquiries@staffsstoke.icb.nhs.uk](mailto:enquiries@staffsstoke.icb.nhs.uk)

**6. Additional Information:**

- Are there any collaborations or partnerships with external organisations or research institutions aimed at improving sleep health or addressing insomnia? If so, please provide details of these collaborations, including their goals and any outcomes achieved so far.**

The Staffordshire and Stoke-on-Trent ICB works closely with our System partners, but there is currently no collaborations in place to improving sleep health or addressing insomnia.

Should you require any further information or clarification regarding this response please do not hesitate to contact us. If you are dissatisfied with the response, you are entitled to request an internal review which should be formally requested in writing and must be within two calendar months from the date this response was issued.

**To request an internal review**

You can request an internal review by contacting the Staffordshire and Stoke-on-Trent Integrated Care Board FOI team by emailing the team at [StaffsStokeFOI@staffsstoke.icb.nhs.uk](mailto:StaffsStokeFOI@staffsstoke.icb.nhs.uk) or by post to the address at the top of this letter.

If you are not content with the outcome of your internal review, you may apply directly to the Information Commissioner's Office (ICO) for a decision. Generally, the ICO cannot make a decision unless you have exhausted the Staffordshire and Stoke-on-Trent Integrated Care Board's FOI complaints procedure.

The ICO can be contacted at:  
Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire SK9 5AF

[www.ico.gov.uk](http://www.ico.gov.uk)



**Staffordshire and  
Stoke-on-Trent**  
Integrated Care Board

Yours sincerely

**Tracey Shewan**  
**Director of Corporate Governance**