Sustainable Mental Health Care

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Principles of Sustainable Healthcare

- Prevention

- Patient empowerment

- Lean models of care

- Use of innovative / new technologies

Psychiatry ≠ Nephrology

- No large energy intensive intervention

- No discreet boundaries of department
  - Management across 1°, 2° and 3° services

- Some patients do not want any care!!

- Some patients want too much care!!

- Large range of (very different!) interventions
  - Medication
  - Psychotherapy
  - Self-help groups

Where are the challenges?

- Identifying patients
  - Early intervention improves outcomes
  - Patient engagement is often difficult but **<u>crucial</u>**

- Managing:
  - Understanding is a crucial step in recovery
  - Tends to be chronic, relapsing-remitting conditions
  - "Work is life's remedy"
  - Integration of care with physical health

- Monitoring:
  - Long term goals
  - Self-monitoring is the ideal

How can mental health services improve sustainability then?

- Improve identification

- Improve engagement

- Enhance patient education

- Engender a sense of agency

- Create pathways to recovery and independence

- Enable self-monitoring (now recommended by NICE)

True Colours

- True Colours
  - is a technological innovation
  - it allows patients to self-monitor
  - Enables data to be shared between patient and clinicians.
  - initially developed for use in bipolar disorder
  - now extended for use in other mental health conditions

- Should enable:
  - Improved engagement
  - 2° prevention
  - Self-monitoring
  - Improved patient agency
  - Reduced mental health service use
  - Maintenance of mental health.

OXTEXT – 7 Study

- OXTEXT -7 is a 'stepped wedge cluster RCT' evaluating the effectiveness of 'Feeling Well with True Colours'

- Sustainable analysis being performed

- Using "triple bottom line approach"

Sustainable models of care

- Use of social media / apps
  - To identify new mental health presentations
  - To engage with adolescents / hard to engage groups
  - To monitor symptoms / risk / relapse

- Transformation of patient notes systems
  - Patient involvement
  - Patient education
  - Patient self-treatment

Sustainable models of care

- Direct patient empowerment/educational techniques
  - CBT
  - Motivational interviewing
  - Coaching

- Transformation of prescribing techniques
  - Adapting environment vs using anti-psychotics for behavioural disturbance in dementia
  - Compliance issues

- Augment community management options
  - Day hospitals / day center activities
  - Voluntary work / employment support services
  - Engage patients with sustainable lifestyle modifications

Questions

- How does the nature of mental illness (it's presentation / assessment / management) affect the way we think about sustainability in mental health services?

- How do we manage the different levels of patient engagement when designing sustainable models of care?

- How important is the carbon accounting of medications compared with other forms of patient management?