Collaborative Care for patients with a bipolar disorder: a randomised controlled trial

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Disclosures

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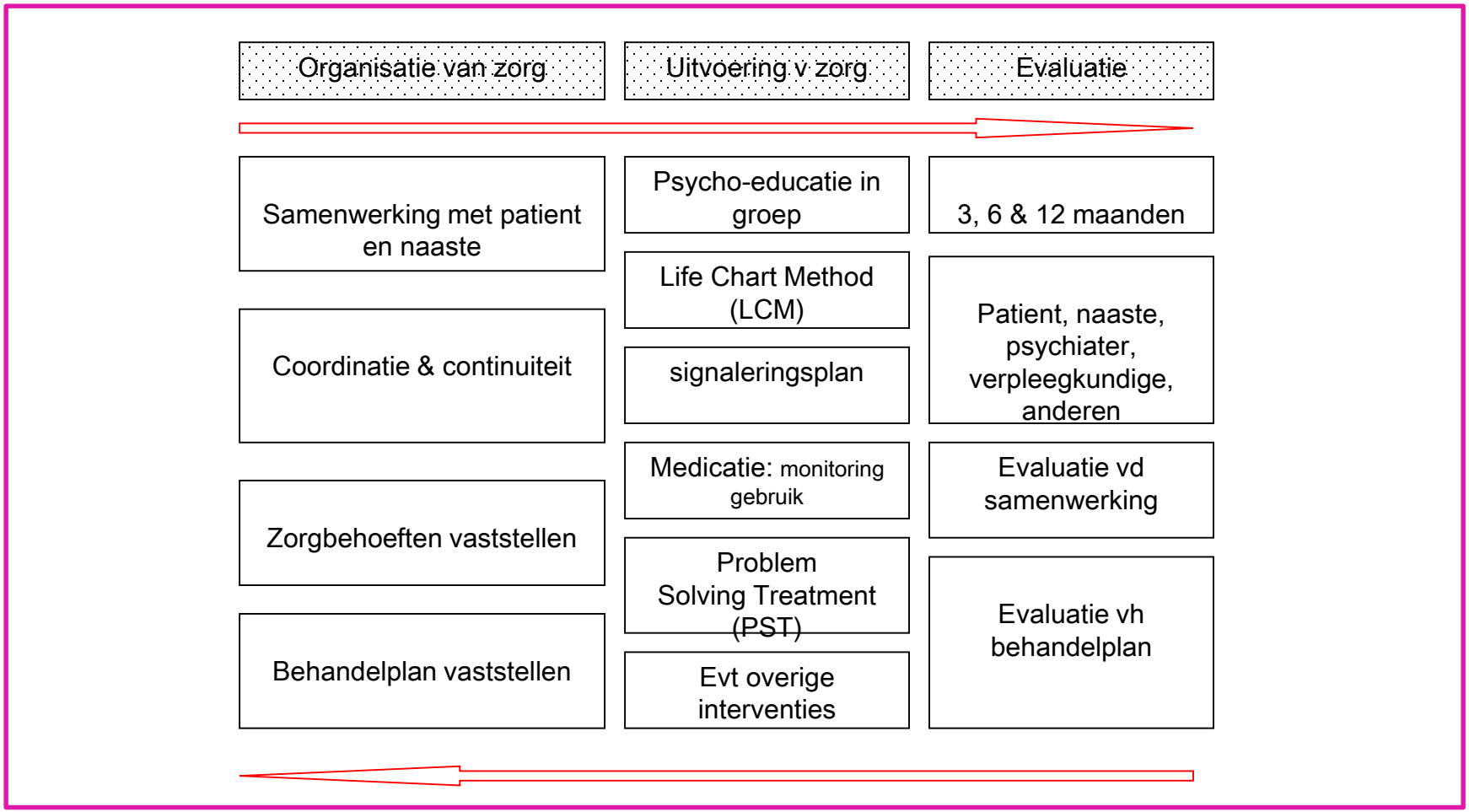
Deze presentatie

- Gebruikelijke zorg en Collaborative care
- De implementatie van CC
- Het onderzoek
- En jawel: de eerste resultaten!

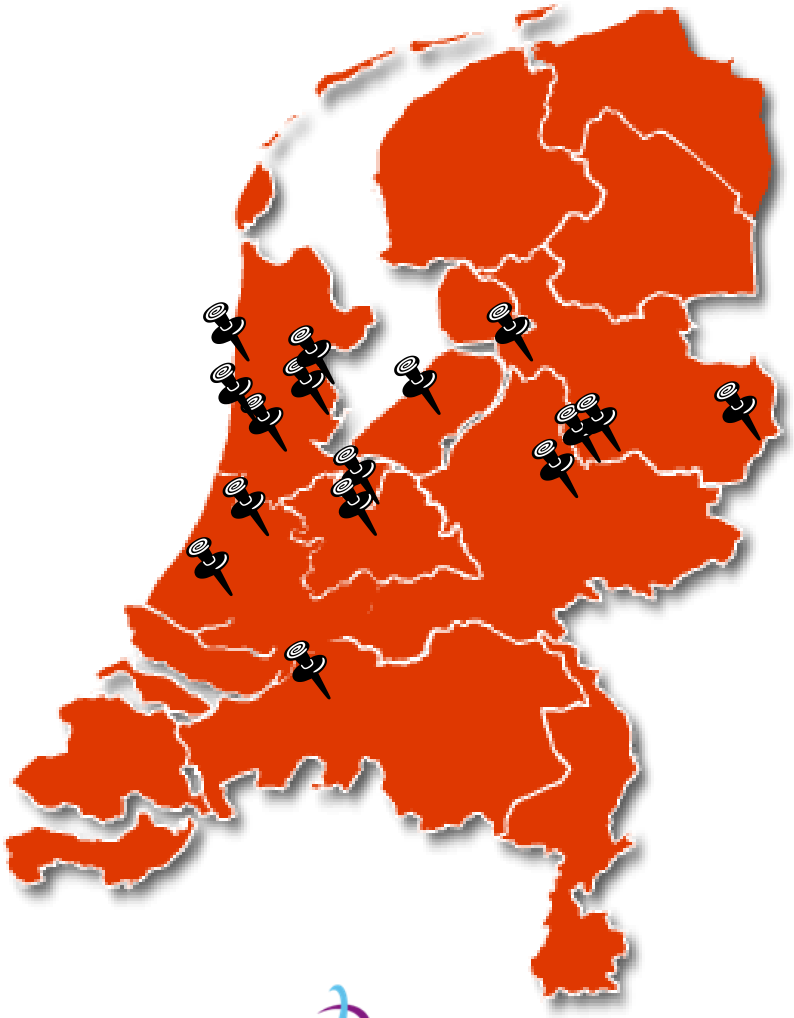
Collaborative Care



Samenwerking

Elementen van gebruikelijke zorg in NL, baseline

	Controles (N=79)	CC (N=56)
Signaleringsplan, ja, n (%)	51 (63.0)	28 (51.9)
Psycho educatie cursus, ja, n (%)	52 (64.2)	20 (37.0)
Life Chart, ja, n (%)	35 (43.2)	23 (42.6)
Naaste betrokken, ja, n (%)	56 (69.1)	37 (67.3)
Problem Solving Treatment, n (%)	0	0
Totale aantal contacten met GGZ professionals in laatste 3 maanden, mean (sd)	5.4 (6.3)	5.8 (5.5)



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Implementatie

- Commitment management & teamleden
- Verpleegkundige= care manager
- Handboek en werkboek
- Training (protocol, Zorg op Maat)
- Coaching & supervisie

Research

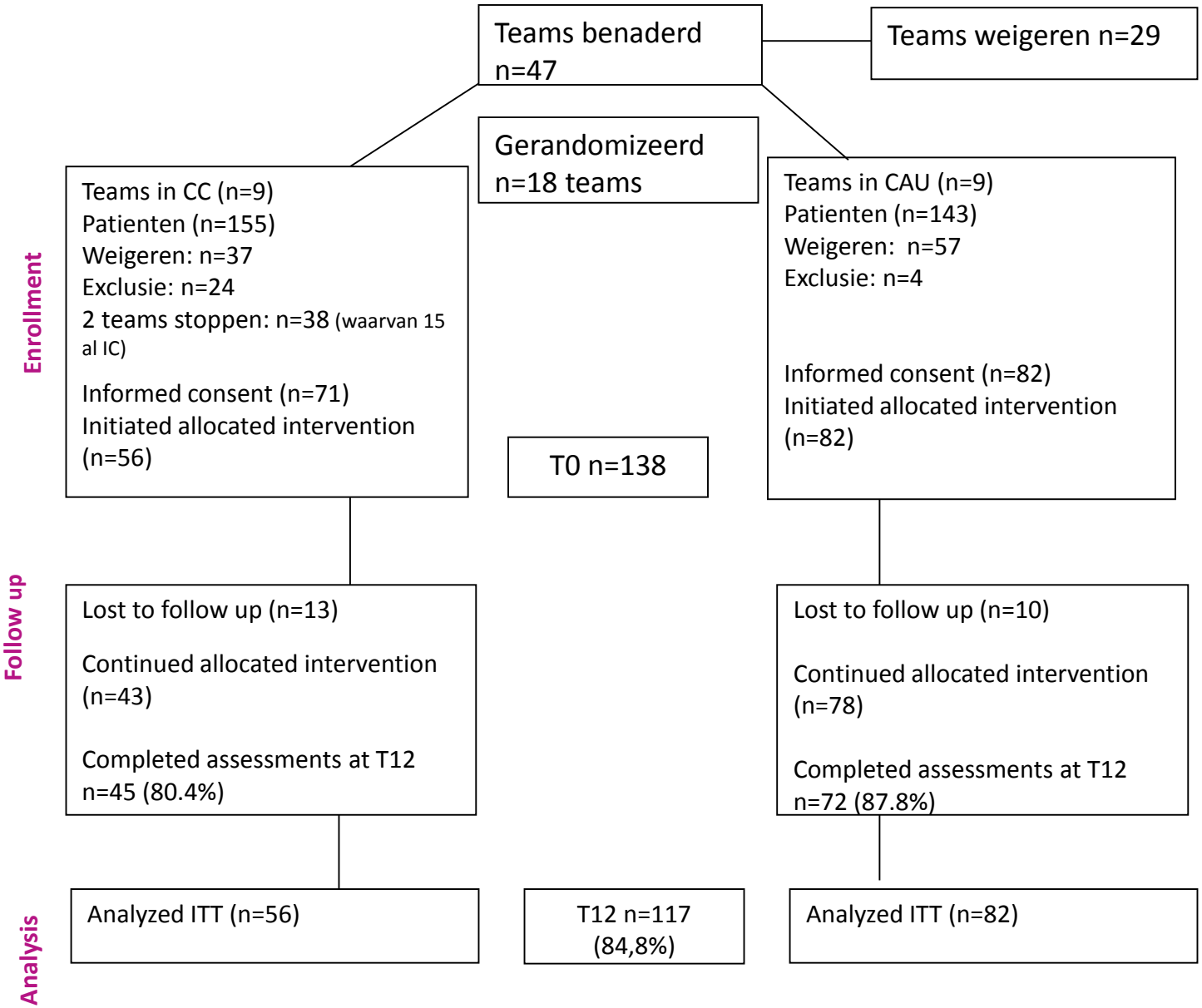
- Cluster gerandomiseerde (pragmatische) trial
- 16 (18) teams
- 138 patiënten & 89 naasten
- Metingen op baseline, en na 6 & 12 maanden.

Uitkomsten

1 Symptomen, kwaliteit van leven en functioneren.

2 Voor naasten: ervaren draaglast en tevredenheid met de zorg.

CONSORT diagram showing the flow of participants through each stage of the trial.



Baseline characteristics

Socio demographic characteristics	Control (N=82)	CC (N=56)	*p*
Age, mean (sd)	44.7 (11.3)	46.8 (9.8)	0.3
Gender female, n (%)	49 (59.8)	39 (72.2)	0.1
Partner, yes, n (%)	45 (54.9)	36 (66.7)	0.2
Total years of education, mean (sd)	16.9 (3.3)	14.2 (3.5)	<.001
Clinical characteristics			
Diagnosis, n (%) Bipolar disorder I	49 (60.5)	39 (72.2)	0.1
Age of onset, mean (sd)	23.9 (10.0)	23.5 (11.6)	0.8
Duration of illness, mean (sd)	20.5 (11.0)	23.0 (12.8)	0.2
Family history, n (%)			
Depression	48 (58.5)	31 (55.4)	0.7
Bipolar disorder	21 (25.6)	21 (37.5)	0.2

Time suffering from symptoms and severity of symptoms

Observed mean scores (and standard deviations) of number of months spent with mania or depressive symptoms and severity of symptoms.

	*Control N=80**	*CC N=56**
Number of months with manic symptoms, LCM, mean (sd)		
Between six months before baseline and T0	1.0 (1.5)	1.0 (1.5)
Between T0 and T6	0.8 (1.5)	1.1 (1.8)
Between T6 and T12	0.5 (1.2)	0.4 (1.1)
Number of months depressive symptoms, LCM, mean (sd)		
Between six months before baseline and T0	2.3 (2.2)	3.2 (2.1)
Between T0 and T6	2.2 (2.4)	2.0 (2.3)
Between T6 and T12	2.0 (2.3)	1.5 (2.1)
Severity of manic symptoms, ASRM, mean (sd)		
T0	1.8 (2.4)	2.3 (3.8)
T6	2.2 (2.7)	2.0 (2.8)
T12	1.5 (2.3)	1.9 (2.4)
Severity of depressive symptoms, QIDS, mean (sd)		
T0	8.1 (5.1)	10.5 (5.5)
T6	8.3 (5.3)	9.8 (5.9)
T12	8.2 (6.0)	8.4 (5.3)

Test statistics and effect sizes of the condition by time interaction terms for number of months with symptoms and severity of symptoms, from mixed model regression analysis.

	z	*p*	*Effect size*
Number of months with manic symptoms			
Cond*T6	0.8	.4	0.2
Cond*T12	-0.3	.8	0.1
Number of months with depressive symptoms			
Cond*T6	-2.6	.01	0.5
Cond*T12	-3.1	.002	0.7
Severity manic symptoms			
Cond*T6	-1.1	0.3	0.2
Cond*T12	-0.3	0.8	0.1
Severity depressive symptoms			
Cond*T6	-1.4	0.2	0.2
Cond*T12	-2.9	0.004	0.4

Functioneren

Test statistics and effect sizes of the condition by time interaction terms for functioning, from mixed model regression analysis.

		z	*p*	*Effect size*
Autonomy				
	Cond*time6	-2.7	0.008	0.4
	Cond*time12	-2.9	0.004	0.5
Work				
	Cond*time6	0.07	0.90	0.1
	Cond*time12	-0.9	0.40	0.2
Finances				
	Cond*time6	-1.8	0.07	0.2
	Cond*time12	-0.5	0.60	0.1
Social life				
	Cond*time6	-1.0	0.30	0.1
	Cond*time12	-1.1	0.30	0.2
Cognitive functioning				
	Cond*time6	-1.6	0.10	0.2
	Cond*time12	-2.8	0.05	0.4
Leisure time				
	Cond*time6	-2.4	0.02	0.4
	Cond*time12	-2.4	0.02	0.4
Total score				
	Cond*time6	-1.9	0.06	0.2
	Cond*time12	-2.5	0.01	0.3

Kwaliteit van leven

Test statistics and effect sizes of the condition by time interaction terms for quality of life, from mixed model regression analysis.

Quality of life		*z*	*p*	*Effect size*
Physical health				
	Cond*time6	1.0	0.3	0.2
	Cond*time12	2.5	0.01	0.4
Psychological health				
	Cond*time6	0.6	0.5	0.1
	Cond*time12	1.8	0.07	0.3
Social life				
	Cond*time6	1.0	0.3	0.2
	Cond*time12	0.6	0.6	0.1
Environment				
	Cond*time6	-0.8	0.4	0.1
	Cond*time12	0.5	0.6	0.1
Overall QoL				
	Cond*time6	0.2	0.9	0.1
	Cond*time12	0.9	0.4	0.2
Health related QoL				
	Cond*time6	1.4	0.2	0.3
	Cond*time12	1.2	0.2	0.2

Naastbetrokkenen (voorlopige resultaten)

- Meest partners
- Groepen verschillen alleen op geslacht
- na 6 maanden in CC groep meer ‘toezicht’ (t=2.03, p=.04). Op T 12 geen verschil meer.
- Verder geen verschillen in toe- of afname van ervaren draaglast tussen de groepen
- Geen verschil in toe- of afname tevredenheid met de zorg.

Elementen van zorg na een jaar

	Controles (N=79)	CC (N=56)
Signaleringsplan, ja, n (%)	48 (67.6)	34 (79.1)
Psycho educatie cursus, ja, n (%)	52 (72.2)	37 (84.1)
Life Chart, ja, n (%)	18 (25.0)	24 (54.5)
Naaste betrokken, ja, n (%)	56 (77.8)	38 (86.4)
Problem Solving Treatment, n (%)	0	33 (72)
Totale aantal contacten met GGZ professionals in laatste 3 maanden, mean (sd)	4.2 (8.0)	5.0 (5.2)

Discussie

- Waarom wel effect op depressie?
- Waarom geen effect op manie?
- Methodologische opmerkingen
- Corrigeren voor baselineverschillen
- Implementatie CC

Conclusions I

CC vergeleken met CAU:

- Minder tijd last van depressieve symptomen
- Depressieve symptomen op T12 minder ernstig
- Geen verschil in manische symptomen
- Voor naastbetrokkenen geen verschil gevonden

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Vragen, opmerkingen, tips?