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Asking clients regularly how they are - it changes treatment plans

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Learning Goal:

We present an example of continuous measurement of clients' psychological well-being in a psychosis outpatient clinic. Clients report symptoms that are not always related to the diagnosed disorder, they appreciate being asked about them. With an accumulating dataset we can link the results to treatment choices.

Abstract Text:

In psychiatric healthcare, demands to assess and report the quality and effectiveness of different treatments are increasing. Recovery model emphasizes positive mental health and clients' own appraisals of their health and happiness. CORE-OM is a widely used, well-documented measure of overall psychological well-being. It is based on clients' self-report and easy to use. We have implemented a continuous CORE-OM measurement in a psychosis outpatient clinic in order to get regular feedback from our clients. CORE-OM is filled in every three months, the results are discussed with the clients, and treatment plans are revised if necessary. For each patient treatment choices (i.e. CBT, CRT, SCIT group) can be linked to CORE-OM results. At the end of March, we have data from 158 CORE-OM measurements from 102 clients. Our preliminary results indicate the following:

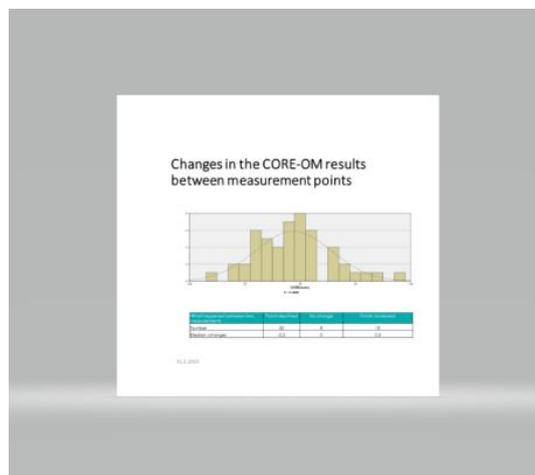
Clients do not complain of typical psychotic symptoms, but of anxiety, trauma-related symptoms, hopelessness and difficulties in everyday coping.

CORE-OM is easy to use also with persons with severe mental disorder and they appreciate being asked about overall well-being.

With early data, we can detect a trend for psychosocial treatments to improve self-assessed well-being.

CORE-OM produces information that the personnel does not usually gather and gives new insights to clients' problems.

In Rotterdam, we can present data from a larger dataset and give examples of the type of treatment options that are linked to better CORE-OM results.



**ON THE HEALING POWER
OF HUMAN RECONNECTION**