

SYMPTOMATIC & FUNCTIONAL IMPROVEMENTS WITH SELF-MANAGEMENT SUPPORT FOR ADULTS WITH SCHIZOPHRENIA

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BACKGROUND

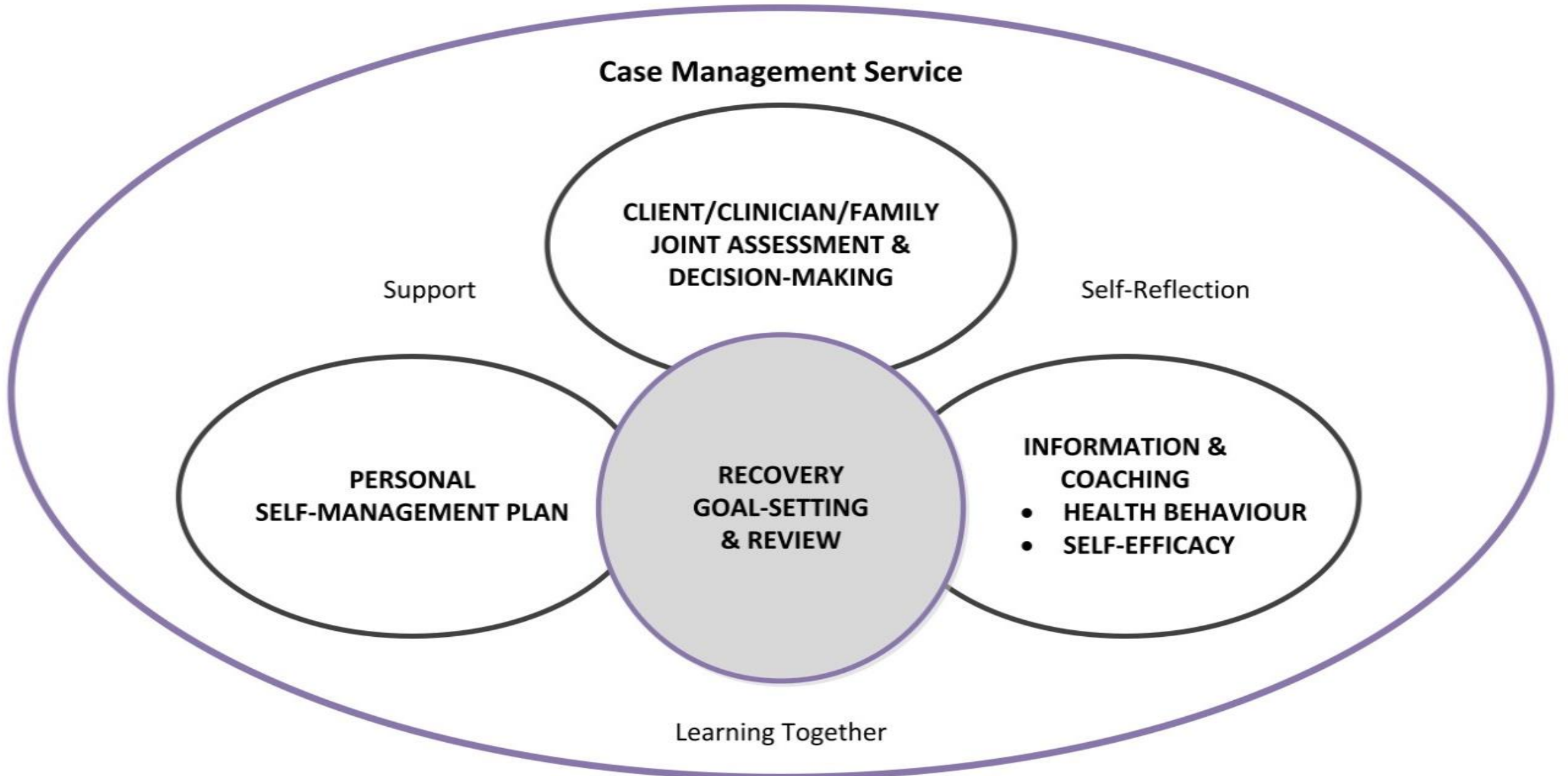
- Individuals living with schizophrenia are often insufficiently engaged in their own treatment process & lack capacity to manage successfully in the community
- Self-management (SM) support is advocated as a feasible, effective intervention for engagement & building capacity with individuals so they may actively manage the impact of illness & live fuller, healthier lives
- SET for Health was developed & implemented as a model of SM in an outpatient schizophrenia case management program

WHAT IS SELF-MANAGEMENT (SM)

SM assists people to proactively manage their health through:

- Coaching, goal-setting, reviewing & problem-solving towards clients' pursuit of their recovery goals
- Interactive, structured, experiential learning using motivational & cognitive behavioural strategies to engage & sustain behavioural changes

A model of self-management support integrated into routine case management services for high risk group living with schizophrenia



OBJECTIVES

- To evaluate feasibility of an integrated model of self-management (SM) support with outpatients living with schizophrenia & receiving specialized services
- To examine to what extent SM: adds value from clients' & providers' perspectives, & influences individuals' engagement in treatment, SM, symptom distress, hope & quality of life
- To assess clinical & functional outcomes following 1-year of engagement in SET for Health
- To investigate if baseline client characteristics predict which patients may benefit most from SET for Health

METHODOLOGY

- A 2-year mixed methods feasibility study, where the quantitative component is nested in the qualitative component

OUT-PATIENT PARTICIPANTS

- **Adult outpatients** (N=40) living with Schizophrenia
- **Gender:** 18 males, 22 females
- **Age:** mean = 46.58 yrs, SD = 12.61
- **Education:** mean = 13.28 yrs, SD = 2.8 yrs
- **Years diagnosed:** mean = 21.89 yrs, SD = 12.46 yrs

CLINICIAN PARTICIPANTS

- 9 multi-disciplinary case managers offered 12 months of self-management support

ALL PARTICIPANTS

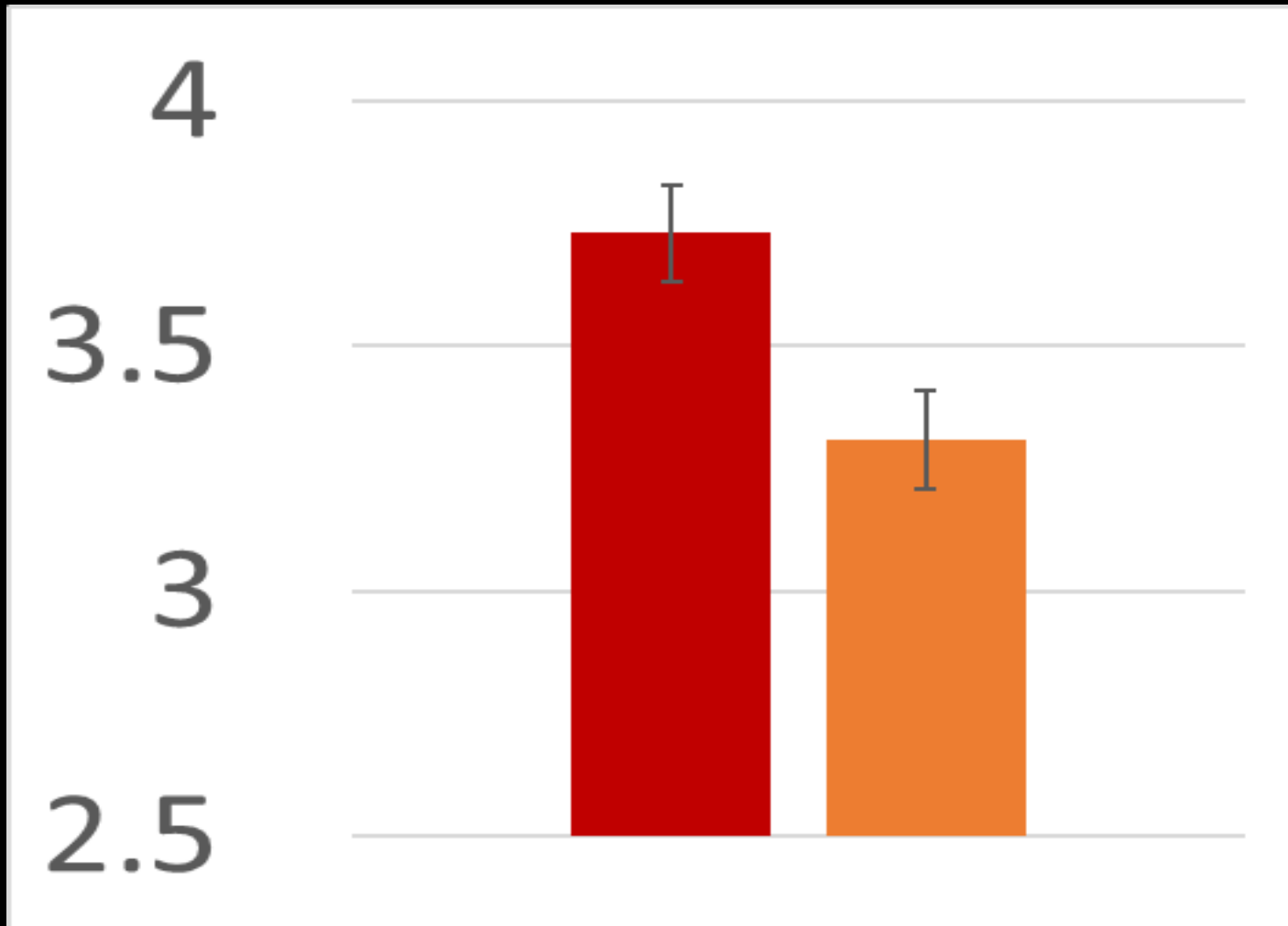
- Participants, staff & physicians completed ratings of symptoms & functional status at baseline & at completion of the self management plan

RESULTS

Completion of Self-Management Plan

- On average, most patients required a full year to develop their self-management plan (M= 12.8 months, SD = 4.9 months)

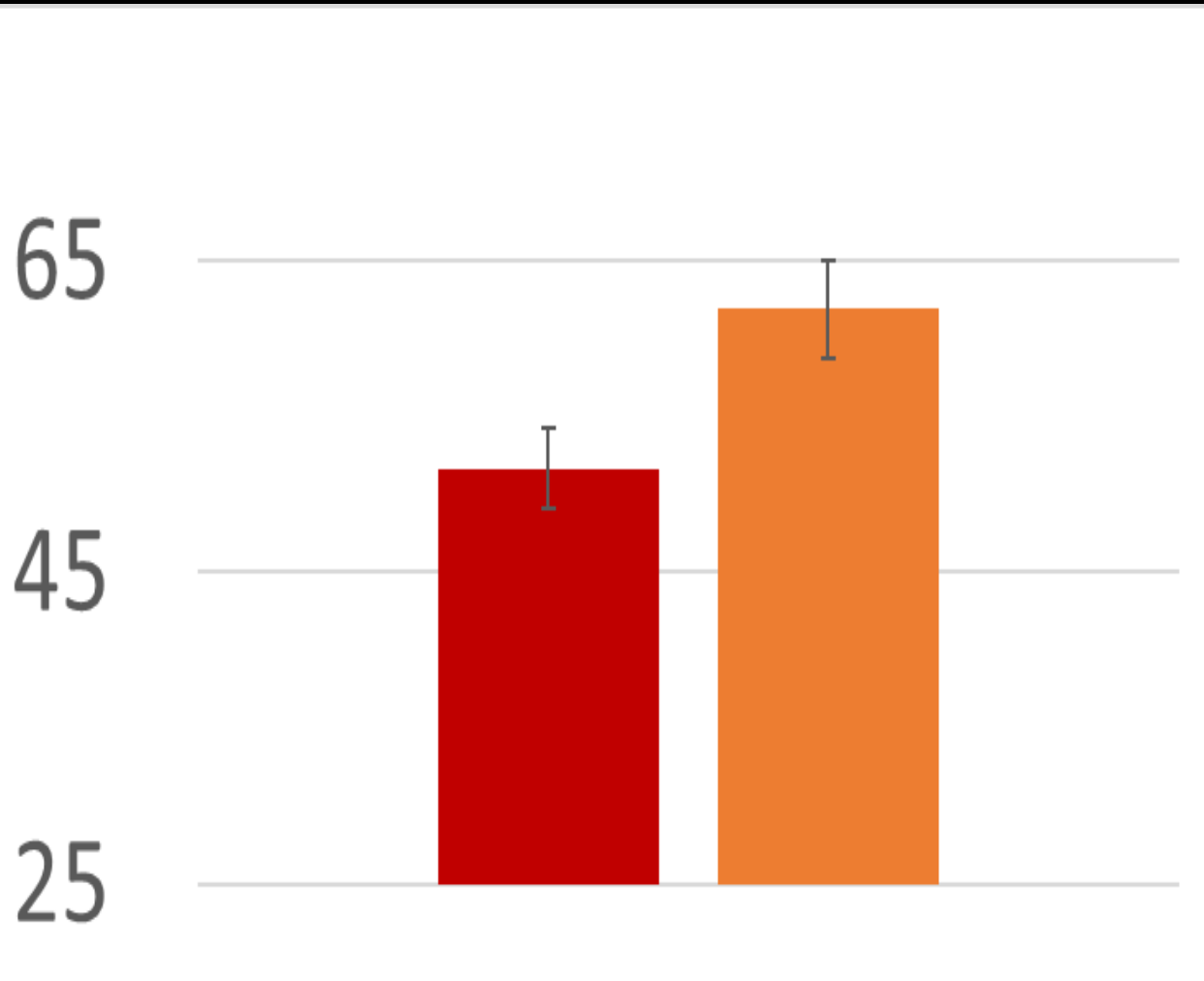
CLINICAL GLOBAL IMPRESSION (CGI) RATING SCALES



- Measures symptoms of severity, tx response & efficacy of treatment
- 3 item observer rated scale

- CliniScores on the CGI improved significantly from baseline to post-SET for Health follow up, $t(31)=2.95, p = .006$

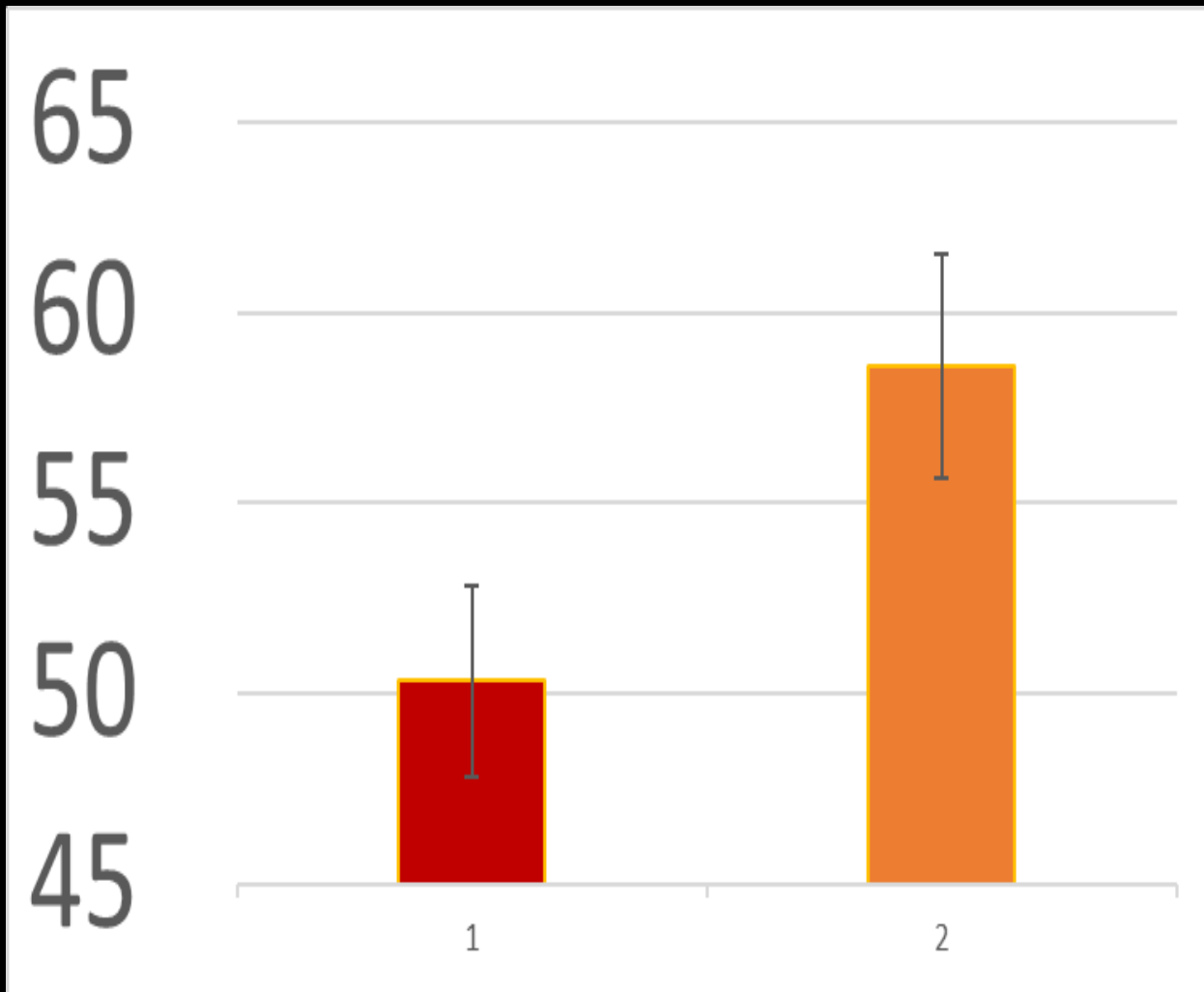
SOCIAL & OCCUPATIONAL FUNCTIONING ASSESSMENT SCALE (SOFAS)



-Measures social & occupational functioning on a continuum

-Client summary scores on the SOFAS improved significantly from baseline to follow-up, $t(33) = -5.09$

ILLNESS MANAGEMENT & RECOVERY (IMR) SCALE



-Measure mental illness management & recovery outcomes (15 items)

-IMR scores improved following SET for Health, based on both client & provider ratings ($p = .001$), which did not differ significantly from each other.

QUALITATIVE

- Interpretive phenomenological approach
- 23 client interviews

THEMES – CLIENTS TOLD US

Self Reflection & Gaining Perspective

- “I think it’s a great opportunity to figure out who you are, & what problems arise in your life & how you can overcome them.”

Learning about Self

- “I learned what stresses me out... I think it’s about finding yourself & what’s important to you.”

Self-Agency, Self Efficacy & Hope

- “Goals. If you don’t have a goal, you’ll never reach your goal... I’m stronger than I thought I was. I can achieve the goals, like even though when there are problems in the way.”
- “That’s really what it seemed to give me was hope & direction & agency.”

Getting on With Life & Feeling Good

- “I think it was a good impact. Like, it got me more motivated to do my goals & stuff because I had organization & I had a direction... I followed my goals & my routine & everything. I’ve made progress.”

THEMES – CLINICIANS TOLD US

Client engagement

- “They’re jumping right in. They’re finding it’s really great to see on paper what they’re sort of saying & to be able to sort of track their progress & they feel a real sense of accomplishment.”

Client progress in recovery

- “It’s actually helped them focus on a goal, right. It helped them to feel a sense of success. Have that success.”

Their work was made easier

- “So basically, what SET for Health is, what I’m already doing. Now I have to start putting them in paper also. So that’s kind of increasing my workload.”
- **Consistency with own beliefs**
- “ I do believe that the foundations of self-management... are in line with my own sort of beliefs & principles, ethics as a nurse because I do believe that people have a role in their own health care”.

LIMITATIONS

- A small sample size
- Lack of a control group
- However, the results are promising given clinically significant improvements in a naturalistic sample of outpatients living with schizophrenia

CONCLUSION

- Participation in a 1-year self-management (SM) program within standard outpatient case management yielded significant improvements in clinical & social functioning
- Clients & providers rated clients' ability to manage their illness & recovery goals as improved
- Clients appear to benefit from SM support regardless of age, gender, education, illness severity or duration of illness
- Clinicians engaged & delivered SET for Health to a diverse group of clients with varying levels of illness severity, co-morbidities, functional status & social disadvantages
- SET for Health is valued by both clients & clinicians
- SET for Health contributed to client engagement in treatment, participation in SM, decreased illness severity & increased social & occupational functioning

FUTURE DIRECTIONS

- The results will inform the planning of a future RCT
- Comparing clients engaged in SET for Health to a matched sample in usual care will strengthen results
- Package the SET for Health training & support process for replication

Questions/Discussion



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