‘Show Yourself’: The development of an intervention to show professionals at an admission ward the patients’ ‘euthymic being’ during severe mania or depression

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Disclosure

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Background

• Bipolar disorder is a complex psychiatric disease, with episodes of (hypo)mania, depression and euthymia.
• During a manic episode, admission in a psychiatric hospital is often unavoidable.
• Family members experience a high level of burden during the development of the manic episode.
After a few days...

• Patients wife: “Peter, the nurses from the admission ward says that his condition improved... But he is still extremely manic... They are not going to discharge him like this???? Do they????”

• Nurse at the admission ward: “Peter, how is this patient when he acts normal?”
WHAT IS GOING ON?
They (the nurses) have actually no idea who they are dealing with...

• This can be caused by a difference in perspective.
• The relatives’ perspective is the patient in a euthymic mood state.
• The professionals’ perspective is the patients’ condition as he was at the time of the admission.
Aim of the project

To develop an intervention where patients record a film to show their ‘being’ in a euthymic mood state.

When the patient is hospitalized this film can be shown to the professionals so they can see the patient when he/she is in a euthymic mood state.
Methods

• Individual semi structured interviews with 10 participants (nurses, psychiatrist, patients and family members)

• We asked participants about their views and opinions with regard to this idea, the preferable content of the film and the way to use this material

• Content analysis
Results 1; the idea

• All participants saw great potential in the idea.
• Patients stated that it could be worthwhile that professionals working on an admission ward could get an idea on how patients function and interact when they are in a euthymic mood state. All professionals confirmed this.
Results 2: The idea

• Professionals working on an admission ward stated it can give them valuable information to plan, conduct, and evaluate more individualized patient centred care.

• Professionals working at ambulatory care assumed it can help their patients during a mental health crisis to connect better with the professionals on the admission ward.

• All assume this will decrease stress for patient and family.
Results 3: Content of het film

- The patient is in charge!
- Patients want to show their daily structure and routines.
- They want to talk about their hobbies and things that are important to them.
- They want to talk about their work and how they spend their leisure time.
- Patients want to tell what is important to them in case they are admitted.
Results 4: Content of het film

• Professionals want to see how the patient interacts with others and want to see a glimpse of the patients’ personal life and character.

• They want the patient to talk about their hobbies, the way they spend their day, their daily routines and their important values.

• All participants stated that it was important to record the film in the patients’ home.
Results 5: use of the film

• Most patients prefer the film will be stored in their EPR so that it is available to professionals at any time.
• One patient preferred her family member to hand over the USB stick in case of admission.
• In the patients’ relapse prevention plan it needs to be mentioned that a film is available
Discussion 1

- Applicable for other patient groups?
- The intervention only gets value if implemented and tested in clinical practice. The development of the intervention is the first step before formal feasibility and pilot testing, in preparation for conducting a large-scale study.
- Melanie Groot Lipman carried out a first feasibility study.
- Next step is further development of the intervention and then...
Discussion 2

- A longitudinal multiple case study with a mixed methods design will be carried out to examine the effect of the intervention on patients outcomes and the experiences of all involved.

- We hypothesize that due to the more individualized patient centred care **length of stay** on the admission ward and the **use of coercion** will decrease, **patient satisfaction** about the period of hospitalisation will increase en **relatives will be felt taken more serious**. We assume that making the film can contribute to the patients’ **self-efficacy in dealing with crisis**.
Thank you for your attention

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