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Follow-Up with New SGA Prescriptions in Burlington, VT

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PROMOTING FOLLOW-UP IN PATIENTS WITH NEW PRESCRIPTIONS FOR SECOND-GENERATION ANTIPSYCHOTICS

An Accessible Informational Pamphlet For Patients and Prescribers

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Community Health Centers of Burlington – Riverside
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PROBLEM IDENTIFICATION & DESCRIPTION OF NEED

- Mental illness is prevalent
  - ~1-in-5 adults in high-income countries live with mental illness, from common mental disorders (e.g. major depression, anxiety) to serious mental illnesses (e.g. schizophrenia, bipolar affective disorder)[1]
- People with mental illness frequently have high rates of adverse somatic health factors
  - Tobacco and other substance use, physical inactivity, and poor diet[2]
  - Iatrogenic effects of many psychotropic medications contributing to higher rates of chronic medical conditions such as diabetes, cardiovascular disease, and thromboembolic events[3]
- As a result, mental and physical disorders commonly co-exist, leading to higher morbidity and mortality in people living with mental illness[4]
- Such patients have among the greatest needs, but they often receive poorer quality of care due to a combination of many factors, including both system and provider issues[5]

PUBLIC HEALTH COST & UNIQUE COST CONSIDERATIONS IN HOST COMMUNITY

- Research has consistently demonstrated worse clinical outcomes and higher costs of care for patients with mental illness[6,7]
  - This population has an estimated mortality rate that is 2.2 times higher than the general population[8]
  - Health care costs are estimated to be 60–75% higher for those with mental illness than those without[9]

- State mental health agencies (SMHAs) served ~7.1M clients in FY 2012 at a cost of $39.7B[10]
  - These 7.1M clients represent ~21% of the 34.1M people nationwide receiving some form of mental health service during FY 2012[10]
  - US states are increasingly turning toward their respective SMHAs to meet the mental health needs of their populations

- An estimated 4.7% of VT's adult population lives with serious mental illness[11]
  - 57.7% of this population receives any form of treatment from either the public system or private providers[11]
  - VT Department of Mental Health (DMH) served approximately 7K adult clients in FY 2018[12]
  - In FY 2013, DMH service expenditure was $182.6M; per capita expenditure, $291.70[13]

COMMUNITY PERSPECTIVE ON ISSUE & SUPPORT FOR PROJECT

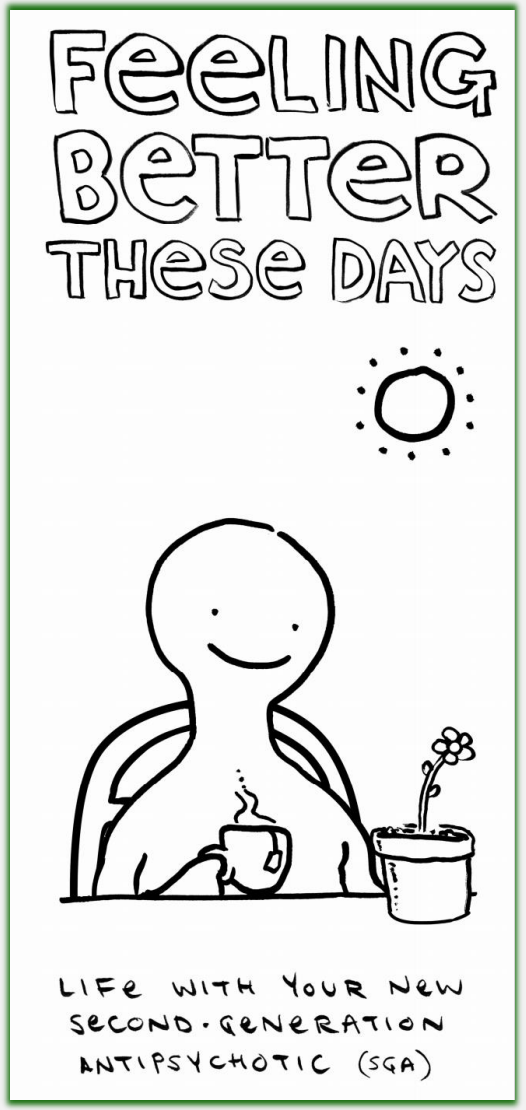
- Seven interviews
  - **Adam R. Greenlee, MD**
    - double-boarded in Family Medicine & Psychiatry
  - Six anonymous patients starting new prescriptions of second-generation antipsychotics (SGAs)

- Takeaways from interviews
  - "Patients living with both medical and psychiatric illnesses are complex"
  - "Psychiatric crises bring patients in, not their medical issues… Stabilizing [these crises] takes up all of our time, and medical issues are left unresolved, without agreed upon plans for follow-up."
  - "What are the side effects?"
  - "Is there anything I can do about the side effects?"
  - "All of the information is so overwhelming!"
  - "A handout would be helpful"

https://www.chcb.org/locations-providers/riverside-health-center/

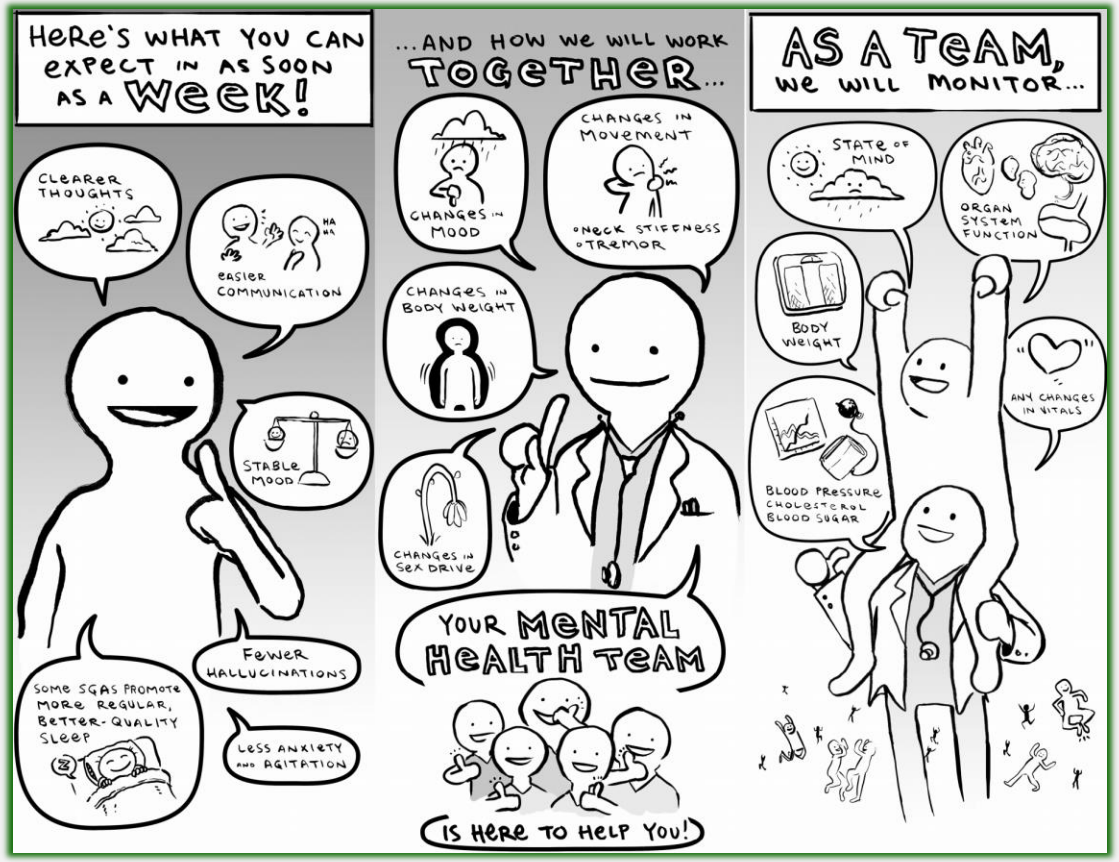
INTERVENTION & METHODOLOGY

- Drafted & designed an information pamphlet containing information and instructions for patients starting new SGAs prescriptions
  - Expert medical consultation by Dr. Greenlee
  - Art direction & consultation by Kansas City-based artist and graphic designer **Dave Coates**
- Pamphlets designed for accessibility –
  - "friendly" graphics following line-of-sight principles
  - Two versions created –
    - English, with hand-lettered font
    - Blank template with only graphics, allowing room for typed translated text
- To better assist medication concordance, follow-up appointment date & time are highlighted[14]



RESULTS & RESPONSE DATA

- Created an easy-to-read, clear and engaging informational pamphlet for patients
- Included information addresses common patient concerns:
  - SGAs basics and benefits
  - Potential side effects
  - Plans for patient follow-up
  - Resources for psychiatric crises
- Dr. Greenlee consulted with each draft iteration



EVALUATION OF EFFECTIVENESS & LIMITATIONS

- Evaluation
  - Encourage in-visit distribution of pamphlet to patients receiving new/updated SGA prescriptions
  - Useful evaluations would include:
    - Tracking of pamphlet distribution to appropriate patients
    - Pamphlet utility, as gauged by patient and provider feedback

- Limitations
  - Due to the delayed conception of the project, follow-up, concordance and motivational interviewing are unable to be followed or assessed at this time
  - Two formats printed: English, and blank template for translation via word processor
    - Translated versions are reliant upon both accurate translation of technical information and stakeholder representative access to word processing
  - Patients may not be aware of pamphlet

RECOMMENDATIONS FOR FUTURE INTERVENTIONS & PROJECTS

- Follow-up with patients to assess longitudinal SGA prescription concordance, rates of complications & side effects, and outcomes
- For future iterations of informational pamphlets, canvassing patients for opinions and attitudes on SGAs would help refine the language used
- If deemed successful and of utility, consider expanding this series of informational pamphlets to include other classes of therapeutic psychotropic agents

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