

Phase- specific Treatment Indication In Integrated Care Systems -- Beyond Crisis Management

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ECAO 2015

Oslo



Maastricht University



Redesigning
Psychiatry

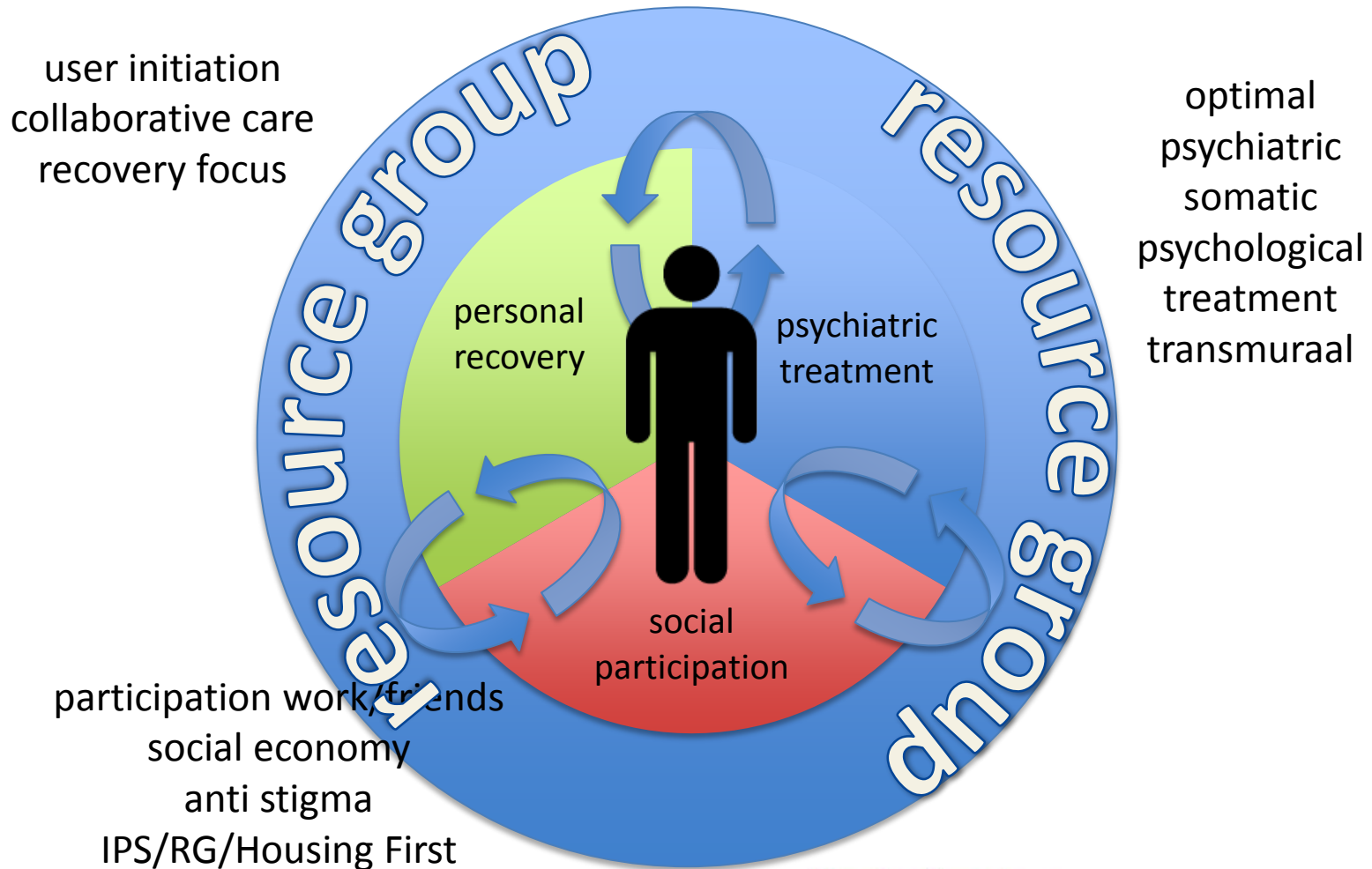


‘positive health’

is the dynamic ability of people to adapt and manage their own well-being (realize personal goals), despite physical, emotional and social challenges in life

Machteld Huber, 2014

more than crisis intervention

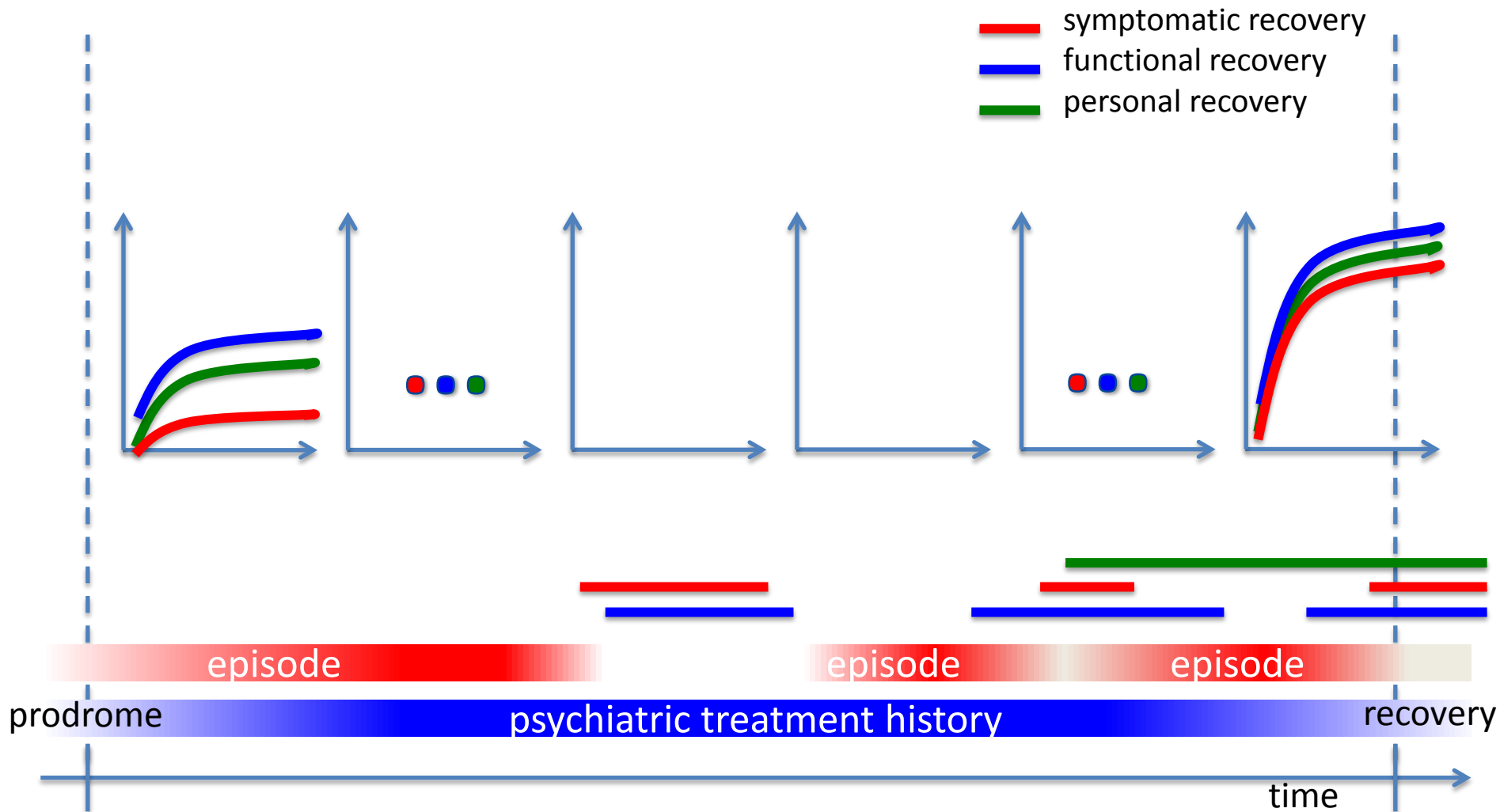


health care as 'enhancer'

(in a phasic process towards resilience)

- phases: speeding up, slowing down, stagnations, recovery, relapse or a slip;
- meaning: stagnation can be a moment of growth (an incubation) and result in sensitive moments (*tipping points*) for (faster) improvement (or crisis)
- but also: periods without therapeutic input (moratoria) can improve autonomy (which is difficult to realize with a professional who is continually present).

parallel & phase specific care



from diagnostics to care...

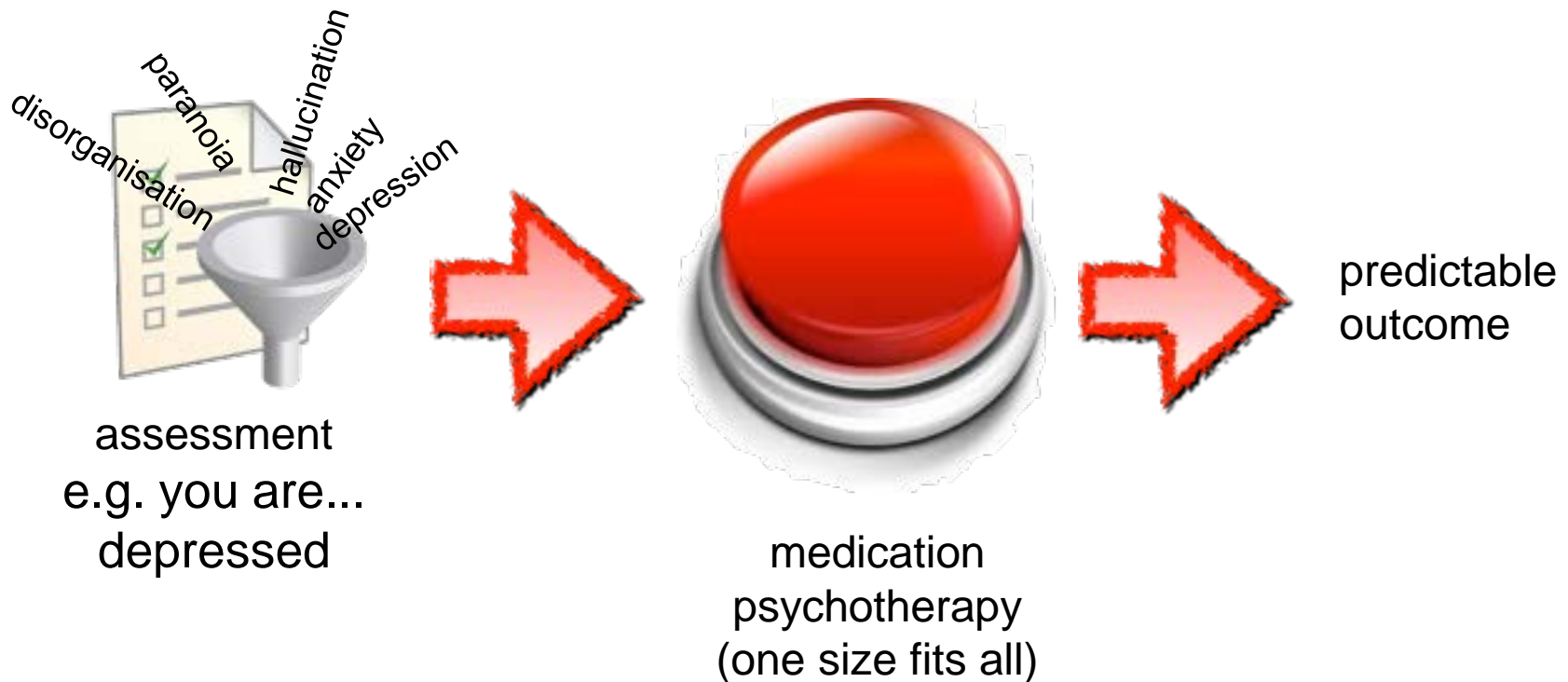
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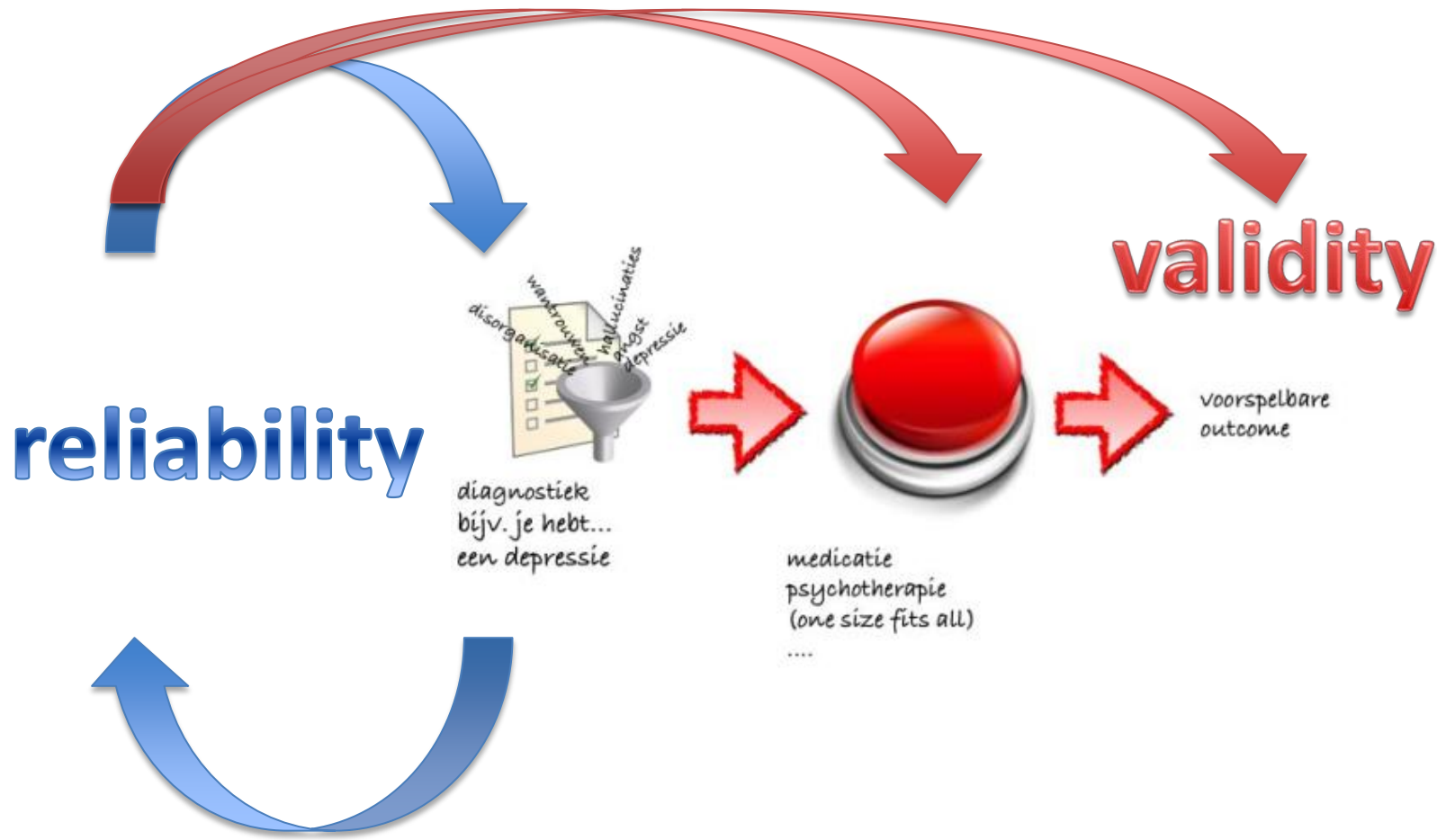
"Well, yes, we could fix it in Photoshop, but your arm would still be broken."

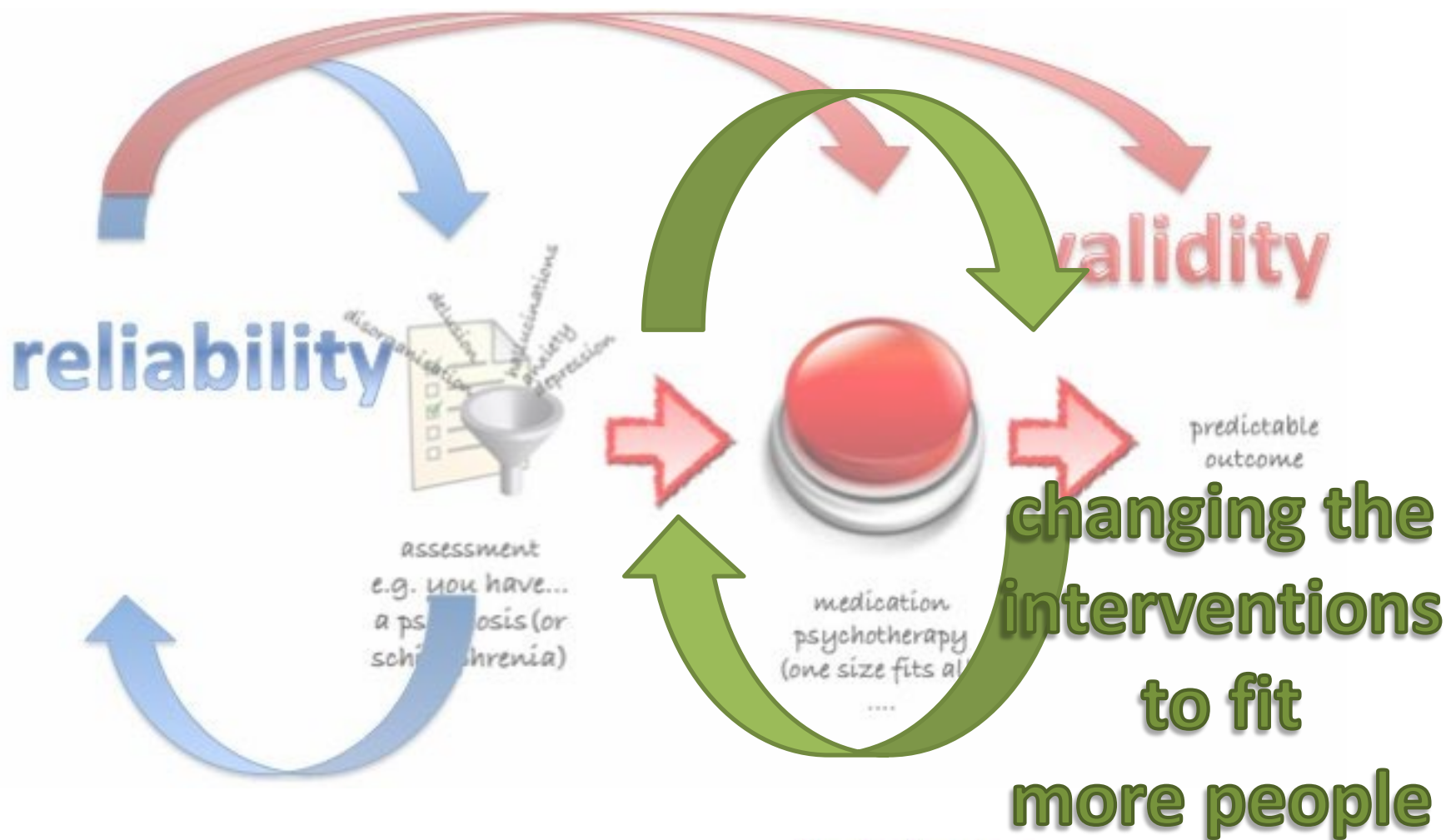
in search of 'push-button' interventions



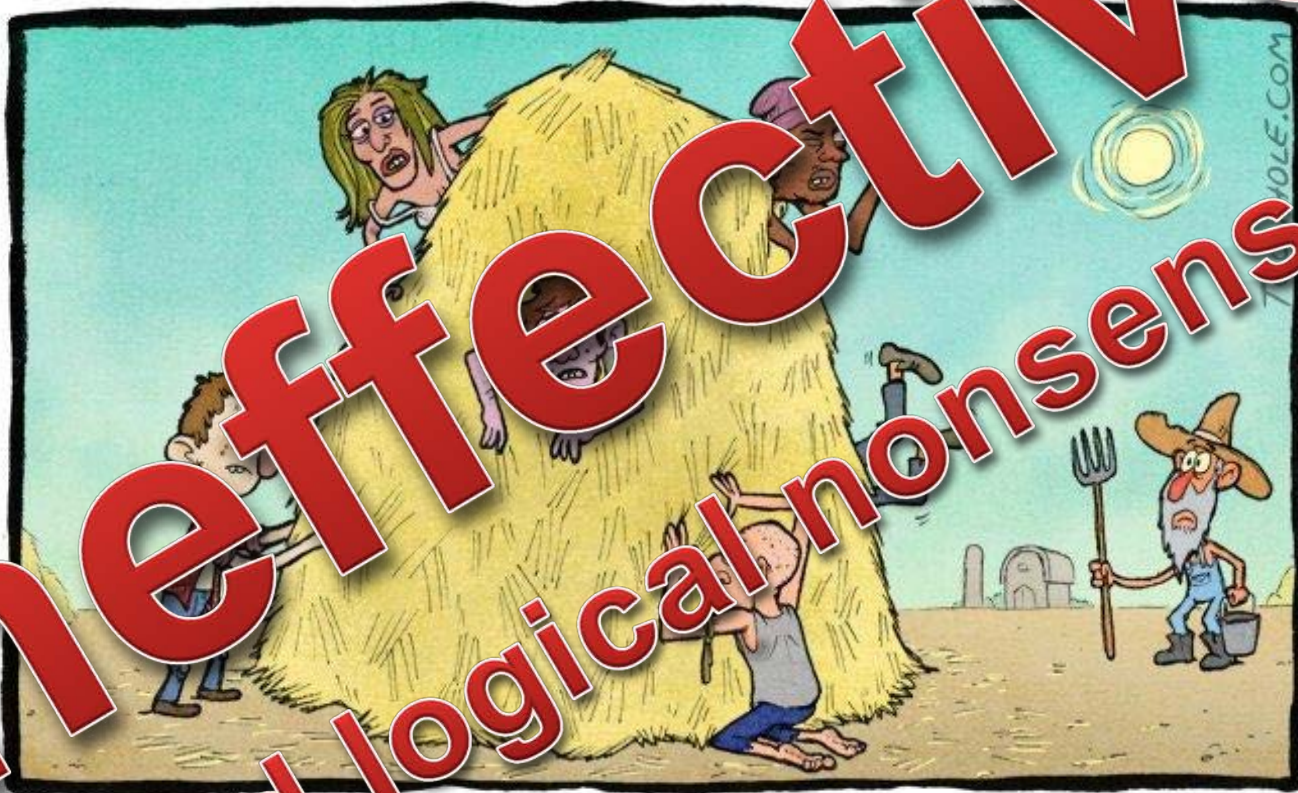
....

optimizing





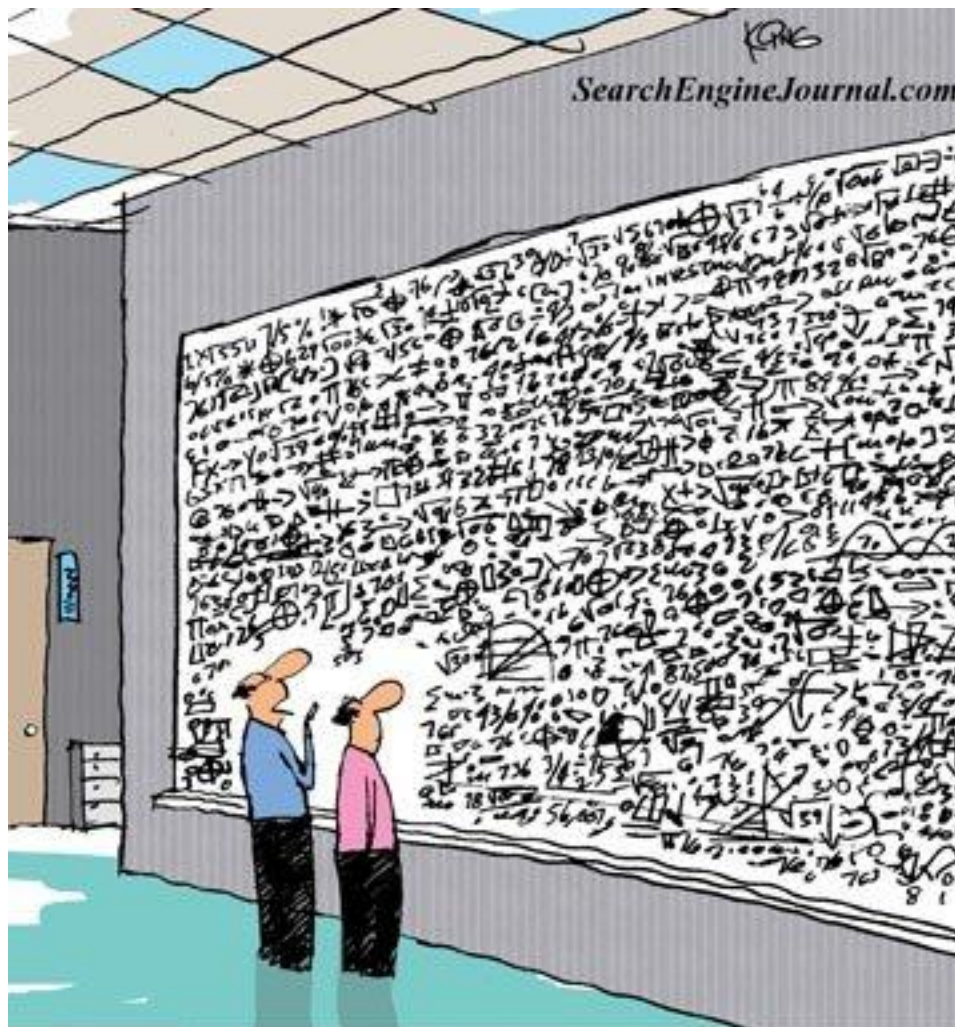
Mental Health 'algorithmic' thinking



Dependent junkies search for an alleged "needle in the haystack."



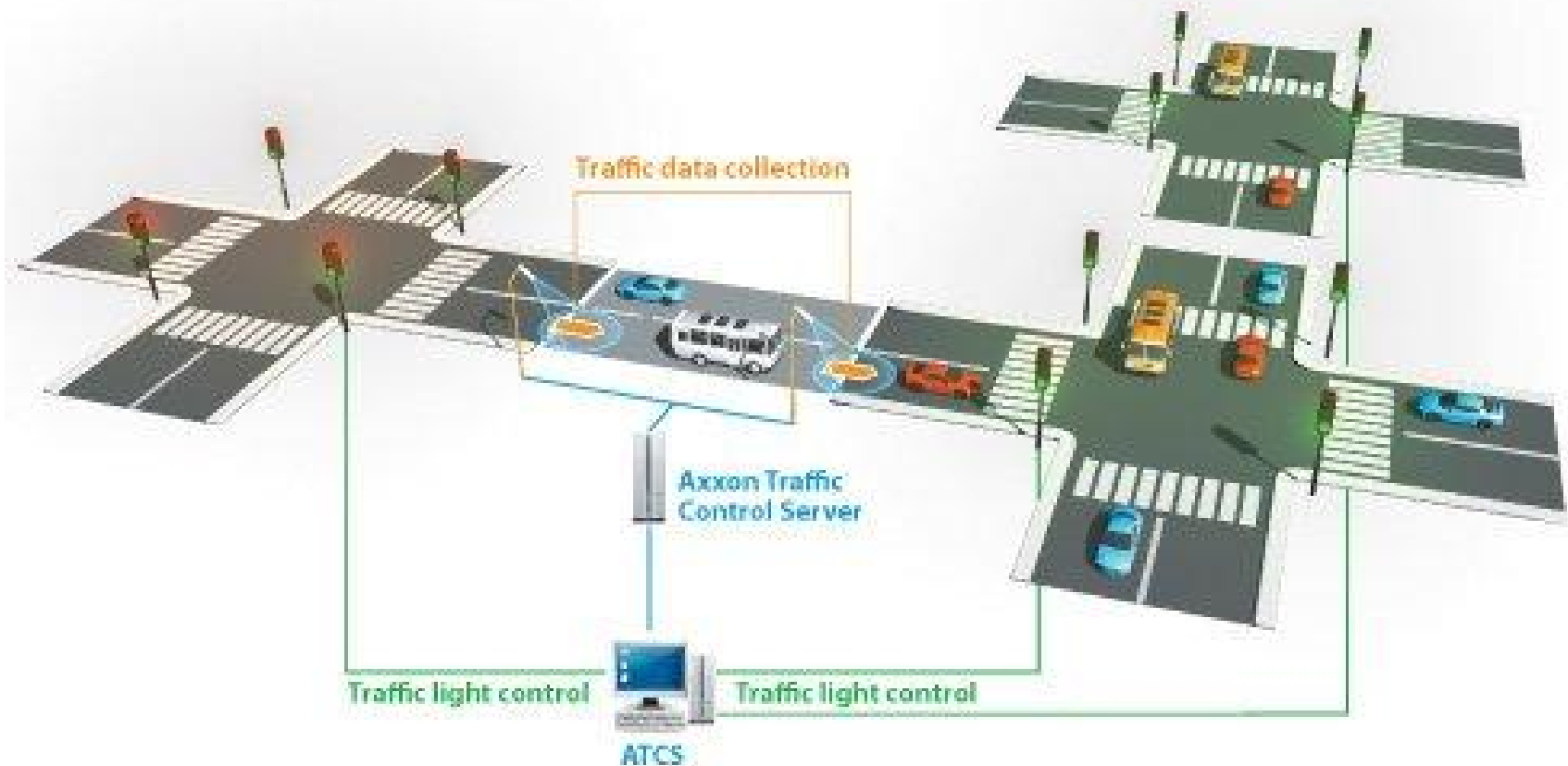
how do we
optimize
the traffic flow
to avoid
a traffic jam?



... And that, in simple terms, is how you improve the traffic flow at the crossroad."

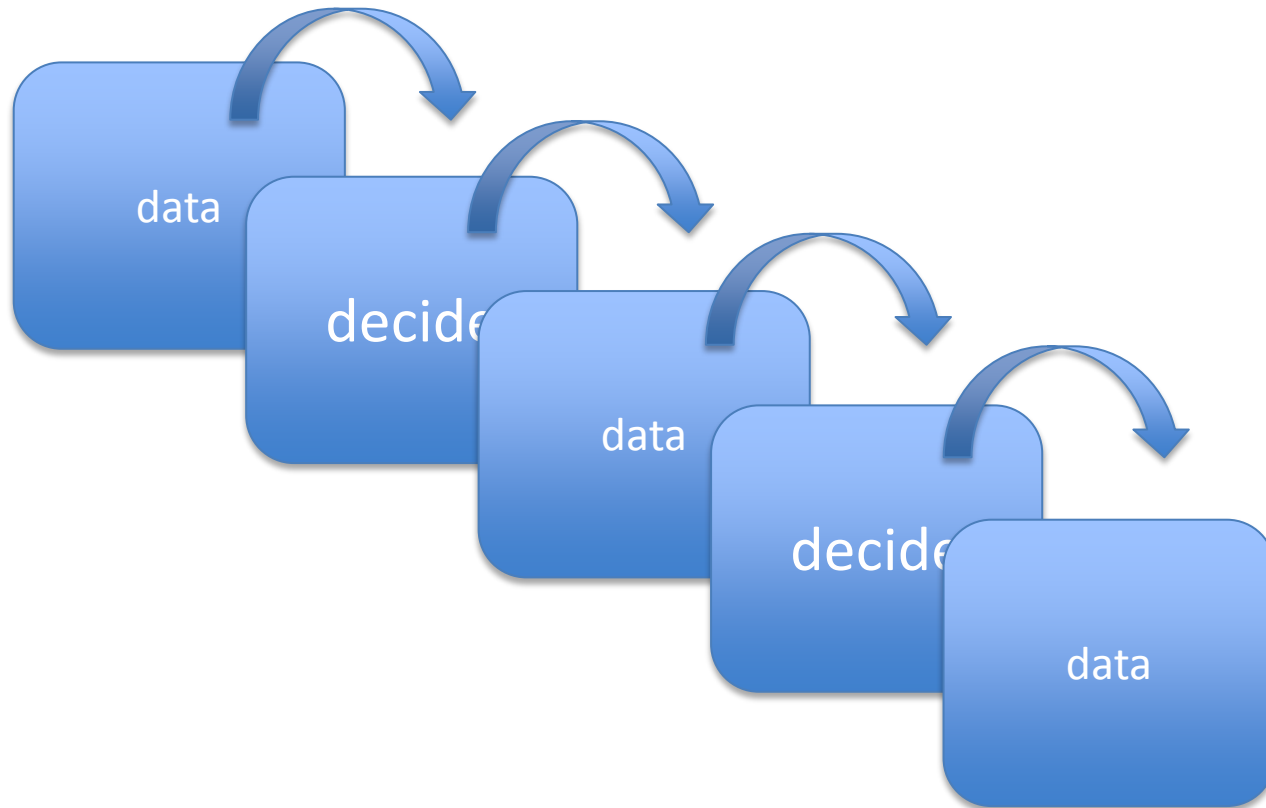


optimal algorithm or dynamic optimization?





therapy optimization: iterative process (personalized medicine)



Delespaul, 1981

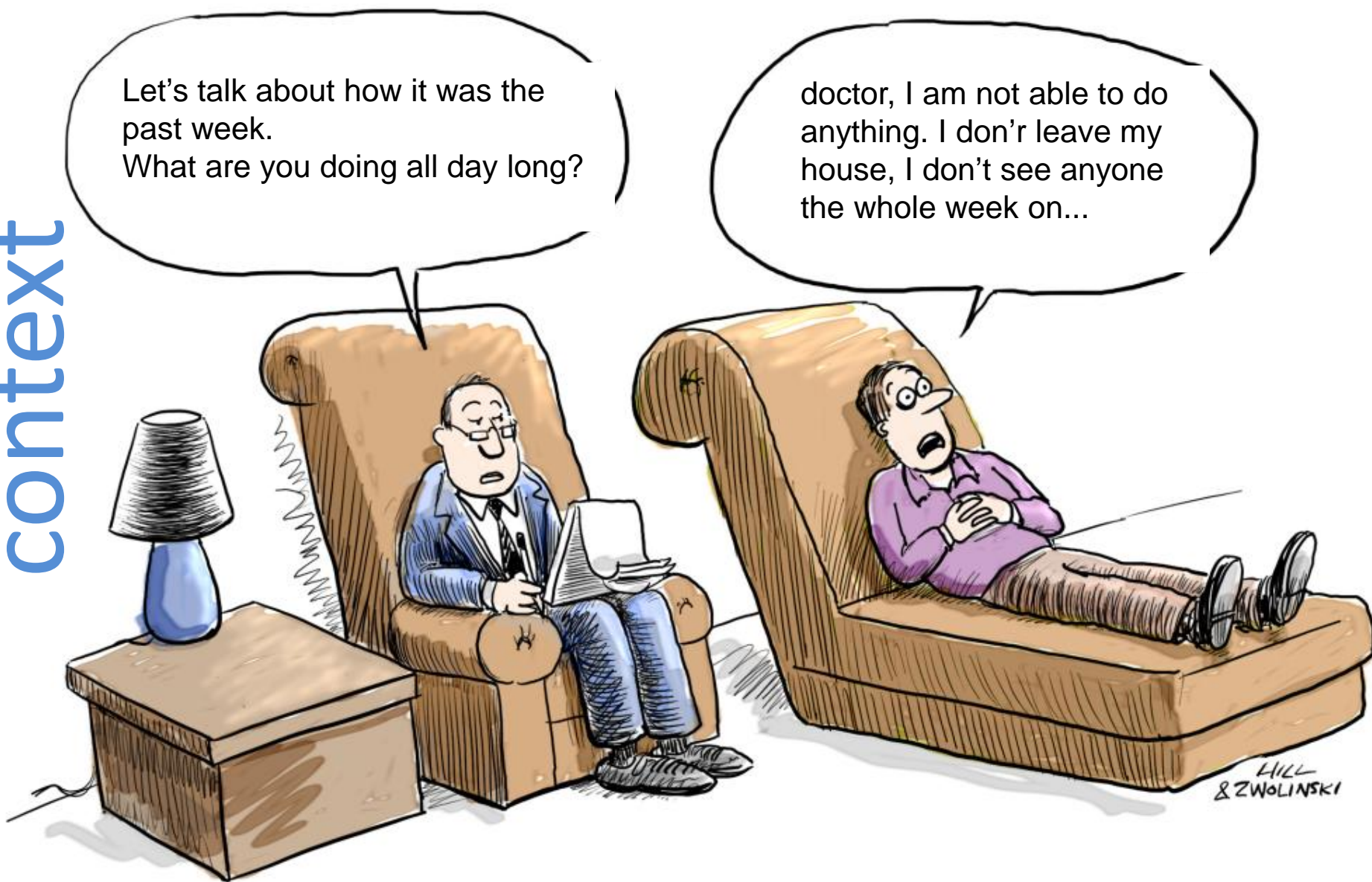


therapy optimization: iterative process (personalized medicine)

**≠ (only) to match therapy
to the person
= to match therapy
to the person
in time and in context**

Let's talk about how it was the
past week.
What are you doing all day long?

doctor, I am not able to do
anything. I don't leave my
house, I don't see anyone
the whole week on...



‘a film of the daily life’

context



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KENNISCENTRUM

PsyCope

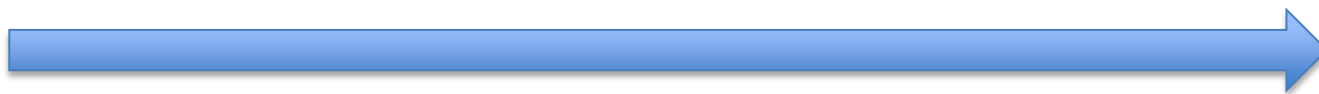
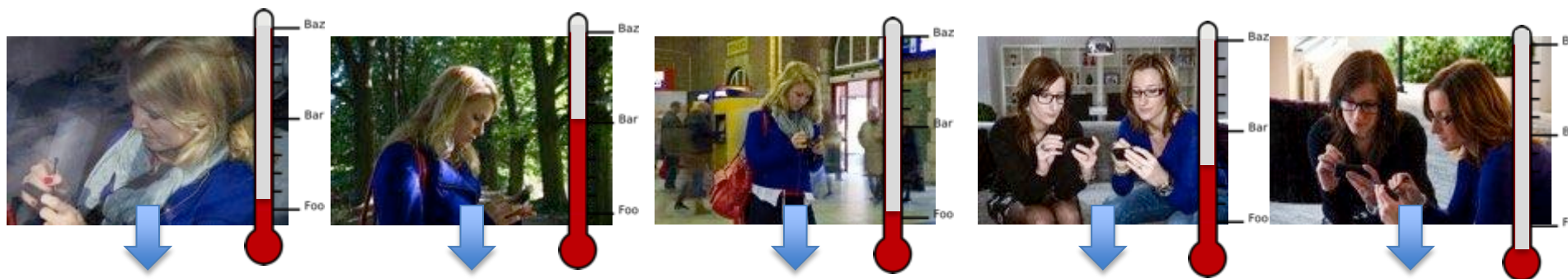
Redesigning
Psychiatry

Mondriaan

voor geestelijke gezondheid



the other 23(/24) hours



Maastricht University

KENNISCENTRUM
PsyCope

Redesigning
Psychiatry

Mondriaan

voor geestelijke gezondheid



Experience Sampling Method (°1982: paper & pencil)



When the beep went off, I was thinking about? _____

This thought is... Not Medium High

	Not	Medium	High
Pleasant	1 2 3 4 5 6 7		
Clear	1 2 3 4 5 6 7		
Normal	1 2 3 4 5 6 7		
I have trouble concentrating	1 2 3 4 5 6 7		

I feel... Not Medium High

	Not	Medium	High
Cheerful	1 2 3 4 5 6 7		
Unsecure	1 2 3 4 5 6 7		
Lonely	1 2 3 4 5 6 7		
Relaxed	1 2 3 4 5 6 7		
Anxious	1 2 3 4 5 6 7		
Satisfied	1 2 3 4 5 6 7		
Irritated	1 2 3 4 5 6 7		
Sad	1 2 3 4 5 6 7		
Guilt	1 2 3 4 5 6 7		

My 1st complaint is present Not Medium High

	Not	Medium	High
My 1st complaint is present	1 2 3 4 5 6 7		
My 2nd complaint is present	1 2 3 4 5 6 7		

My thoughts are... Not Medium High

	Not	Medium	High
suspicious	1 2 3 4 5 6 7		
difficult to express	1 2 3 4 5 6 7		
I can't get rid of them	1 2 3 4 5 6 7		
influence by other	1 2 3 4 5 6 7		
I feel unreal	1 2 3 4 5 6 7		
I hear voices	1 2 3 4 5 6 7		
I see 'things'	1 2 3 4 5 6 7		
I fear to loose control	1 2 3 4 5 6 7		

Where am I?
I'm alone? yes / no
If not, with whom? _____
How many men?..... / Women?..... / Children?.....

I like this company Not Medium High

	Not	Medium	High
I like this company	1 2 3 4 5 6 7		
I prefer being alone	1 2 3 4 5 6 7		
We are acting together	1 2 3 4 5 6 7		

What am I doing? Not Medium High

	Not	Medium	High
I prefer doing something else	1 2 3 4 5 6 7		
I find myself active	1 2 3 4 5 6 7		
It consumes my energy	1 2 3 4 5 6 7		
This activity is a challenge	1 2 3 4 5 6 7		
I'm skilled at it	1 2 3 4 5 6 7		

I'm hungry Not Medium High

	Not	Medium	High
I'm hungry	1 2 3 4 5 6 7		
I'm tired	1 2 3 4 5 6 7		
I don't feel well	1 2 3 4 5 6 7		

ILY DOWN / SIT / STAND / RUN / SPORT (Circle your choice)
Since I woke up I used... (more choices possible)
O NOTHING When was that?..... hours
O ALCOHOL When was that?..... hours
O MEDICATION When was that?..... hours
O COFFEE O TABACCO O

Since I woke up the most important thing that happened was:
.....

This was: very unpleasant -3 -2 -1 0 1 2 3 very pleasant
Not Medium High

	Not	Medium	High
This beep was disturbing	1 2 3 4 5 6 7		

It is now exactly: hours.....minutes

Remarks: _____

Do not write below this line

DayNo	Online	Where	EventDecory
BeepNo	Category	What1	EventWhat
	Goof	What2	EventWho
	ThinkTime	Who1	Medic1
	ThinkRelation	Who2	Medic2
	ThinkValue		Medic3



PsyMate™ App (2015)

(iPhone/Android)



personalizing & recontextualizing

(psychology: normal psychological processes)

$$B \sim f(P, E)$$

behavior



cognitions
emotions
perception
behavior

person



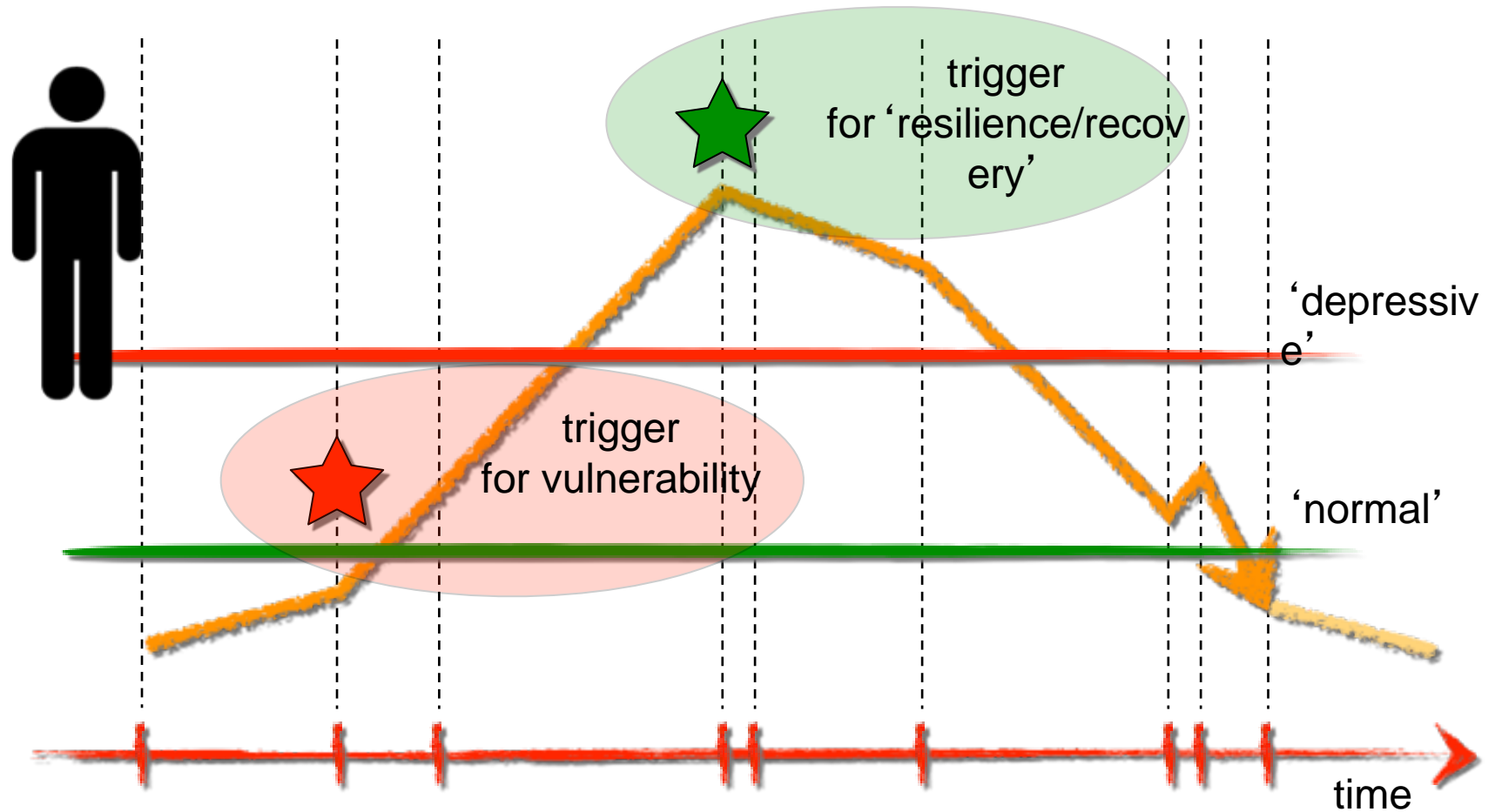
genes
accumulated coping
schemes
build up vulnerabilities
build up resilience
(positive psychology)

environment



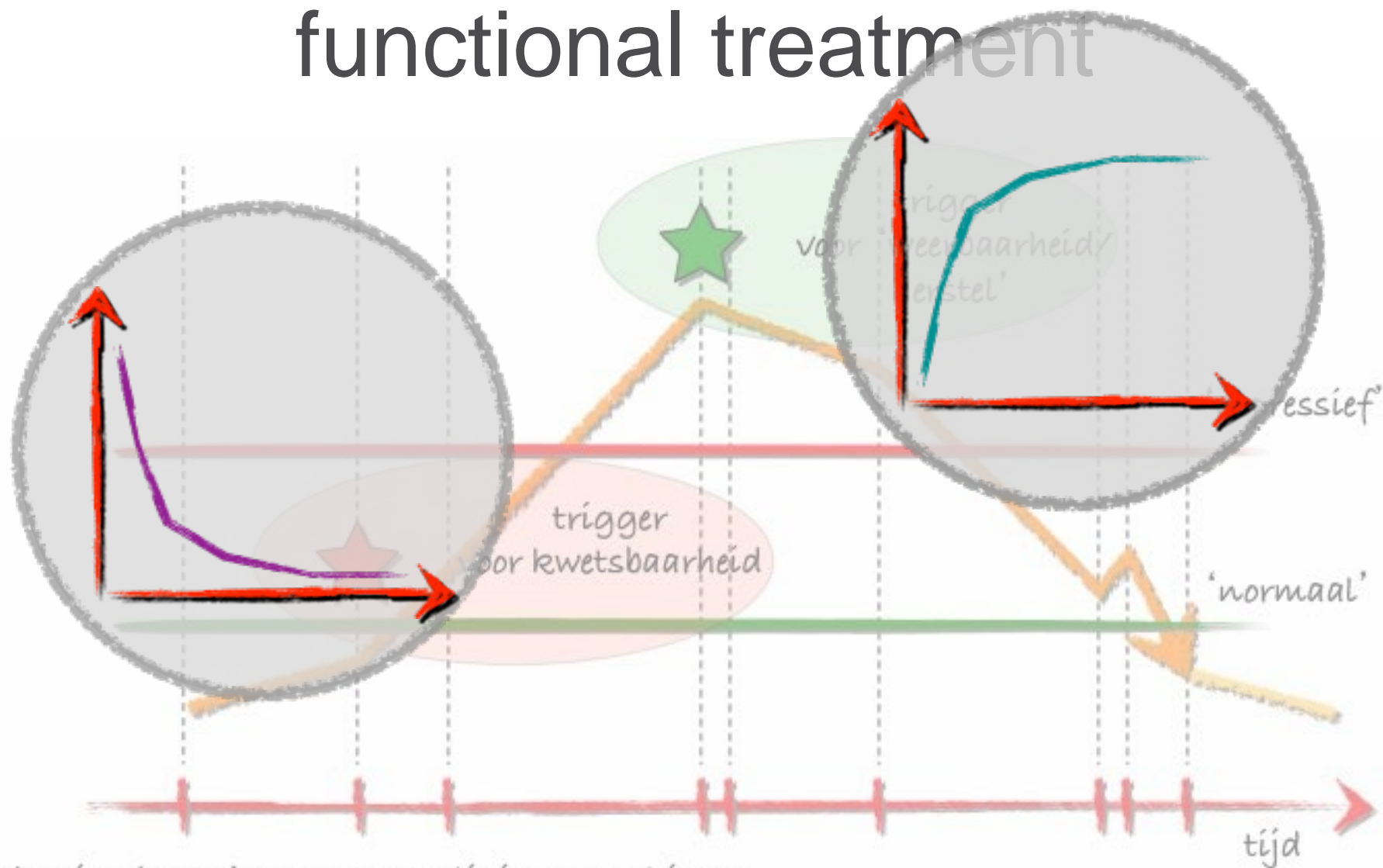
stressors
circumstances

focus on change over time



deVries (1997) Recontextualizing Psychiatry

functional treatment



devries (1997) Recontextualizing Psychiatry

person centered

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**“You have to learn about thousands of diseases, but
I only have to focus on fixing what’s wrong with ME!
Now which one of us do you think is the expert?”**



Username:

hulpverlener@mondriaan.eu

Password:

.....

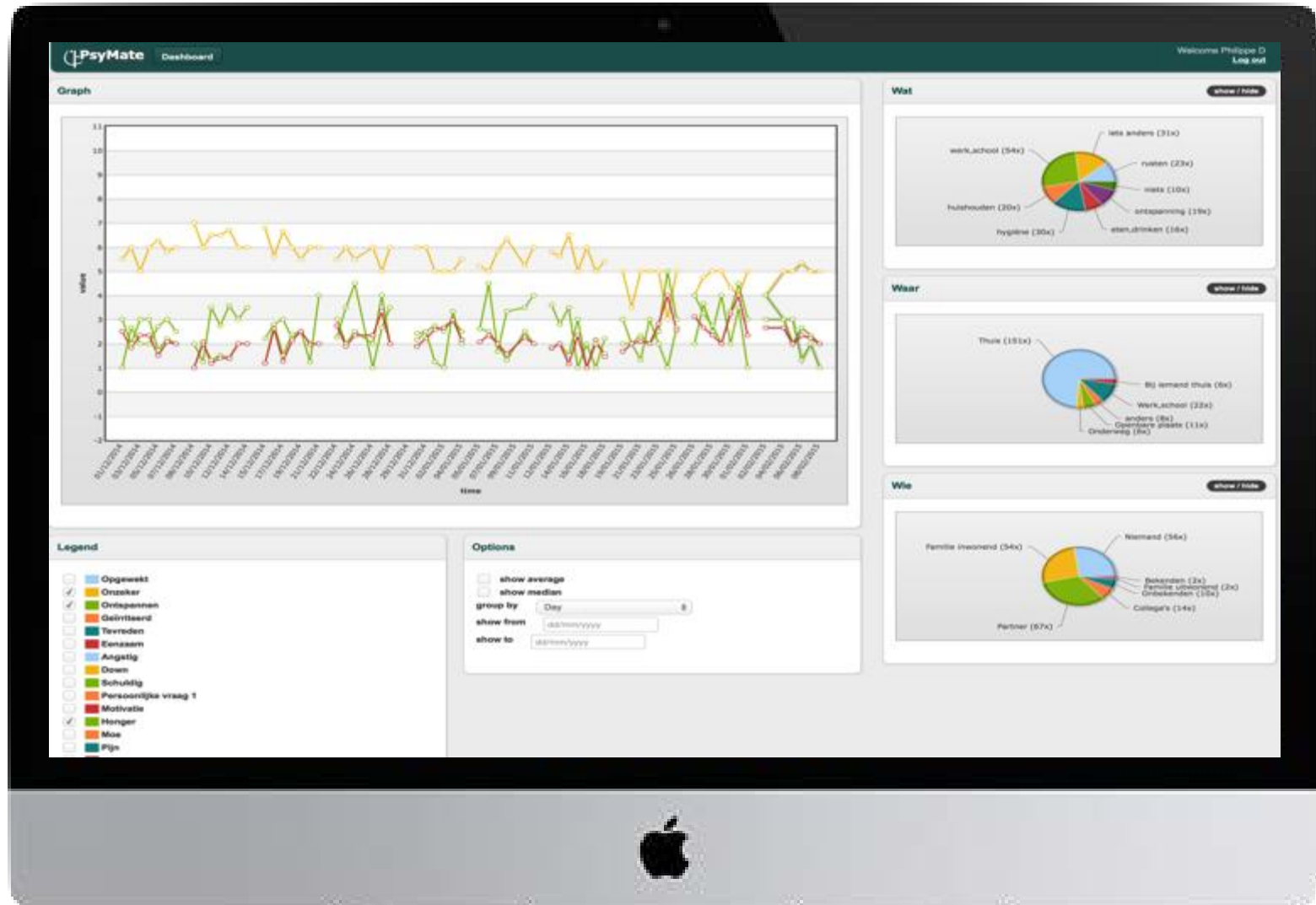
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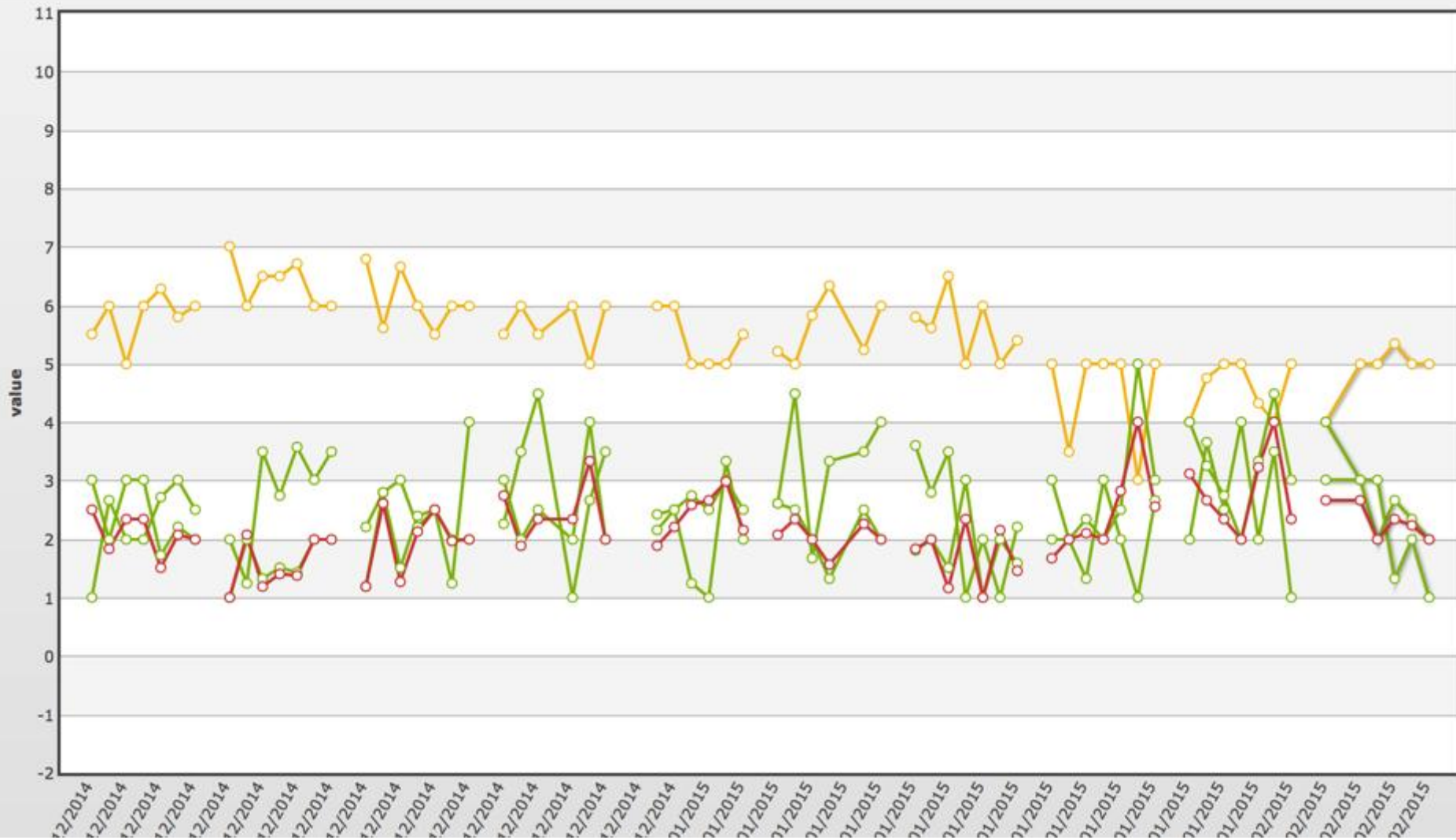
Login

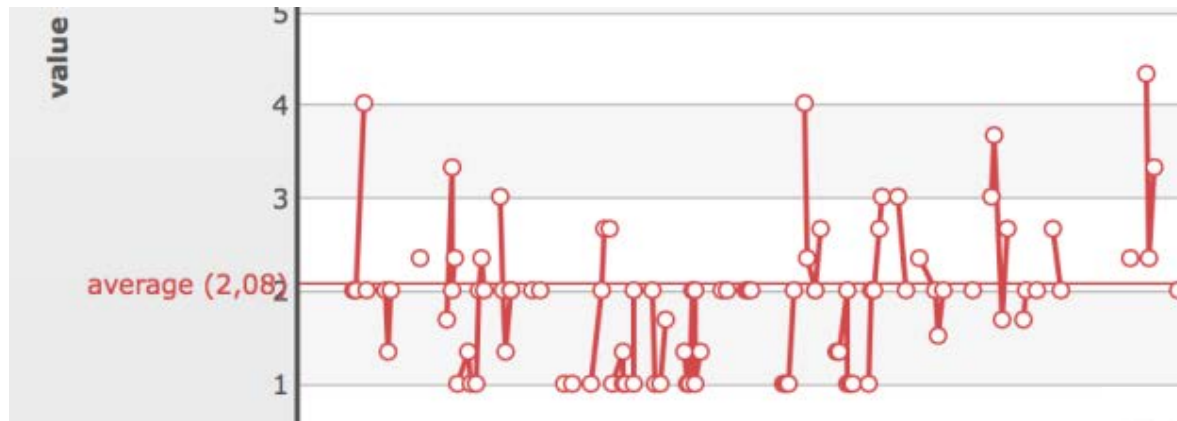
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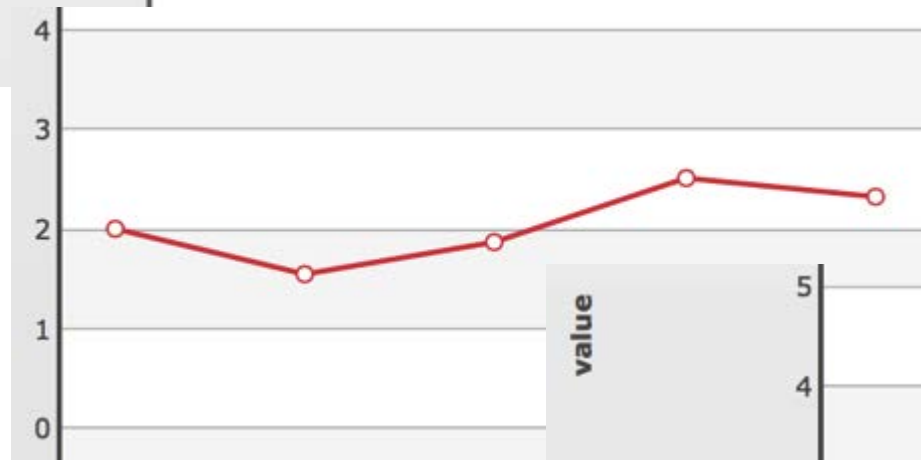


'grillige' lijnen





- ☐ Pijn
- ☒ Positief Affect
- ☐ Negatief Affect

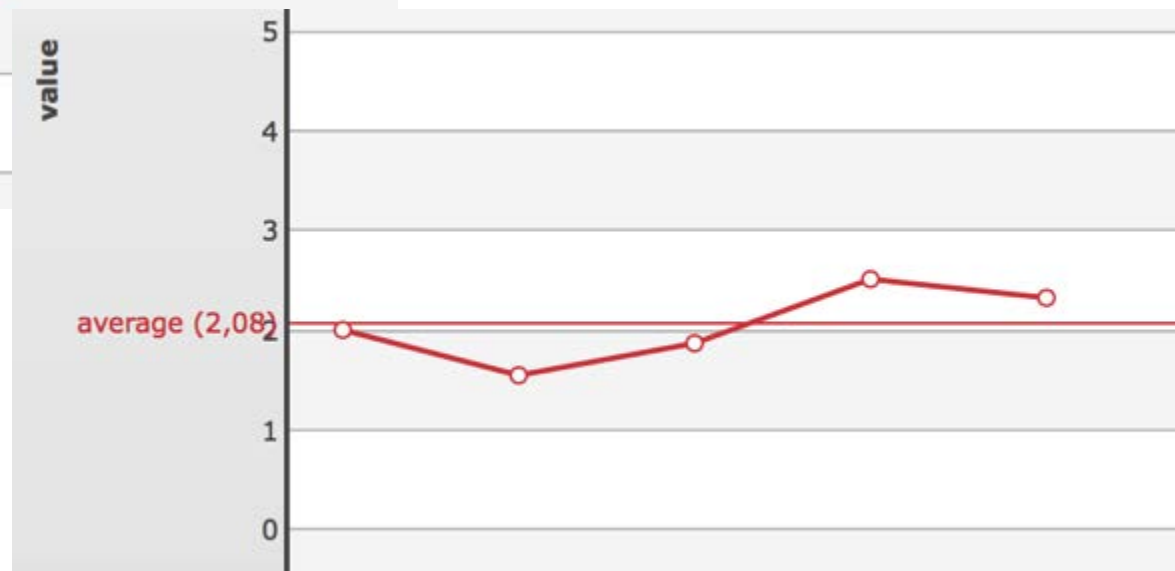


☒ show average

☐ show median

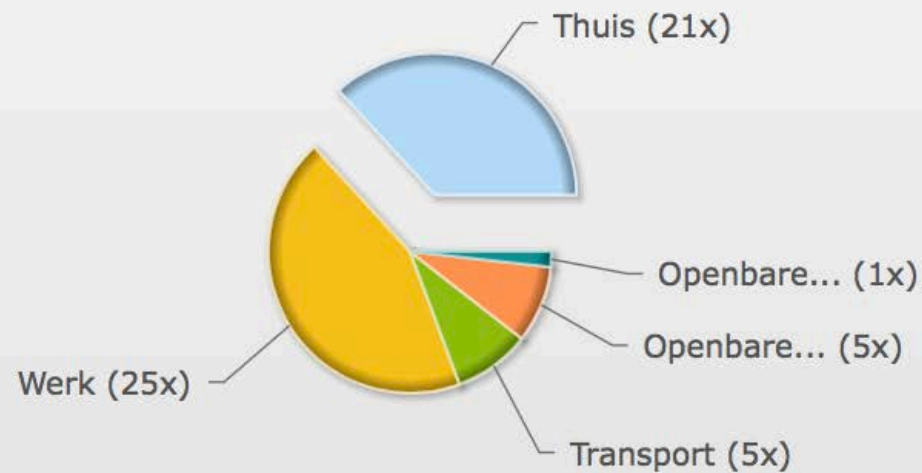
group by

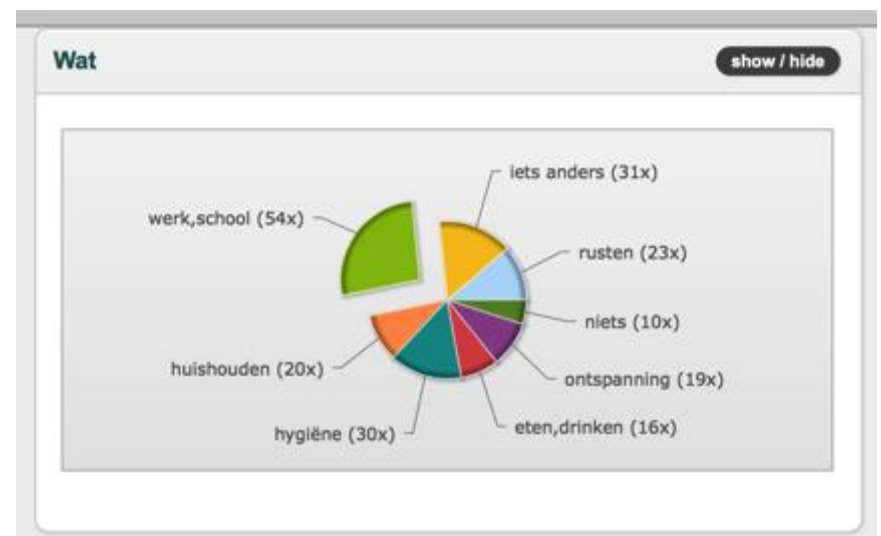
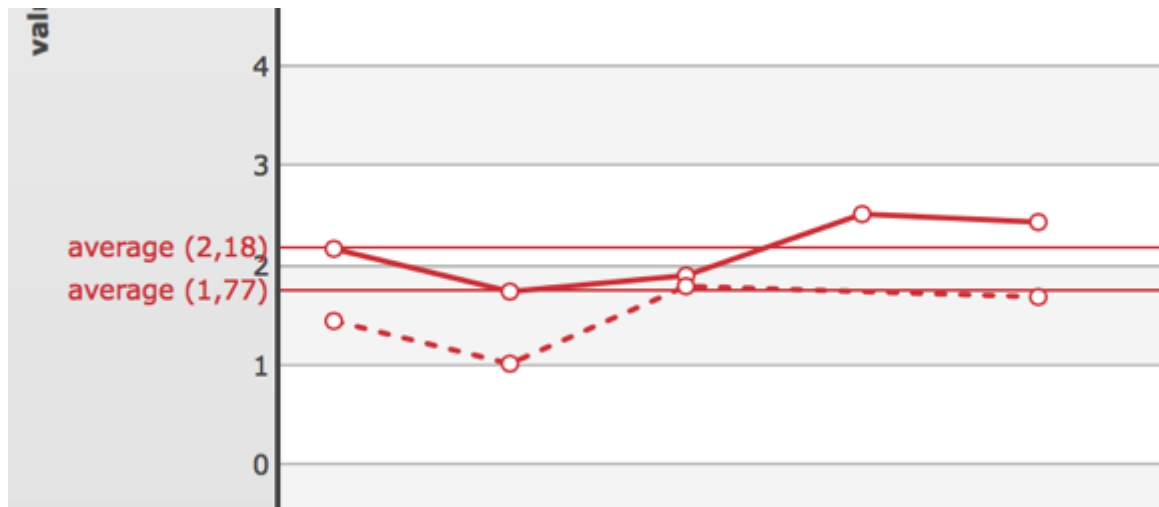
Week

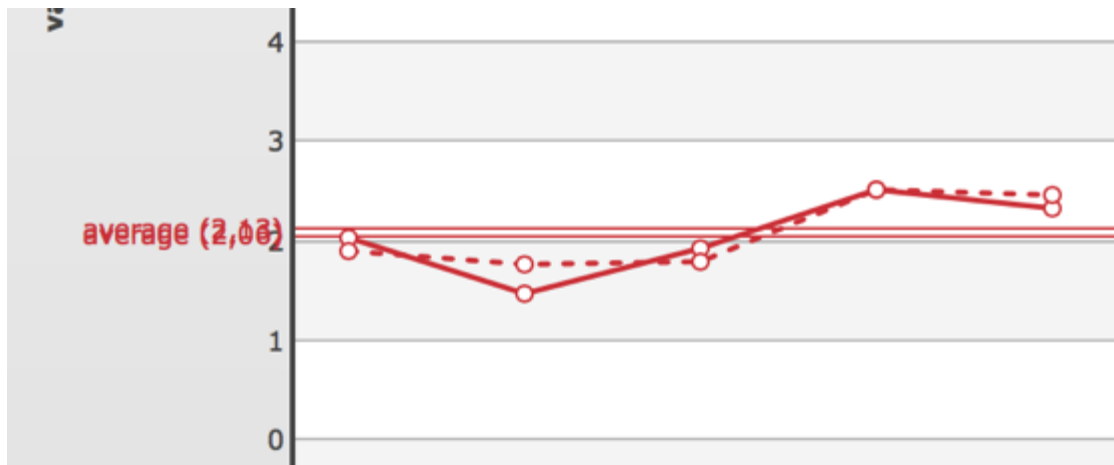
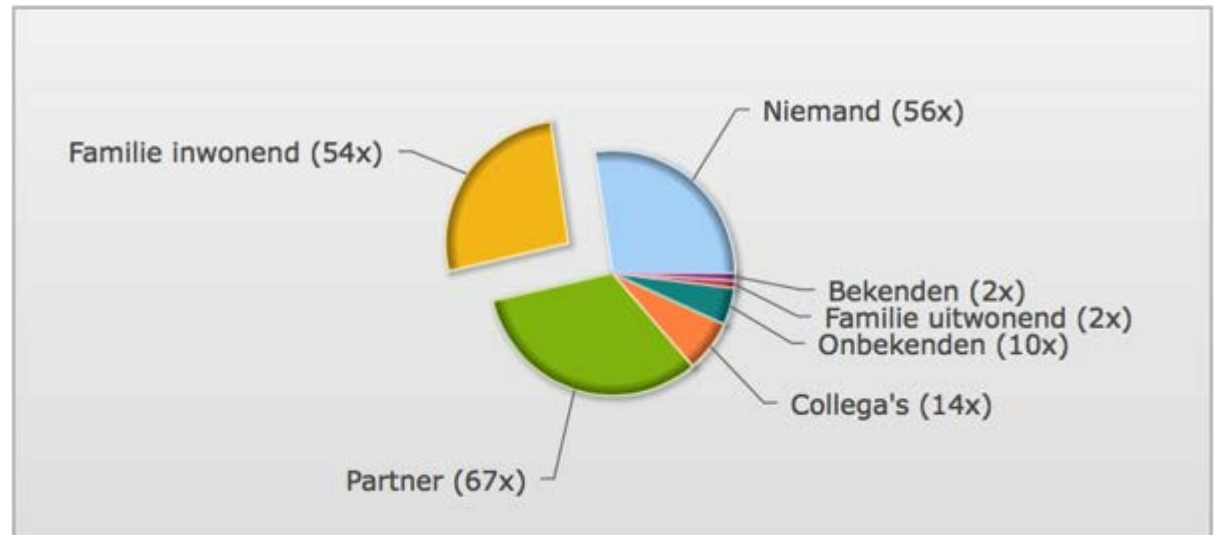


QUESTION MISSING - Where

show / hide







collaborative



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Redesigning
Psychiatry

