

Betekenisvolle ontmoetingen: de grenzen en kansen voor GGZ in de wijk

Haarlem, 23 Februari, 2018

There is no accepted 'system' of mental health care


Medicine in Europe **BMJ**


Caring for mentally ill people

Jim van Os, Jan Neeleman


Despite legislation to harmonise mental health practice throughout Europe and convergence in systems of training there remains an extraordinary diversity in psychiatric practice in Europe.

1994

Value = co-creatie 



“Who gets to define value in health systems? The notion that it should be the people who use their services, rather than those who provide them, is gaining momentum.” (Richards, 2017).




Patiëntparticipatie betekent transitie van Tijdperk 1/2 naar Tijdperk 3

Tijdperk 1 (vroeger): Professionele dominantie

Tijdperk 2 (nu): Markttheorie en controle

Tijdperk 3 (toekomst): Morele tijdperk- varen op patiëntwaarden

Berwick, JAMA, 2016



Specialistische ziektebestrijding 

Je ding kunnen doen ondanks ziekte 




Ziekte vanuit de patiënt


Existentiële Crisis

Worsteling

Leven met ziekte

Leven voorbij ziekte

Identiteit, Verbinding, Doelen, Zingeving



Ziekte en Kennis

Specialistisch
ziekteperspectief

Weerbaarheids-
perspectief



Medical recovery

Existential recovery

'De hulpverlener wordt onsterfelijk als hij een witte jas aantrekt'

'De crux van de medische praktijk is twee sterfelijken in één kamer, waarvan de een iets sterfelijker is dan de ander.'



Awee Prins



Het veranderende discours

VIEWPOINT

Health and Spirituality

Tyler J. VanderWeele, PhD
Harvard T. H. Chan
School of Public Health,
Boston, Massachusetts.

Tracy A. Balboni, MD, MPH
Dana Farber Cancer
Institute, Boston,
Massachusetts, and
Harvard Medical
School, Boston,
Massachusetts.

For centuries, physicians and other healers have witnessed how illness focuses attention on "ultimate meaning, purpose, and transcendence, and ... relationship to self, family, others, community, society, nature, and the significant or sacred."¹ Patients often discover strength and solace in their spirituality, both informally through deeper connections with family and friends, and formally through religious communities and practices. However, modern day clinicians regularly overlook dimensions of spirituality when considering the health of others—or even themselves. This relative neglect represents a departure from

characteristics), sensitivity analysis suggested that the association was moderately robust to such unmeasured confounding. Another report from the Nurses' Health Study noted that attendance at religious services was associated with a reduction in depression risk (adjusted relative risk, 0.71) and a 6-fold reduction in suicide risk (from 6.5 to 1.0 per 100 000/y).⁵ Possible mechanisms include that religious service participation may enhance the social integration that promotes healthy (eg, tobacco-free) behaviors and provides social support, optimism, or purpose. A recent meta-analysis of 10 prospective studies with more than

JAMA, 2017



Het veranderende discours

VIEWPOINT

Does Medicine Overemphasize IQ?

Ezekiel J. Emanuel, MD, PhD
Department of Medical
Ethics and Health
Policy, Perelman School
of Medicine, University
of Pennsylvania,
Philadelphia.

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Department of Medical
Ethics and Health
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Everyone wants the best physician. Patients want their physician to know medical information by heart, to possess diagnostic acumen, and to be well-versed in the latest techniques in such matters. They expect only the smartest students, as assessed by the highest grade point averages and MCAT scores. This selection process has persisted for decades. But

select students with higher scores to maintain their ranking. From 2000 to 2016, the grade point averages of students admitted to US medical schools have actually increased by 0.15 points, and the MCAT scores have increased by 1.5 points. A high IQ may help a physician diagnose congestive heart failure and select the right medications and interventions, but it is still no guarantee that the physi-

The Ubiquitous Importance of Emotional Intelligence



JAMA, 2018

Mind-Body benaderingen

Research

Original Investigation

Effect of Mindfulness-Based Stress Reduction vs Cognitive Behavioral Therapy or Usual Care on Back Pain and Functional Limitations in Adults With Chronic Low Back Pain: A Randomized Clinical Trial

Daniel C. Cherkin, PhD; Karen J. Sherman, PhD; Benjamin H. Bulkerson, PhD; Andrea J. Cook, PhD; Melissa L. Anderson, MS; Rene J. Hawkins, BS; Kelly E. Hansen, BS; Judith A. Turner, PhD

IMPORTANCE Mindfulness-based stress reduction (MBSR) has not been rigorously evaluated for young and middle-aged adults with chronic low back pain.

OBJECTIVE To evaluate the effectiveness for chronic low back pain of MBSR vs cognitive behavioral therapy (CBT) or usual care.

Editorial page 1236

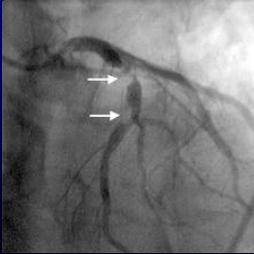
Author Video Interview and JAMA Report Video at jama.com

Supplemental content at jama.com



Somatic Medicine: Functional Diagnosis

Structural Pathology



Translation to Function



Veel verandering gaat via relatie

BMJ

RESEARCH

Components of placebo effect: randomised controlled trial in patients with irritable bowel syndrome

Ted J Kapteinauk, associate professor of medicine; John M Kelley, assistant professor of psychology and statistics; Lisa A Conboy, instructor of medicine; Roger B Davis, associate professor of medicine and biostatistics; Catherine E Kerr, instructor of medicine; Eric E Jacobson, lecturer; Irving Kirsch, professor of psychology; Rosa N Schyner, research associate; Bong Hyun Nam, research fellow; Long T Nguyen, research fellow; Min Park, research coordinator; Andrea L Rivers, research coordinator; Claire McManus, research coordinator; Eli Kokkotou, assistant professor of medicine; Douglas A Drossman, professor of medicine; Peter Goldman, professor emeritus; Anthony J Lembo, assistant professor of medicine



Samen beslissen

VOLUME 31 - NUMBER 3 - JANUARY 20 2013

JOURNAL OF CLINICAL ONCOLOGY

ORIGINAL REPORT

Intervention: 20% want CPR

Controls: 50% want CPR

Randomized Controlled Trial of a Video Decision Support Tool for Cardiopulmonary Resuscitation Decision Making in Advanced Cancer

Angelo E. Volandes, Michael K. Pausche-Orlow, Susan L. Mitchell, Arcey El-Jawahri, Aretha Delight Davis, Michael J. Barry, Kevin L. Hartshorn, Vicki Ann Jackson, Muriel R. Gillick, Elizabeth S. Walker-Corkery, Yuchiao Chang, Lenny López, Margaret Kemery, Linda Bulone, Eileen Mann, Sumi Misra, Matt Pouchey, Elmer D. Abbo, April F. Eichler, Andrew S. Epstein, Arida Noy, Tomer T. Levin, and Jennifer S. Temel



THE ABANDONED ILLNESS

A report by the Schizophrenia Commission

We revealed a dysfunctional system that does not deliver the quality of treatment needed for recovery. Is this tolerable in the 21st century?

Impact van zorgsysteem context

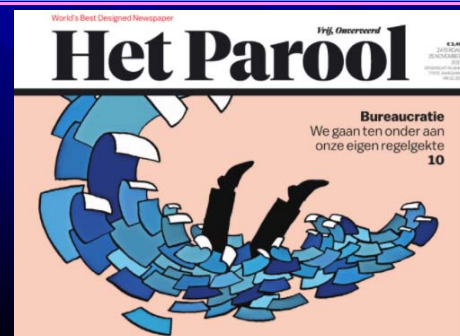
Sluipend Kwaliteitsverlies in de GGZ

Over de gevolgen van
Diagnose Behandeling Combinaties in de praktijk

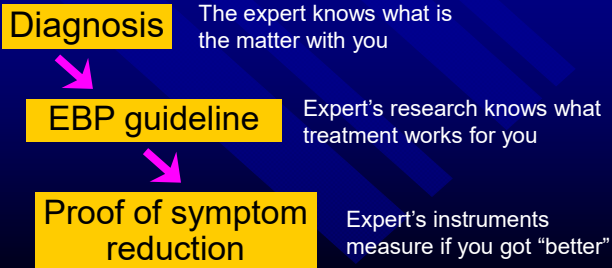
Nienke van Sambeek

Nienke van Sambeek, Evelien Tonkens & Christian Bröer, 2011

Bureau-crazy in de zorg



EBP Principle of Mental Health Care



Trotse Multidisciplinaire Specialisatie

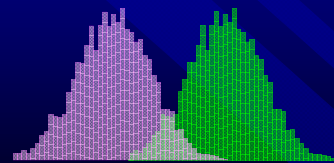


So is this the future?



How strong is the evidence for stratification?

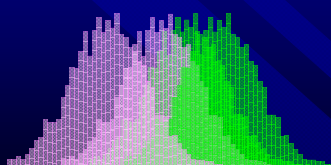
LR for a positive test result



LR=10

How strong is the evidence for stratification?

LR for a positive test result



LR=10

Professionele specialisatie: zegen?

- ⚠ Nee het is depressie.....ander zorgpad
- ⚠ Nee het is psychose.....ander zorgpad
- ⚠ Nee het is verslaving.....ander zorgpad
- ⚠ Nee het is persoonlijkheid.....ander zorgpad
- ⚠ Nee het is autisme.....ander zorgpad

What About Evidence-Based Practice?

BMJ 2014;348:g3725 doi:10.1136/bmj.g3725 (Published 13 June 2014)

BMJ

ESSAY

Evidence based medicine: a movement in crisis?

Trisha Greenhalgh and colleagues argue that, although evidence based medicine has had many benefits, it has also had some negative unintended consequences. They offer a preliminary agenda for the movement's renaissance, refocusing on providing useable evidence that can be combined with context and professional expertise so that individual patients get optimal treatment

Trisha Greenhalgh dean for research impact¹, Jeremy Howick senior research fellow², Neal Maskrey professor of evidence informed decision making³, for the Evidence Based Medicine Renaissance Group

Wake up call

Zonder context
geen bewijs

Over de illusie van
evidence-based
practice in de zorg

Without Context no
Evidence:
About the Illusion of
Evidence-Based Practice in
Health Care

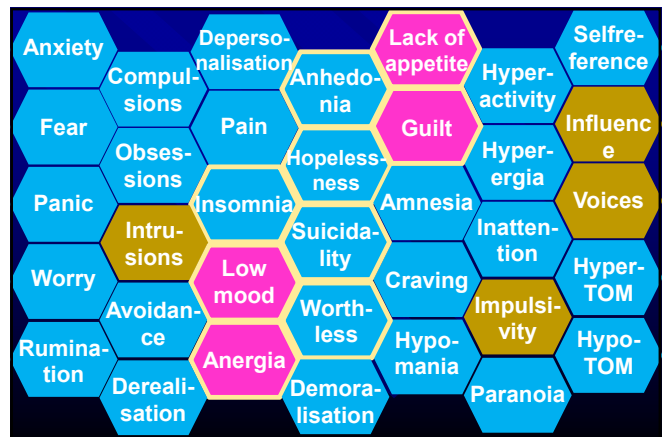
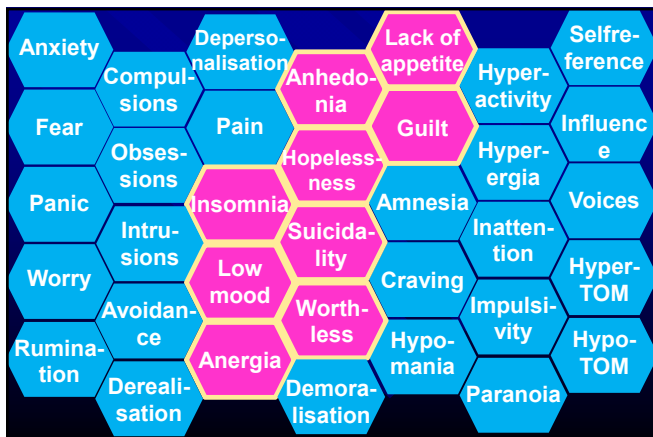
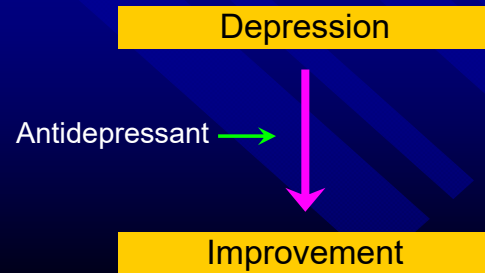


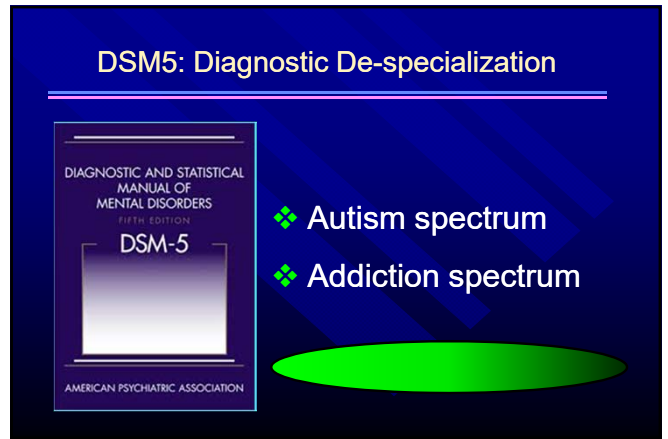
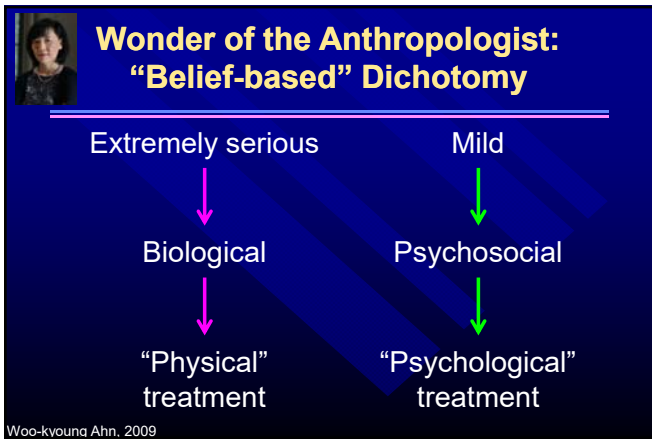
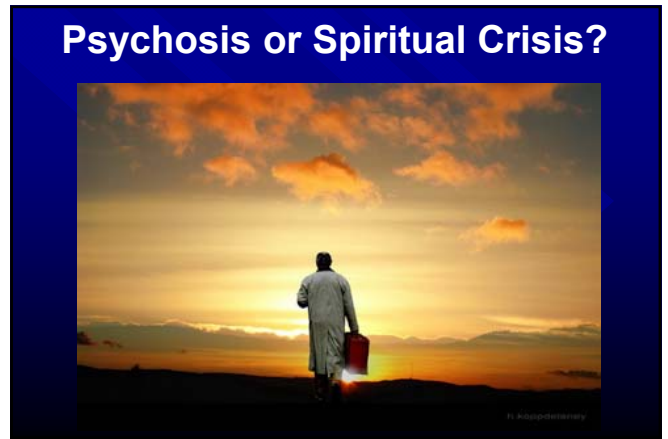
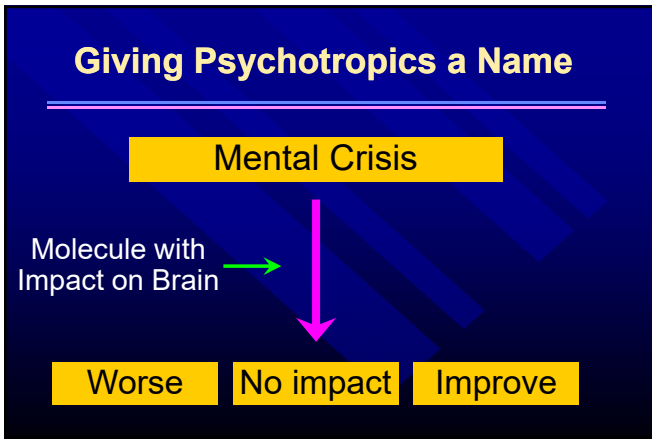
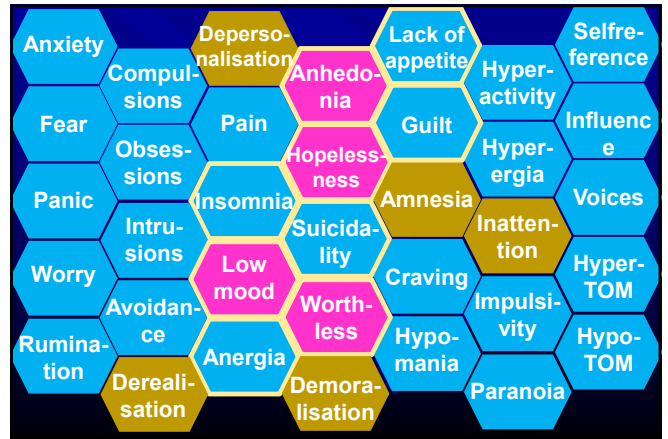
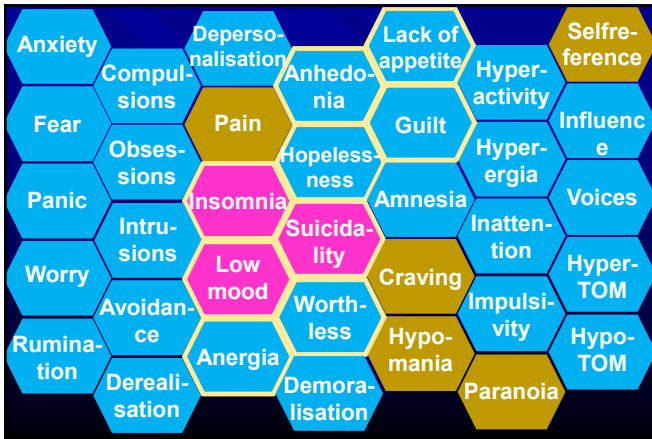
raad voor Volksgezondheid en Samenleving

Guidelines for mean patients do not work



Diagnosis-EBP Model in Action





Most Cost-Effective Treatment?



Relationships Mediating RCT Outcomes

Psychological Medicine, Page 1 of 9. © Cambridge University Press 2015
doi:10.1017/S003329171500032X

ORIGINAL ARTICLE

Psychological treatments for early psychosis can be beneficial or harmful, depending on the therapeutic alliance: an instrumental variable analysis

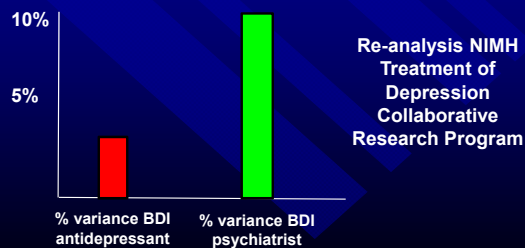
L. P. Goldsmith¹, S. W. Lewis², G. Dunn² and R. P. Bentall^{3*}

¹University of Manchester, Manchester, UK

²Institute of Brain Behaviour and Mental Health, Institute of Population Health, University of Manchester; Manchester Mental Health and Social Care Trust, Manchester, UK

³Department of Psychological Sciences, Liverpool University, Liverpool, UK

Relationships Mediating RCT Outcomes: Clinician "Random Effect"



McKay et al, 2006

Demystification: The DODO effect

Psychological Medicine (2010), 40, 1943-1957. © Cambridge University Press 2010
doi:10.1017/S0033291710000772

REVIEW ARTICLE

Is guided self-help as effective as face-to-face psychotherapy for depression and anxiety disorders? A systematic review and meta-analysis of comparative outcome studies

P. Cuijpers^{1,2*}, T. Donker^{1,2}, A. van Straten^{1,2}, J. Li³ and G. Andersson^{1,2}



Is Clozapine Superior?



JAMA Psychiatry. 2014 Feb 3; doi: 10.1093/ipsychiatry/ips145.955 [Epub ahead of print]

Efficacy, Acceptability, and Tolerability of Antipsychotics in Treatment-Resistant Schizophrenia: A Network Meta-analysis.

Samara MT¹, Doid NP², Gianati NP³, Nikolakopoulou A⁴, Haffer D⁵, Salanti G⁶, Leucht S¹

© Author information

Abstract

IMPORTANCE: In treatment-resistant schizophrenia, clozapine is considered the standard treatment. However, clozapine use has restrictions owing to its many adverse effects. Moreover, an increasing number of randomized clinical trials (RCTs) of other antipsychotics have been published.

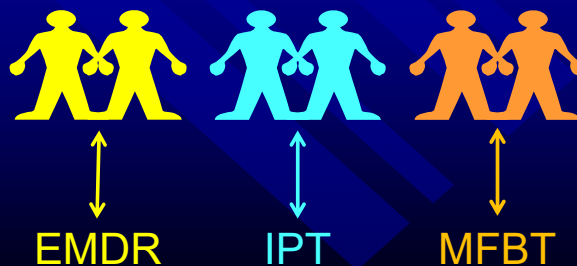
OBJECTIVE: To integrate all the randomized evidence from the available antipsychotics used for treatment-resistant schizophrenia by performing a network meta-analysis.

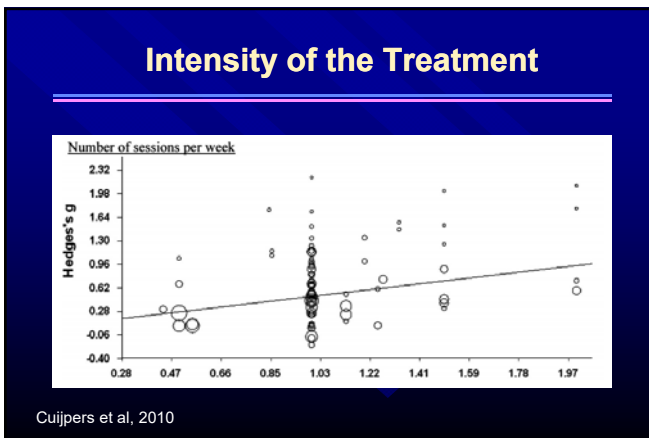
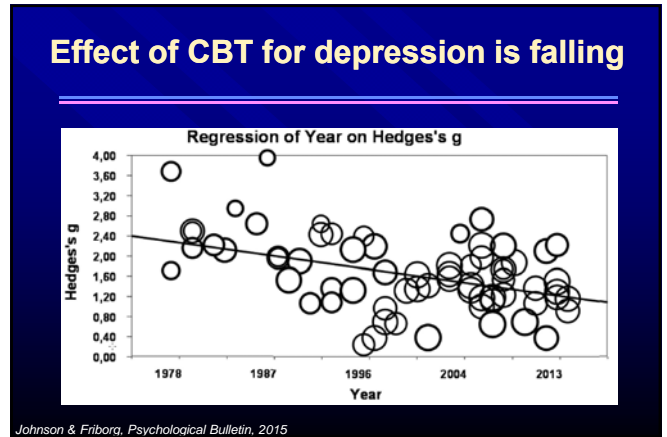
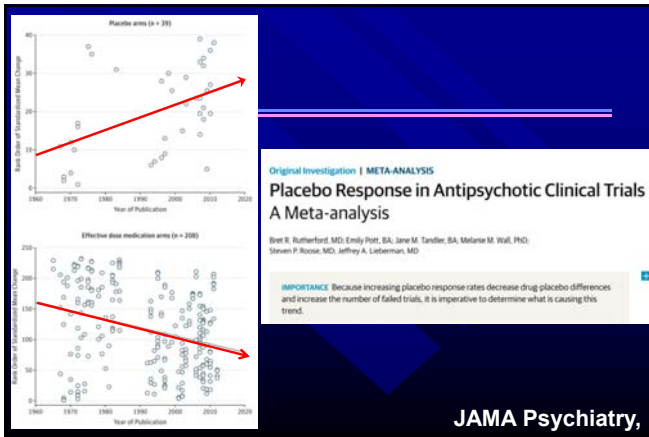
DATA SOURCES: MEDLINE, EMBASE, Biosis, PsycINFO, PubMed, Cochrane Central Register of Controlled Trials, World Health Organization International Trial Registry, and clinicaltrials.gov were searched up to June 30, 2014.

STUDY SELECTION: At least 2 independent reviewers selected published and unpublished single- and double-blind RCTs in treatment-resistant schizophrenia (any study-defined criterion) that compared any antipsychotic (at any dose and in any form of administration) with another antipsychotic or placebo.

Insufficient evidence exists on which antipsychotic is more efficacious for patients with treatment-resistant schizophrenia, and *blinded* RCTs—in contrast to *unblinded*, randomized effectiveness studies—provide little evidence of the superiority of clozapine compared with other second-generation antipsychotics.

Heterogeneity





- ### Professional Knowledge Indicates:
- 📌 Transdiagnostic psychopathology
 - 📌 Not personalised but personal
 - 📌 Not specialised but integrated & contextualised
 - 📌 Much is mediated therapeutic relationship
 - 📌 Existential perspective required
 - 📌 Perspective of resilience
 - 📌 Treatment is process not predictable respons

User Values: CHIME-D

**CONNECTEDNESS; HOPE AND OPTIMISM;
 IDENTITY; MEANING IN LIFE; EMPOWERMENT**

Difficulties

.....point to the need for a greater emphasis on assessment of strengths and support for self-narrative development, promoting the role of mental health systems in developing inclusive communities enabling access to peer support as well as providing retreats, and clinical interaction styles which promote empowerment and self-management.

Leamey et al, 2011; Stuart et al, 2016

Wonder of the sociologist

(Power of storytelling)

CHRISTIEN BRINKGREVE
VERTEL
 OVER DE KRACHT VAN VERHALEN

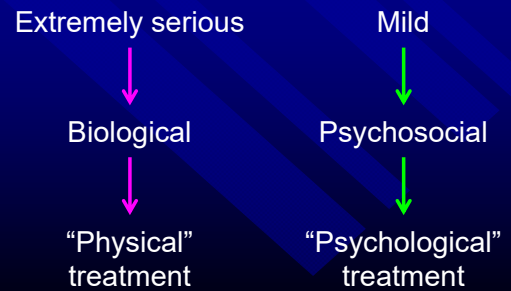
Wonder of the User



Not Knowing is also
a form of Knowledge



Wonder of the Anthropologist: “Belief-based” Dichotomy



Woo-kyoung Ahn, 2009

Empowerment and diagnosis

Poor concentration Hearing voices

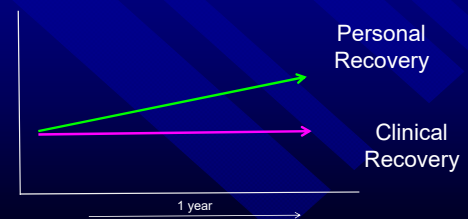
Are being caused by:

ADHD

Schizophrenia

Allen Frances, 2012

Differential Course Clinical and Personal Recovery



Macpherson et al, Schiz Res, 2016

Innovation

Everybody wants to Innovate,
Nobody wants to change

Innovation is the process
where others have to change!

Verandering van binnen: “Organisational Readiness”

Clinical outcomes of Joint Crisis Plans to reduce compulsory
treatment for people with psychosis: a randomised
controlled trial

Graham Thornicroft, Simone Fanelly, George Schauble, Max Birchwood, Wiggins Wehrend, Clair Flach, Barbara Barrett, Sarah Byford,
Claire Henderson, Kim Sutherby, Helen Lester, Diane Ross, Graham Dunn, Mervyn Lence, Max Marshall

OPEN ACCESS [Freely available online](#)

PLOS ONE

Implementing a Complex Intervention to Support
Personal Recovery: A Qualitative Study Nested within a
Cluster Randomised Controlled Trial


Mary Leamy^{1,2}, Eleanor Clarke³, Clair Le Bouthillier¹, Victoria Bird⁴, Monika Jancosik⁵, Kai Sabes¹,
Genevieve Riley⁶, Julie Williams¹, Mike Stada⁷

Lancet, 2013, Plos One, 2014

DIAGNOSIS UITGEVERS

GOEDE GGZ!

Nieuwe concepten, aangepaste taal en betere organisatie



- Small scale
- Redistribution resources
- Start with motivated
- No blueprint – broad challenges
- Show it is possible

Philippe Delmonaël
 Alchaar Mito
 Frank Schalken
 Wilma Boevink
 Jim van Os

Wat is Kwaliteit? (CHIME-D values)


- 🏠 Geïntegreerde domeinen sociaal & zorg
- 🏠 Geïntegreerde educatieve & zorgbenadering
- 🏠 Kleinschaligheid & toegankelijkheid
- 🏠 Flexibele op- en afschaling van zorg
- 🏠 Focus op complexe comorbiditeit / LVB / SES
- 🏠 Co-creatie multideskundige personele bezetting
- 🏠 Focus op community, relaties & narrative

Mental Health Service: Community



EXTENDED PRIMARY CARE MODEL

- 10.000-20.000
- 100 mixed FTE
- 5-10 GP practices



'neighbourhood' community

'neighbourhood' community

'neighbourhood' community

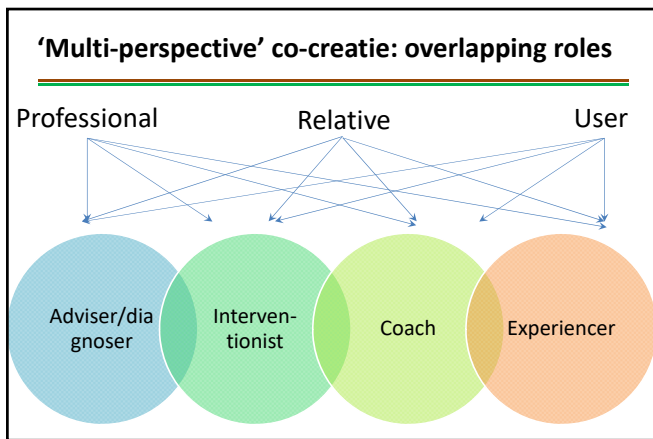
'neighbourhood' community

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'neighbourhood' community

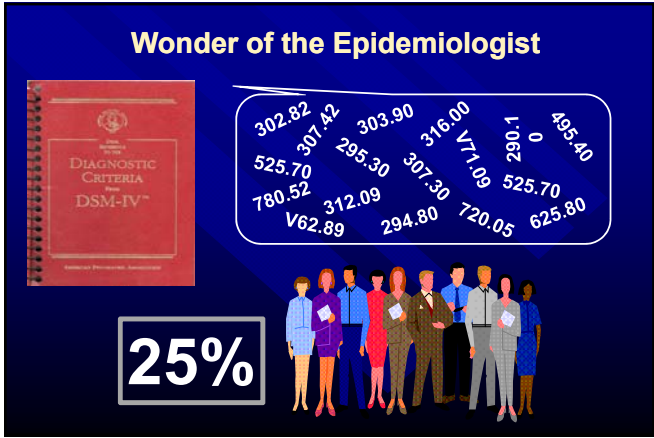
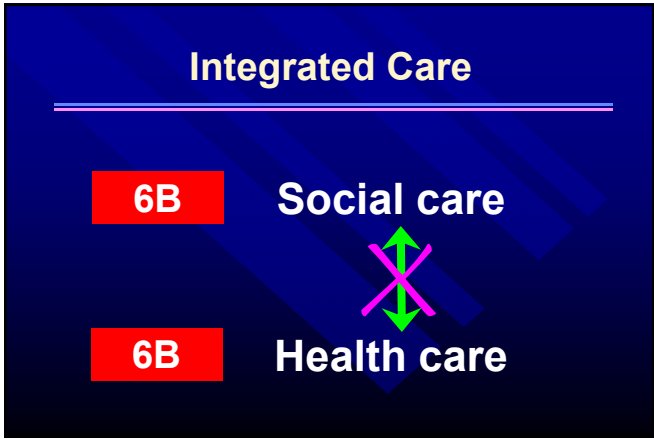
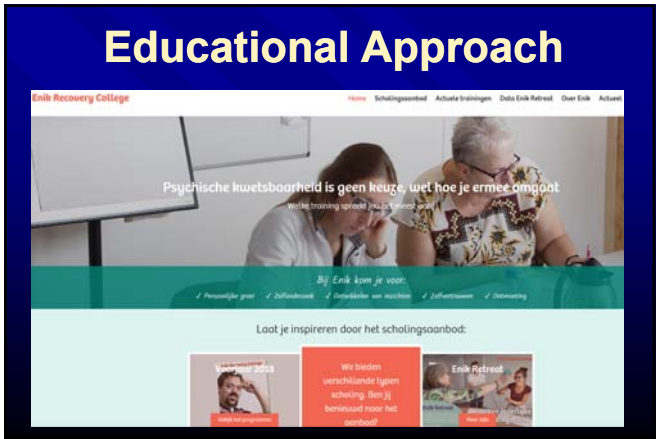
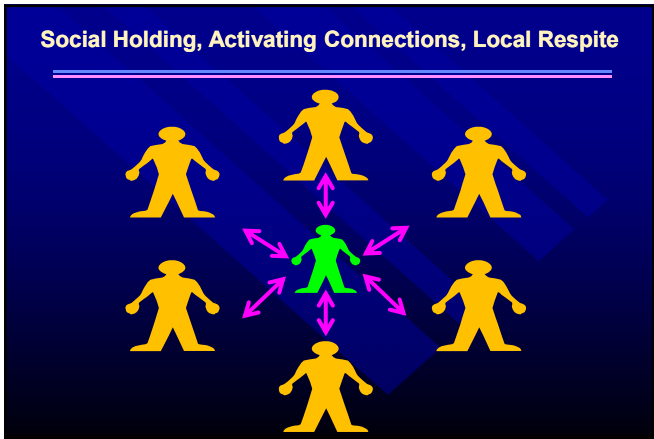
'neighbourhood' community

'neighbourhood' community

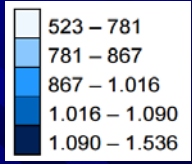
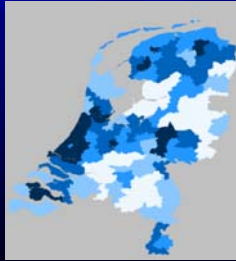


Promoting Resilience

- 🏠 Buffering social network
- 🏠 Positive affectivity
- 🏠 Sense of purpose
- 🏠 Connectedness
- 🏠 Cognitive capacity
- 🏠 Financial security

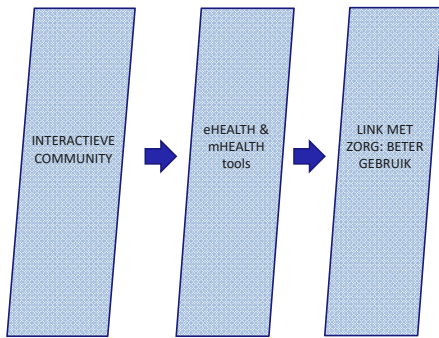


'Praktijkvariatie' Angst/Depressie

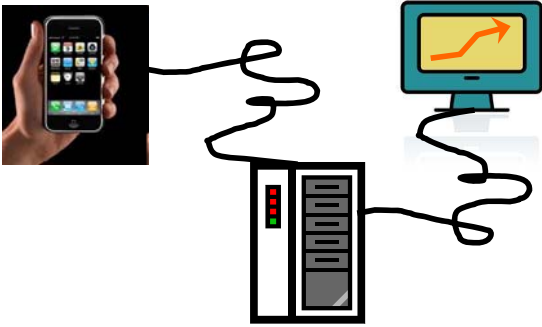


www.depubliekeggz.nl

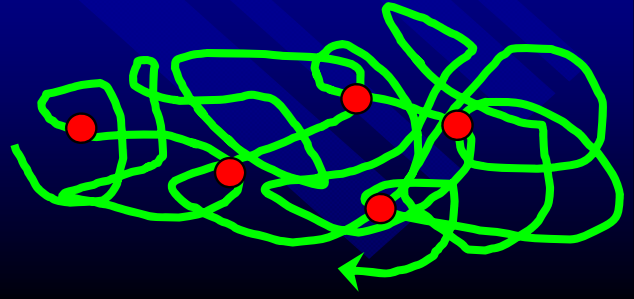
Principe van eCommunities



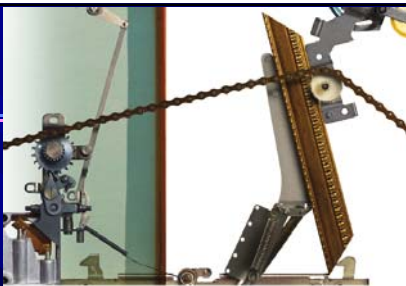
Selfmonitoring-Feedback-Treatment



Episodic treatment if/when it supports non-linear process of personal recovery



Quantitatively Controlled Process... or Art?



When Should a Process Be Art,

The movement to standardize processes has gone overboard. Some require an artist's judgment - and should be managed accordingly.
by Joseph M. Hall and M. Eric Johnson

Harvard Business Review, 2009

Fin