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Conference abstract

Self management for people with psychotic vulnerability

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Abstract

Introduction: Presentation of project 'PCR' (personal control in rehabilitation: self management for people with psychotic vulnerability): internet application with one public portal and three secured portals for patients, relatives and caregivers. Joint project of two Mental Health Institutes, Julius Center Utrecht University, Trimbos Institute and Vital Health Software. First ICT-project specifically for this target group in the Netherlands, started October 2008. Pilot phase with 60 patients, their relatives and caregivers will end Spring 2011. Then more patients will participate, other Mental Health Institutes will join and new research is planned.

Aims and objectives: Facilitating communication between people with psychotic disorders, their relatives/carers and caregivers. Giving access to information on their treatment, rehab and crisis plan, and to general information on possibilities for treatment and recovery. Stimulating shared decision-making and self management. Better and quicker insight in the patient's development. Less clinical and therefore cheaper care. By means of a secured internet-site with several communication and self management tools, information about individual care plans, experiences of peers, care possibilities, recovery strategies etc.

Results: The pilot-phase resulted in a well-developed internet site; this will be shown during the presentation. The expectations based on a business case study will be shown. Also the methods and results of two evaluation studies of the project will be presented.

Conclusions: Positive conclusions will be drawn about the feasibility of the project, suitability for specific members of this target group and about the economic effects. The pre-conditions for the efficacy of this internet-program will be presented. Possibilities for use on a larger scale and for extensions of the program will be discussed.

Keywords

self management, psychotic vulnerability, ICT
