

# Early Recognition Method

## A strategy for relapse prevention in ambulant mental health care

### AUTHORS

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#### AIM

Test the effect of the relapse prevention strategy tailored to patients with schizophrenia or bipolar disorder.

Identify the precursors of deterioration and the consequential needs for interventions.

Adapting the ERM strategy to community mental health care.

#### METHOD

**The protocolized ERM-strategy include:**

Pre-intervention staff training.

Guidance in nurse-patient collaboration.

A systematic approach to describing and monitoring patient's individual early warning signs.

Development of individual relapse prevention plan.

#### DESIGN

A multicenter study, with a naturalistic longitudinal design.

Comparing the number of re-admissions during the ERM-intervention period to those in a historic period.

A multiple baseline design for inclusion of both community centers and patients.

## ERM

EARLY RECOGNITION METHOD

### SUB-STUDIES

#### SYSTEMATIC LITERATURE REVIEW\*

**Aim:** To create an overview of relapse prevention interventions tailored to patients with schizophrenia or bipolar disorder

**Results:** Patients with schizophrenia benefit more from personal support compared to patients with bipolar disorder.



#### QUANTITATIVE STUDY\*\*

**Aim:** Investigating the relationship between patients' participating in the ERM-strategy and frequency of readmissions.

**Results:** Significant effect of ERM-strategy on relapse prevention. However, we found a difference in treatment response, comparing schizophrenia and bipolar disorder. (article in press)



#### QUALITATIVE STUDY

**Aim:** Achieve insight in how the ERM strategy affects illness insight, management and the sense of control on patients with schizophrenia or bipolar disorder. (manuscript in progress)



#### CONCLUSION AND FUTURE PERSPECTIVES

The preliminary results of the study are promising. Applying the ERM-strategy in community relapse prevention is possible and recommendable. The difference in treatment response between diagnosis groups suggests that tailoring to diagnosis specific needs may improve the effect.



\*Johansen et al, Relapse prevention in ambulant mental health care tailored to patients with schizophrenia or bipolar disorder. Systematic literature review. J Psychiatr Ment Health Nurs. 2020; 00:1-29  
\*\* Johansen et al, Early Recognition Method – amplifying relapse management in community mental health care; A comprehensive study of the effects on relapse and readmission