EPA FORUM 2018
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EPA at the forefront in promoting person-centred mental health care

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OUTLINE

• Conceptual framework

• Key facts

• European and international perspective

• EPA work to promote person-centred mental health care

• Introduction to EPA Council of NPAs
Person-centred mental health care: Conceptual framework

• Within mental health care, ‘person-centredness’ has been generally interpreted to convey a **holistic** approach with an attitude of **respect** for the individual and his/her **unique experience and needs**

• To demonstrate the **impact on clinical outcomes**, further **evidence-based research** is needed and the degree of complexity existing within the health care system must be addressed

• It is important to change the way that **services and organizations** work, and **engage families and communities** in the delivery of mental health care

Person-centred mental health care

KEY FACTS

Service user involvement in mental health care: an evolutionary concept analysis

5 key elements:

1. A person-centred approach
2. Shared decision making
3. Advocacy
4. Obtaining service user views
5. Feedback and working in partnership

Person-centred mental health care

PARADIGM SHIFT

- Widespread acceptance of PROMs and PREMs
- But still lacking guidance on the development and regulation of the usage
- Barriers to implementation need to be assessed

Taken from the Value of Treatment Discussion paper
Person-centred mental health care: European and international perspective

• “The patient is at the centre of the next generation of better health data for policy and practice”
  
  European Commission – State of Health in the EU, 2017

• “The institutional program on psychiatry for the person: from Clinical Care to Public Health (IPPP), approved by the 2005 General Assembly, involves a WPA initiative affirming the whole person of the patient within his context as the center and goal of clinical care and health promotion”
  
  WPA perspectives on person-centered psychiatry and medicine, 2010

• “Integrated people-centred health services means putting the comprehensive needs of people and communities, not only diseases, at the centre of health systems, and empowering people to have a more active role in their own health.”
  
  WHO definition of integrated people-centred health services on the webpage

• “Coupling such patient-reported outcome and experience measures with existing statistics on expenditure, clinical quality and processes of care will offer a powerful set of benchmarks to inform comprehensive policy advice for governments seeking to achieve high-performing health systems”
  
  OECD Ministerial Statement, The next Generation of Health Reforms, 2017
EPA work to promote person-centred mental health care

A few examples:

• Partnership with patient & carer organisations

• Projects: VoT case study in schizophrenia; Recover-E project; *Transition of Care project*

• Policy and lobbying: Expert Policy Paper on Mental Health and Transition of Care; Call for Investment in Research
EPA work to promote person-centred mental health care

Collaboration with organisations of patients and carers

• **MoU** signed in 2016
• Inclusion in the **EPA Board**
• Regular participation in **EPA Forum & Congress**
• **Project partnership**
  e.g. VoT case study on schizophrenia
• **Advocacy activities**
  e.g. Joint Statement on Mental Health
  Call to Action Mental Health Research
  Expert Policy Paper Transition of Care

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**Global Alliance of Mental Illness Advocacy Networks-Europe**

**European Federation of Associations of Families of People with Mental Illness**

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**EPA 2018**
26th **EUROPEAN CONGRESS OF PSYCHIATRY**

Nice, France
3-6 March 2018

www.epa-congress.org
EPA work to promote person-centred mental health care

Educational Activities

EPA Summer School

Good communication skills are needed to:

- Discuss with users costs, risks and benefits
- Clarify values and preferences
- Examine together skills and self-efficacy
- Effectively present information and recommendation, and make sure they are fully understood
- Motivate and discuss care pathways and share decisions
Value of Treatment project: EPA case study in schizophrenia

VoT project leader: European Brain Council (EBC)

Duration: 2015 - 2017

WGs: Stroke, Schizophrenia, Alzheimer disease, Epilepsy, Multiple Sclerosis, Headache, Normal Pressure Hydrocephalus, Parkinson disease, Restless Legs Syndrome

Goals:

1. To develop case studies demonstrating (i) health gains and (ii) socio-economic impacts resulting from best health interventions. Benefits of best clinical interventions are compared with the current standard of care or, where appropriate, non-treatment

2. To make policy recommendations grounded in relevant and solid scientific knowledge. Main findings to be reported to a wide audience of policy makers and scientific experts

Final outcome: launch of White Policy Paper, Brussels, 22 June 2017
VoT - EPA case study in schizophrenia

Working group’s members
EPA experts, user and carer organisations, academic and industry partners

From left to right:
Paul Arteel, former Executive Director of Gamian, Cristiana Maria from Janssen, Petr Winkler (EPA member from Czech Republic), Prof. Galderisi, Prof. Gaebel, Prof. Boyer, Pavel Mohr (EPA member from Czech Republic).
EPA work to promote person-centred mental health care

Recover-E project

LaRge-scalE implementation of COmmunity based mental health care for people with seVere and Enduring mental ill health in EuRopE

Duration: 2018-2021

Aim:

• **Improve Quality of Life** of people with a mental illness
• Using a **person-centred approach** to engagement of the users
• Put in practice the core values regarding **service user inclusion** and recovery
• Bridging the **implementation gap** between policy and practice

**Project Leader**: Trimbos Institute

**EPA role**: provide **scientific expertise, participate in project meetings, communication and dissemination** of results
Expert Policy Paper on Optimising Transition form child to adult mental healthcare

Person-centred dimension:
Focus on improving transition of care by e.g.
• Enlarging access to knowledge on best practice and educate workers in that field
• Ensuring continuity with the needs of a patient central during the transition
• Improving access to care on various levels

EPA experts:
• Silvana Galderisi (EPA President)
• Geert Dom (EPA Board Member)
EPA work to promote person-centred mental health care

Call to Action for Mental Health Research


EPA and its Council of NPAs are supporting the Joint statement to invest in mental health research, together with key European and national level organisations.

Key objectives:

▪ Developing a European Implementation Partnership on Mental Health and Wellbeing

▪ Increasing the impact of mental health policies and services for European people, communities and economies.
## Call to Action for Mental Health Research

To date, 22 NPAs supported the Call

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<td>Association of Neurologists, Psychiatrists and Narcologists of Ukraine</td>
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<td>United Kingdom</td>
<td>Royal College of Psychiatrists</td>
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Final remarks

• The EPA is and will be at the forefront to improve patient centred care
  ▪ Promoting research on and implementation of PROMs and PREMs
  ▪ Strengthening the collaboration with users and carers
  ▪ Increasing advocacy activities
  ▪ Increasing collaboration with key players in the European scenario of mental health care, training and research
  ▪ Promoting high standards in European training (emphasizing the importance of communication, therapeutic relationship and shared decision making)
EPA Council of National Psychiatric Associations

• Established in 2010 as an EPA Committee, and in 2012 became part of the EPA General Assembly and one of the key bodies

• It comprises:
  • 42 National Psychiatric Associations
  • From 39 European countries

• It supports the general mission of the EPA and its efforts in:
  • Influencing European policy
  • Increasing the quality of psychiatric care and training
  • Harmonising practices across Europe
  • Sharing interests and reaching common goals
  • Representing psychiatry at a European level
Thanks for your attention
EPA at the Forefront to improve Patient-Centred Care

United Nations Convention on the Rights of Persons with Disabilities needs to be interpreted on the basis of scientific evidence regarding psychiatry.

EPA Executive Committee* and Committee on Ethical Issues#

Reflections on the Convention

The EPA joins other associations in commending the United Nations commitment to promote the rights of persons with disabilities, and in identifying mental health as a global priority. The EPA strongly supports the paradigm shift embracing the model of shared decision making.

We acknowledge and appreciate the Special Rapporteur bringing mental health into focus for healthcare globally. The perspective that “there is no health without mental health” is very welcomed. The EPA
Identifying weaknesses and unmet needs is a commendable effort when pursued in the frame of a constructive approach, but not when it undermines the therapeutic alliance between psychiatrists, users and relatives by casting doubts on the image of psychiatry.