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What is the place of generalism in mental health care? Work in progress from a systematic review

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Research Questions



1. What **elements of care** do generalist primary health care providers currently provide to people with mental health problems **in Australia** and what **supports** do they have in doing this?
2. What **elements of mental health care** can be **effectively undertaken** by generalist primary health care providers, taking into account the range of patients and mental health problems (including co-morbidities) and health service context?
 - **When is this effective alone or with additional support from other providers or services?**
3. What are the **implications (of effective elements) for workforce arrangements** (linkage, structure, education, funding etc.)?
4. How does this relate to **current workforce and other primary health care initiatives** in Australia?

Collation of the Material



Primary Studies

Electronic databases search =4160



Quick relevance check of titles= 1176



Results hand search and snowballing
1176 +107 = 1283



Relevance check of titles and
abstracts (2 reviewers)= 596



Main focus check = 346



346 Primary Studies

Systematic reviews

Cochrane Database = 88
Electronic Databases = 96



Main Focus Check



15 Reviews

Grey Literature

++ Grey Literature

Mapping data to questions



Study Breakdown

88 higher level studies

166 other studies

92 discussion/background



Australian EOC (Q1)

N= 7 higher level studies
N= 51 other studies
N= 14 discussion/
background
+ Australian Policy &
Program documents

International EOC (Q2, Q3)

N= 81 higher level studies
N= 115 other studies
N= 78 discussion/
background

EOC Effectiveness & Supports (Q2)

N= 88 higher level
studies
+
N= 15 Systematic
Reviews



** Quality Assessment



Policy and Workforce Implications (Q4)

Analysis



- ◎ Developing of typology of elements of care

- ◎ Reporting Effectiveness
 - Quality assessments of studies
 - Context

Elements of care



1. Recognition
2. Assessment
3. Care planning
4. Patient education
5. MH Treatment – medications – talking therapies
6. Physical health treatment
7. Referral
8. Ongoing management
9. Review/follow up

Interim Results



Effectiveness: Higher level studies

- ⊙ treatment or management
- ⊙ support
- ⊙ models of care
- ⊙ Comparisons between providers

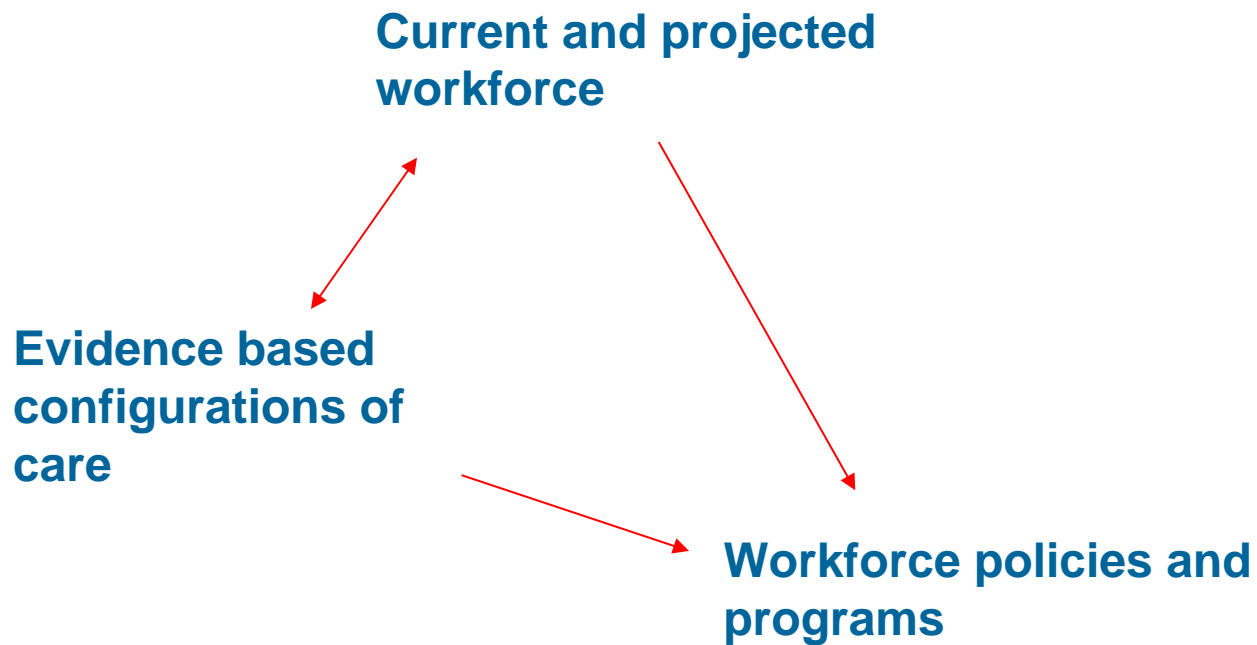
Roles: Other Studies / opinion and discussion papers

- ⊙ roles of providers
- ⊙ provider opinion of their role

Grey Literature

- ⊙ national & state policies/programs (mental health & workforce)
- ⊙ statistics (mental health & workforce)

Synthesis



Condition **Context**

Configurations of care may include...



- ◎ **Provider**
- ◎ **Element of care** (identify, assess, diagnose, intervene and manage, refer, follow up)
- ◎ **Support** (education, training, guidelines, information systems, consultation – academic detailing)

In a context which may include

- ◎ **Specified conditions** (high prevalence/low prevalence)
- ◎ **Priority groups**
- ◎ **Stage of continuum of care** (prevention, treatment and management, maintenance)

Common configurations



◎ Generalist care within primary care

- Assessment, treatment, management, some early intervention

◎ Collaboration between generalists and specialised mental health services/ providers

- Shared care, consultation liaison, clinics in general practice, support by specialists within the practice

◎ Provided by GPs and other health care providers within community settings

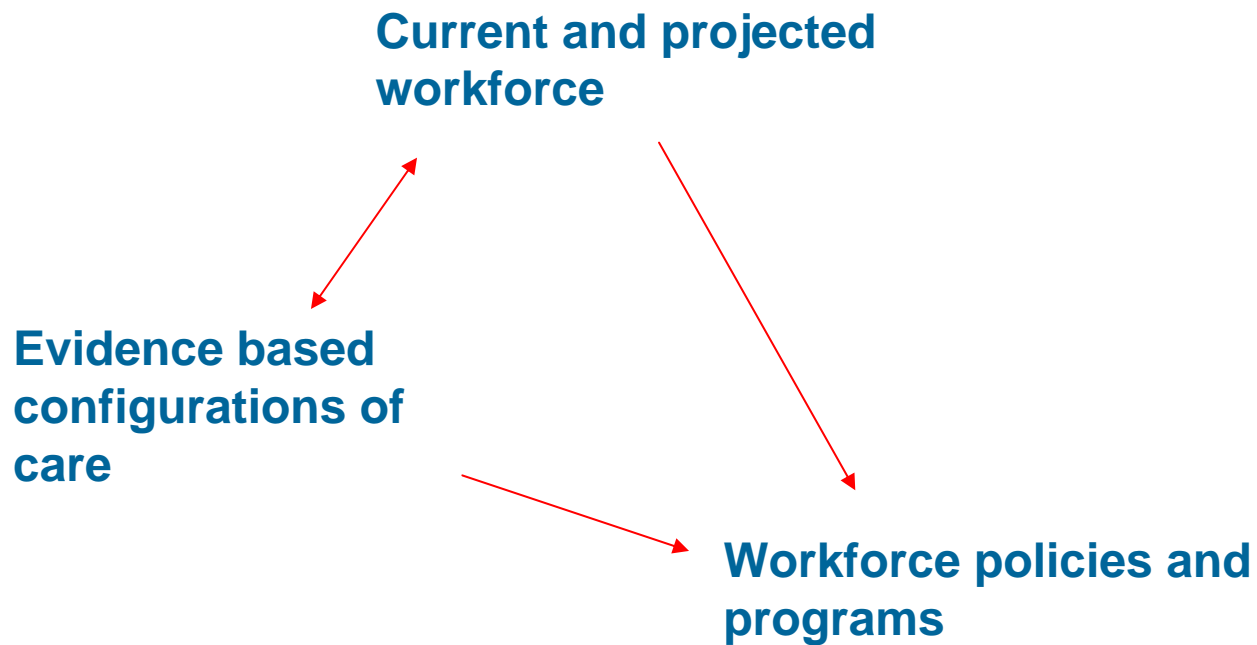
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Workforce



- © **Includes providers and supporters**
- © **Types** (profession, roles)
- © **System/sector**
- © **Evolving roles**
- © **Urban/rural/remote differences**

Synthesis



Condition **Context**

Issues arising



- © Can we use evidence of the effectiveness of different configurations to guide service and workforce development?

Appendices



Support



1. Provider education/training – esp. brief training
2. Secondary consultation/advice/supervision – within PHC, MH-PHC
3. Regular meetings with specialist(s) teams
4. Administration, organisation, liaison
5. Providing patient summaries, reviews, reports
6. Models of care – e.g. stepped collaborative care, shared care, protocol based care

Search Strategy



- ◎ **Primary Studies** (N=346)
 - Electronic Databases
 - Snowballing and Handsearching

- ◎ **Systematic Reviews** (N=15)
 - Cochrane Library
 - Electronic databases

- ◎ **Grey Literature**
 - Web pages (Govt, NGOs etc)
 - Direct approach (interviews emails)

Definitions



- © **Element of care:** an activity that forms part of the mental health care provided by a clinician [reported in the literature]
- © **Role:** combination of one or more elements of care provided by a generalist in PHC workforce
- © **Support:** an activity, system or resource which assists one or more generalist PHC providers to provide one or more elements of care or maintain a role
- © **Program:** an agreed set of providers working in collaboration or in a team and delivering an agreed set of elements or roles with a defined set of supports.