

Course Title/Code: Early Intervention for Psychosis (MMPH6199)

Department: Psychiatry

Objective:

Early intervention is a widely adopted paradigm that closely integrates the preventative, humanistic and evidence-based approaches to enhance the care for patients with psychosis. This paradigm is relevant not only to those working directly in the field of psychosis but also to wider mental health professionals. We start the module with an introduction to general concepts of indicated prevention and secondary prevention in medicine. Key principles in early intervention for psychosis will be reviewed, including the critical period hypothesis, early detection, at-risk mental state, and phase-specific approach. Factors affecting the duration of untreated psychosis and pathway to care will be examined, highlighting potentially modifiable factors within the healthcare system. Effectiveness of early psychosis programmes will be discussed.

Content:

Prevention in psychosis

- Concepts of prevention: primary, secondary and indicated prevention.

Key concepts in early intervention

- Key concepts: critical period hypothesis, duration of untreated psychosis, early detection, phase-specific intervention, at risk mental state

Pathway to care in psychosis

- Accessing and reducing the treatment delay, pathway to care

Duration of untreated psychosis

- Duration of untreated Psychosis: Definition, measurement and association with outcome
- factors affecting DUP
- potential confounding factors of DUP on prognosis
- factors affecting relationship with clinical and functional outcome

Delivery of early psychosis services

Delivery of early psychosis intervention: example of EASY programme in Hong Kong

Outcome and cost-effectiveness of early intervention in first-episode psychosis

- Introduction of economic analysis
- What can we learn from the local and international studies of outcome of early intervention of first-episode psychosis?
- Cost-effectiveness studies of early intervention services

At-Risk Mental State

- At-Risk Mental State: Prediction and rationale for intervention

Staged model of screening and intervention

- Staged model of screening and intervention: illness course and clinical pathways

Learning Outcomes:

Knowledge

- Have a good understanding of the rationale of early intervention of psychosis and key issues involved.
 - Able to define the Duration of Untreated Psychosis (DUP) and appreciate factors that affects it locally and internationally.
 - Appreciate the relationship between DUP and the outcome of psychosis
 - Appreciate what might happen to the patient during the DUP which may hinder long term prospects of recovery.
 - Understand the concept of critical period and the rationale for critical period intervention.
 - Appreciate the key pathways leading to better outcomes in the critical period
 - Appreciate the rationale for prodrome intervention
- Aware of the local and international development and advances in the early intervention service and relevant research findings.

Prerequisite: None

Duration: 1 semester; 2.5 hours/week; 24 contact hours

Continuous assessment/examinationratio: Continuous assessments 40%
Written examinations 60%

Examination method and duration: Written examination / 1.5 hours