

Prescribing in first episode psychosis - use of depot antipsychotics

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Outline

- First episode psychosis (FEP) patient group and challenges in treatment
- Matching patient to medication choice
- Rationale for (early) depot antipsychotics (LAI) in FEP
- Why its still under-utilised
- Efforts to improve depot/LAI antipsychotic prescribing in our own service

Who are we prescribing for?



Challenges in treatment of FEP

- Good response and remission rates

- 82% over 2 years (Robinson et al 2004; Malla et al 2006)

BUT

- High rates of disengagement

- 20-40% (Doyle et al 2014)

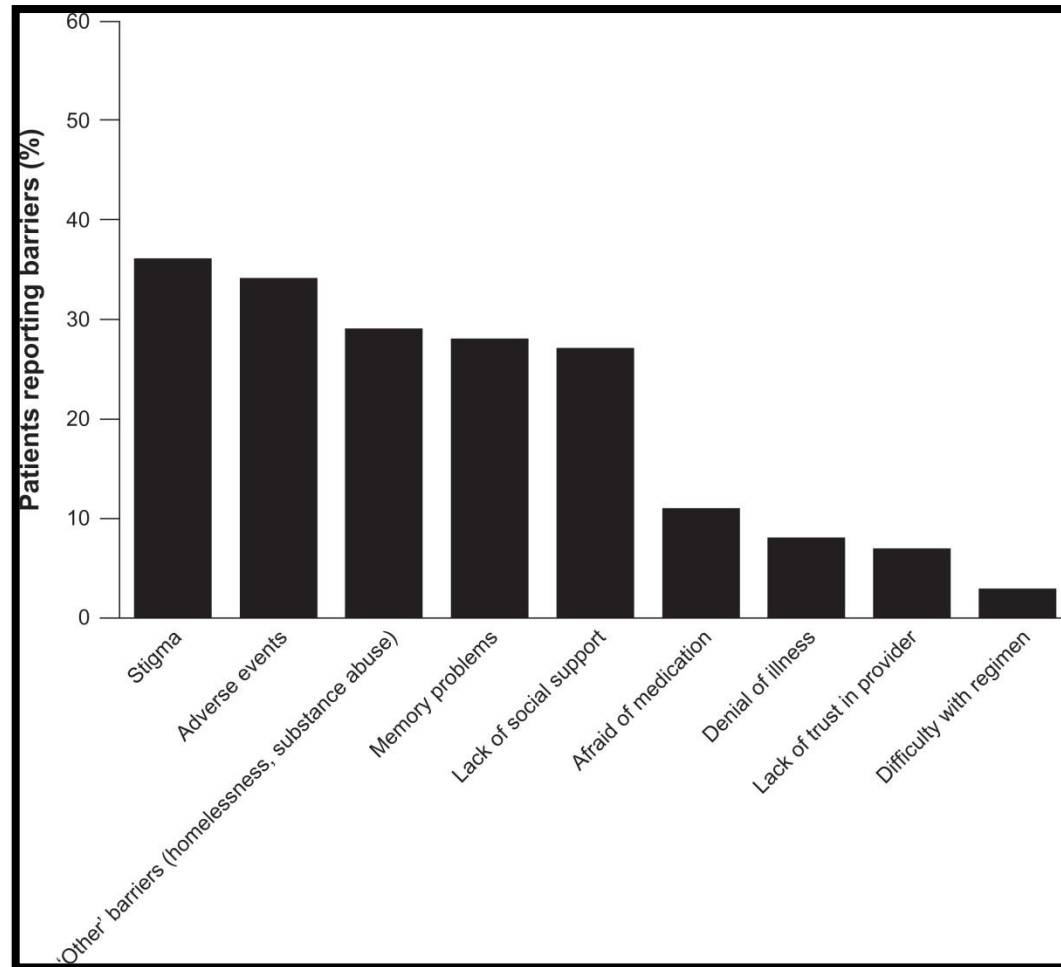
- High rates of non-adherence (and partial) – strong predictor for relapse

- Overall over 50% with highest risk of stopping in first 3-6 months (Abdel-Baki et al 2012; Whale et al 2016)

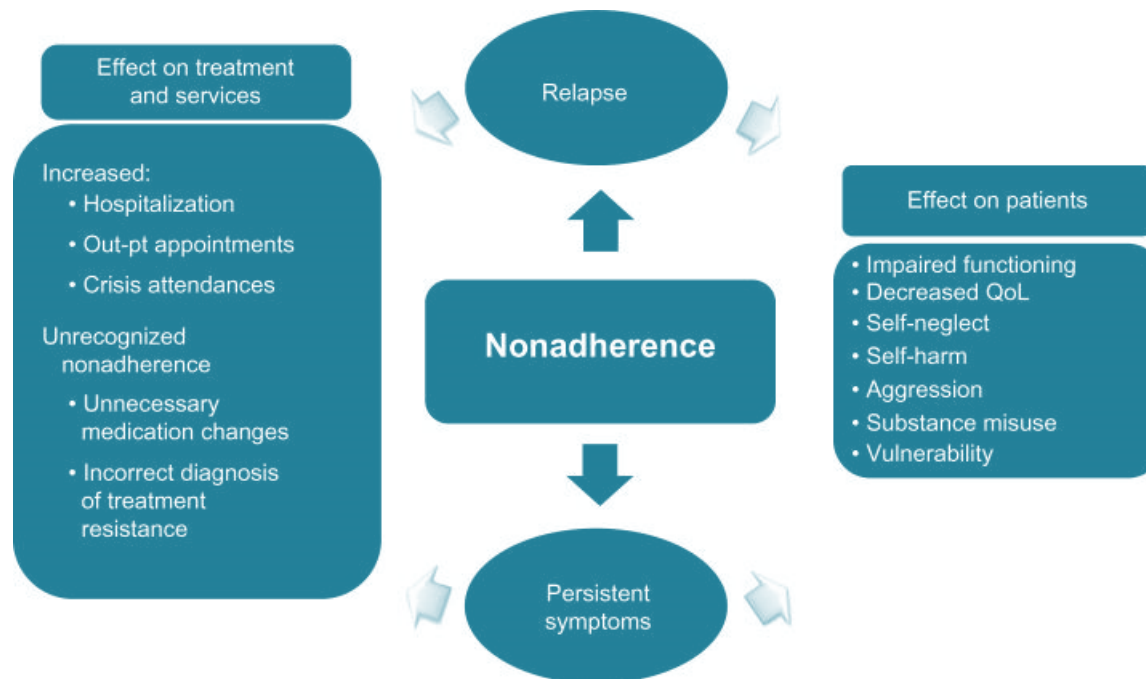
- High risk of relapse

- Up to 80% in 12 months (Zipursky et al 2014; Di Capite et al 2018)

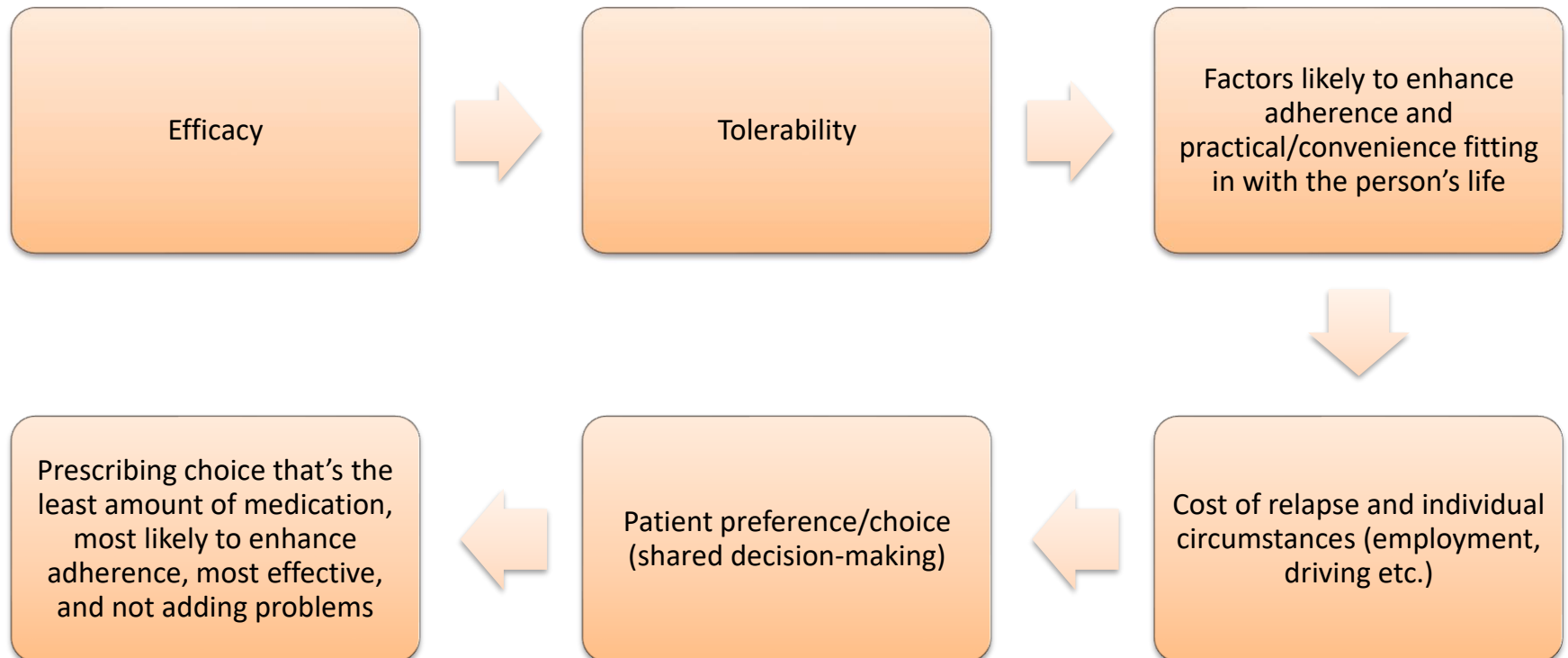
Barriers to adherence



Effects of non-adherence

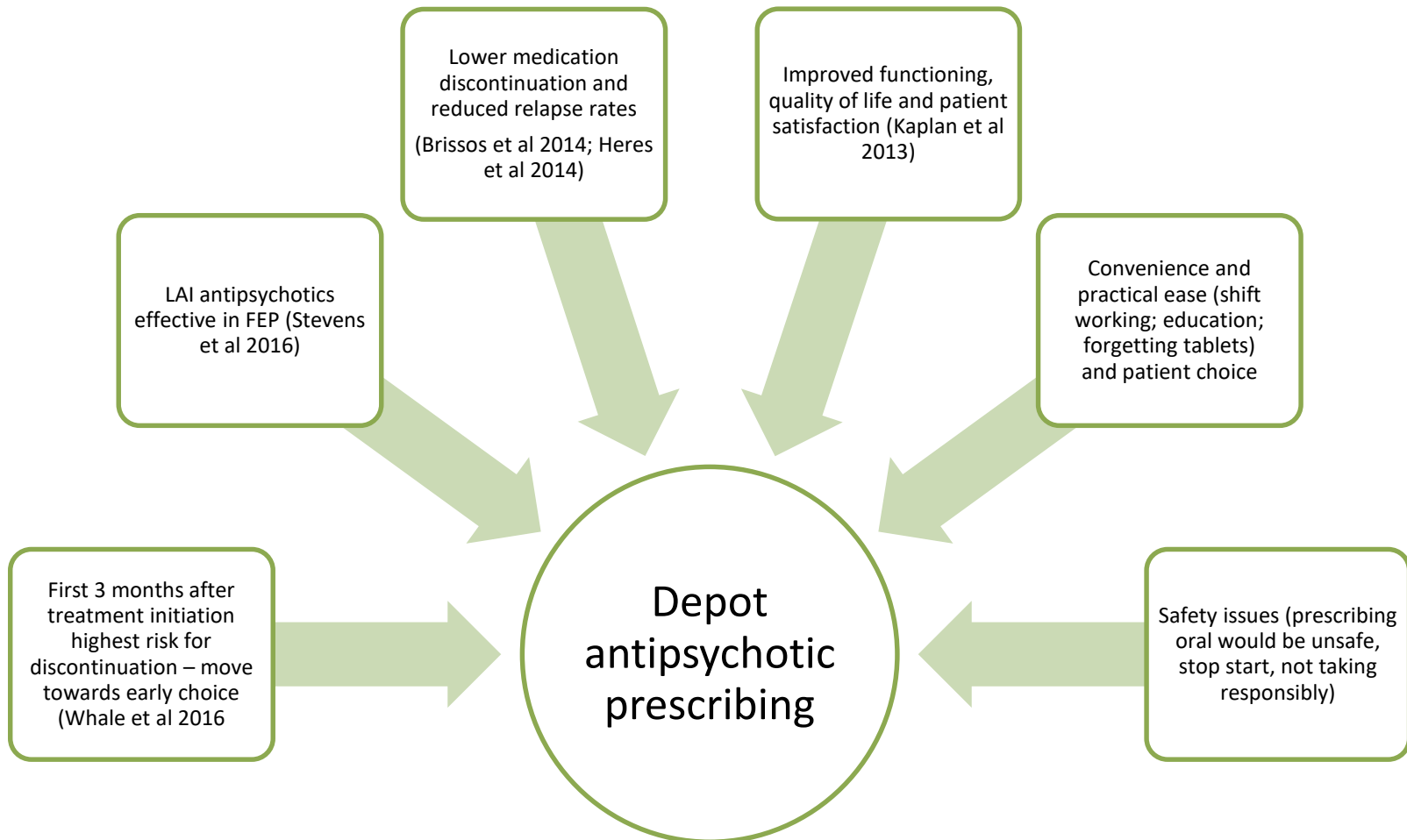


Matching patient to prescribing choice (whole person approach)



Rationale for depot antipsychotics

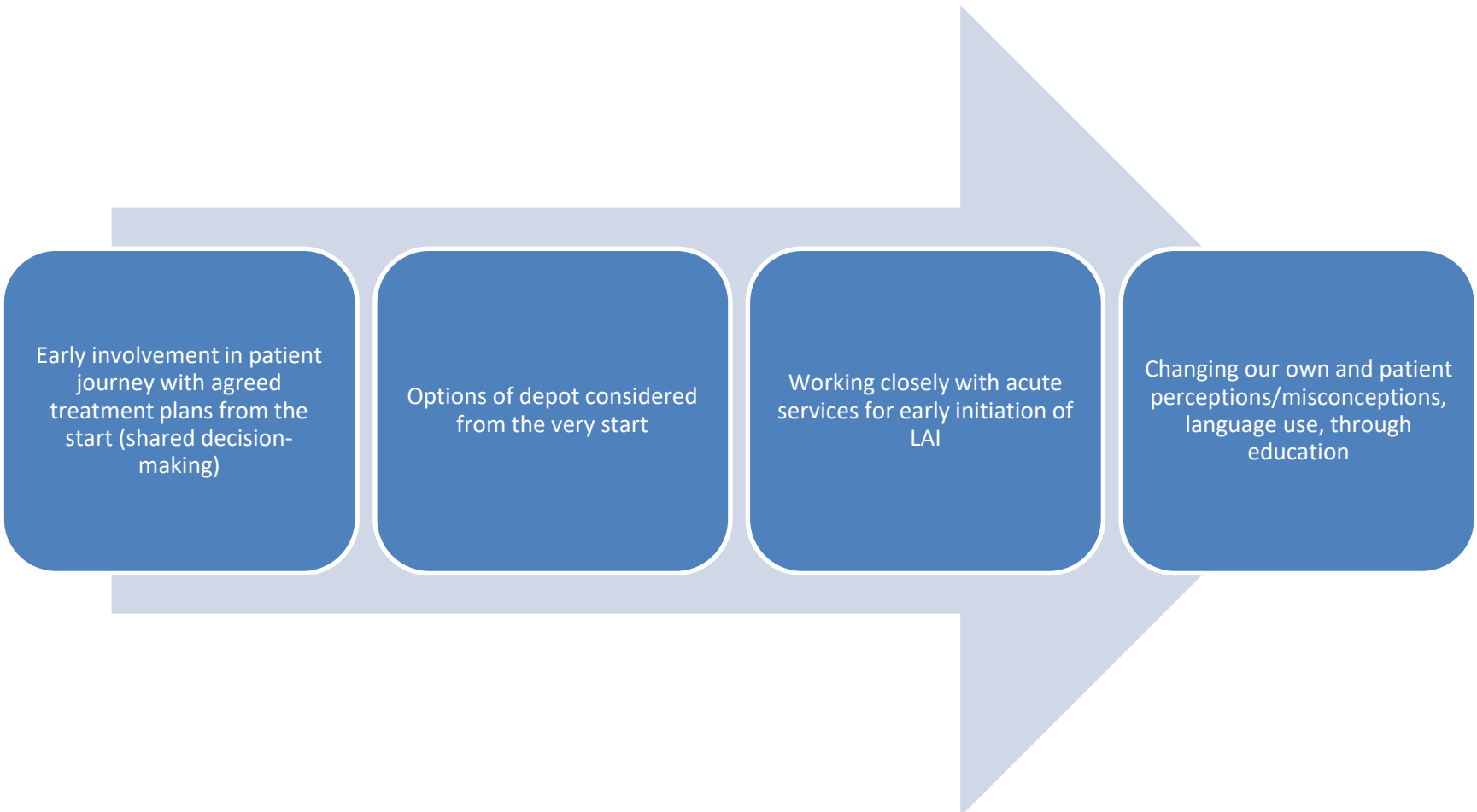
(LAIs) in FEP



Why its still under-utilised

- Clinician lack of experience with using LAIs (Kenicer et al 2016)
- Clinician beliefs and attitudes (Kirschner et al 2013)
 - ‘negative and conservative attitude of clinicians towards depot antipsychotics in FEPs’
 - only between 10-28% FEP patients ever offered LAIs
 - belief that LAI only for chronic (and most stigmatised) non-adherent patients
 - belief that patients will not prefer /choose– this is wrong!! (Caroli et al 2011)
- Patients lack of information/option given with misperceptions uncorrected (Parrellada & Bioque 2016)
- Environmental/practical difficulties

Efforts to improve LAI prescribing (NSTEP)



Early involvement in patient journey with agreed treatment plans from the start (shared decision-making)

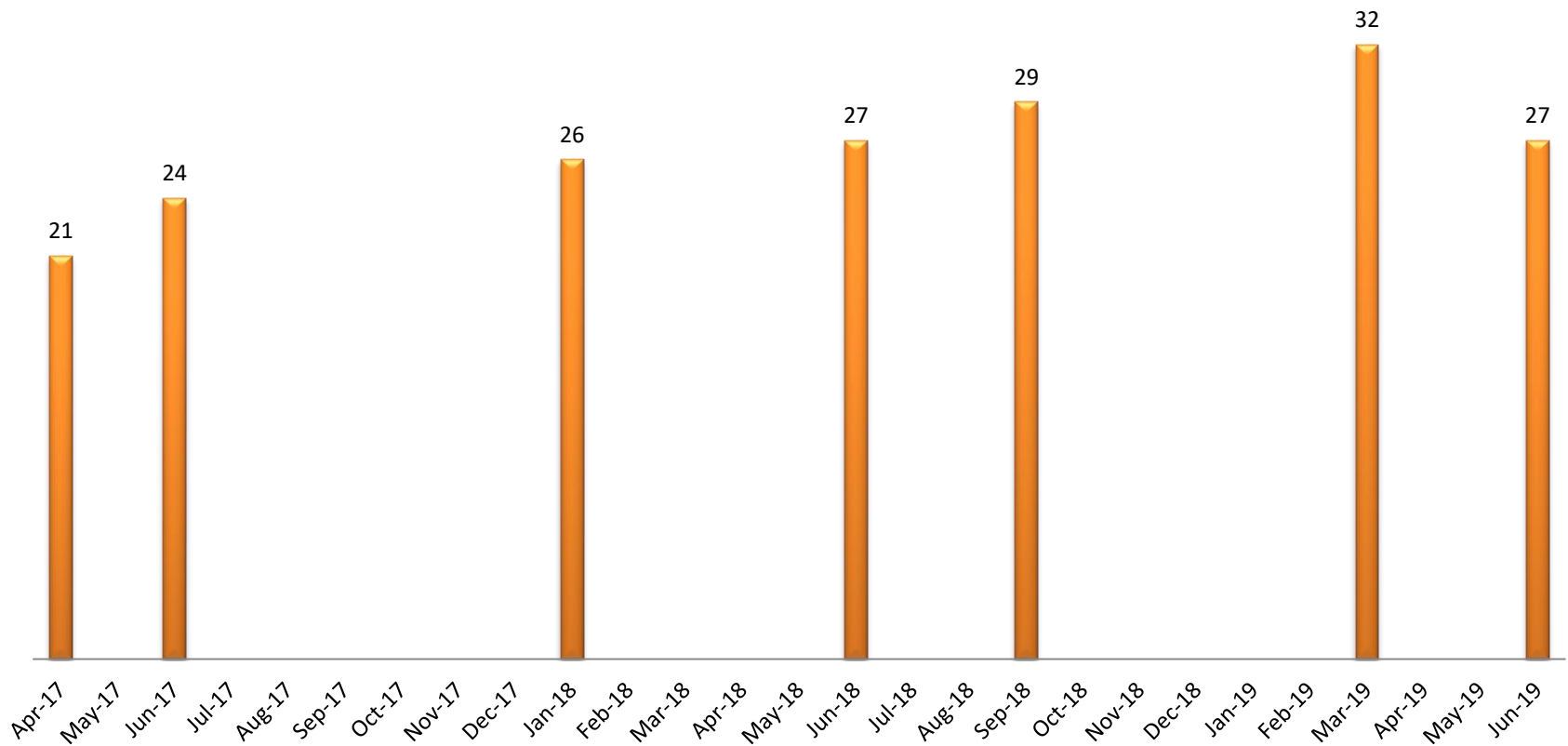
Options of depot considered from the very start

Working closely with acute services for early initiation of LAI

Changing our own and patient perceptions/misconceptions, language use, through education

NSTEP depot antipsychotic use

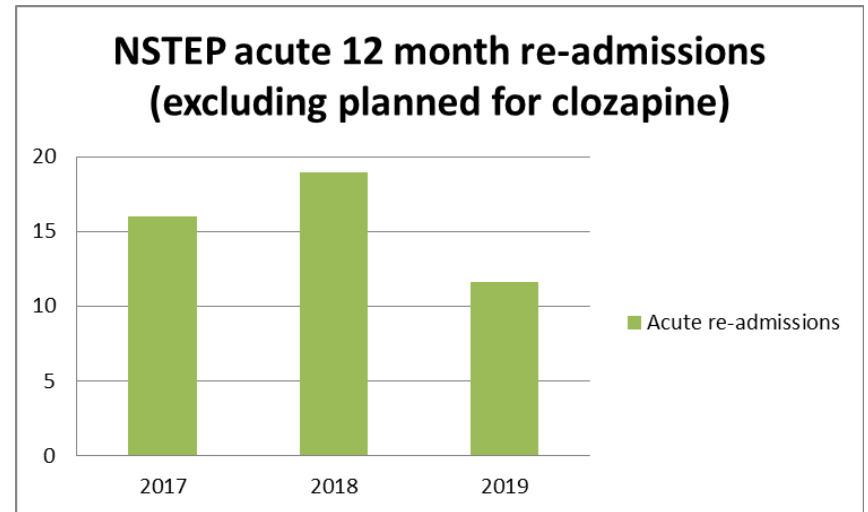
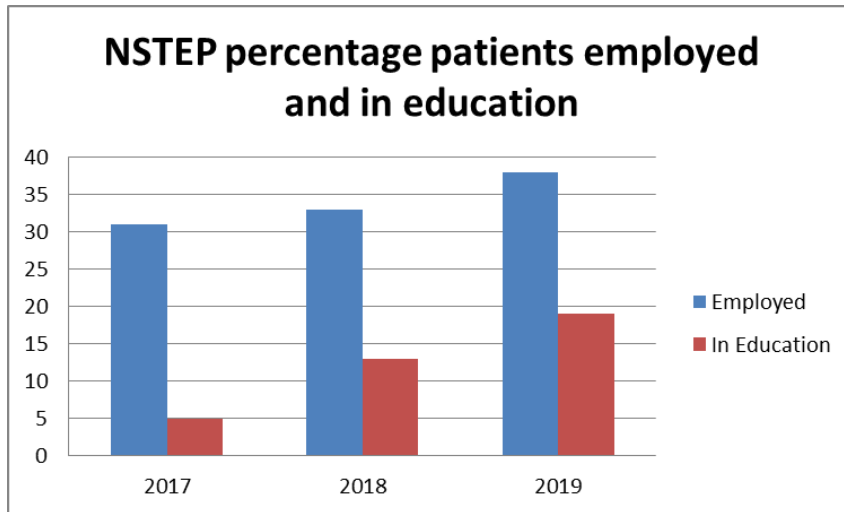
Percentage patients prescribed LAI



Early LAI use and outcomes

Early use of LAIs is one part of a multi-faceted therapeutic intervention and support programme and whole person approach aimed at improving outcomes

Examples of NSTEP outcomes



Ultimately

- There is a need for earlier use of LAI antipsychotics in FEP patients
- There is a need for change of attitude and language used around LAI antipsychotics
- The choice of LAI antipsychotic should be part of the first and on-going shared-decision making discussions
- Choice of medication and route of delivery can
 - Improve ability for the person to engage in other areas of recovery including psychological, occupational and social
 - Overall improve patient outcomes

Any questions?

