CFHA COLLABORATIVE FAMILY HEALTHCARE ASSOCIATION

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EVIDENCE TO GO

Research Updates for Health Professionals

Inside This Volume:

Computer-aided telephone support for primary care patients with common mental health conditions: randomized controlled trial

All monthly updates prepared by volunteer early career professional members of the Evidence To Go subcommittee of the CFHA Research & Evaluation Committee. Updates are peer reviewed by CFHA researchers.

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Stay up to Date with Key Findings in Integrated Care

The purpose of this bulletin is to provide brief summaries of new research studies for healthcare professionals and administrators who are interested in keeping up with the latest discoveries but do not have enough time to read the entire journal articles. The articles are chosen based on interest to CFHA members as well as overall importance to the field. There are always limitations to the study findings, so we encourage you to read the entire article.

"Sometimes I only have one minute to scan an email for research updates. This bulletin gives me the opportunity to quickly gather information that pertains to my area of practice..."

- Giuliana McQuirt, Psy.D.

TELEPHONE DELIVERED MENTAL HEALTH SERVICE SHOWS HIGH ACCEPTABILITY AMONG PRIMARY CARE PATIENTS

HIGH NEED FOR ALTERNATIVE SERVICE DELIVERY

- 1 in 5 Canadians reported experiencing symptoms of substance abuse and mental health problems each year, most indicated that their needs for mental health service were unmet
- Identified Problem: lack of resource + long wait times in primary care setting
- Drive for this study: finding alternative approaches to mental health service delivery

METHODS

Patients with depression, anxiety,& at-risk drinking identified by PCPs at 18 sites are randomized into:

Intervention Group

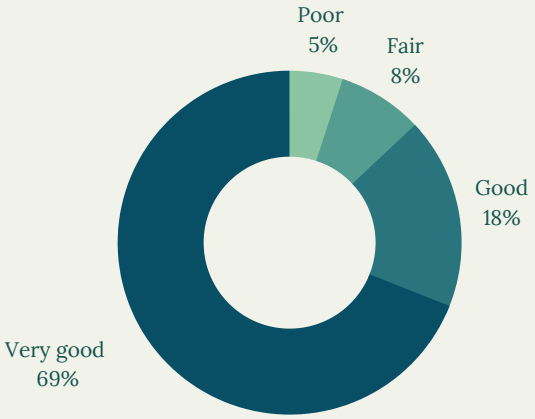
(receive weekly intervention calls from providers)

Enhanced Usual Care Group

(no weekly calls except for assessments)

Both groups receive 4 assessments and fill out multiple satisfaction surveys throughout the 12 months study period.

OVERALL SATISFACTION WITH SERVICE WITHN INTERVENTION GROUP



RESULT: HIGH PATIENTS ACCEPTABILITY

- 0 participant cited service delivery method as the reason for withdrawing from study; study demonstrates high consent and retention rates
- Findings congruent with previous studies regarding phone-delivered services
- Shows telephone as an effective means of engaging patients in mental health screening and interventions

FINAL TAKE AWAY

Main advantage	**high accessibility, convenience, privacy, and anonymity. more cost-effective than traditional service**
Targeted population	**All, particularly useful for people with mobility issues and for rural populations.**

Zaheer, S., Garofalo, V., Rodie, D., Perivolaris, A., Chum, J., Crawford, A., ... & Sunderji, N. (2018). Computer-aided telephone support for primary care patients with common mental health conditions: randomized controlled trial. JMIR Mental Health, 5(4), e10224. https://tinyurl.com/y4nc5wfm