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Topic: S01 - Symposium 01: The tele-therapy town - what's happening to the neighbourhood?

IPad Assisted Treatment of Patients with Schizophrenia

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IPad assisted treatment of patients with schizophrenia

OPUS is an integrated, early intervention treatment, which is provided by multidisciplinary teams and can be defined as a rich assertive community treatment model, including protocols for medication, family involvement, and social skills training. The team includes the following professions: psychiatrist, psychologist, psychiatric nurses, occupational therapist, and social worker. Each patient is offered integrated treatment for a period of two years. A primary team member is designated for each patient and is then responsible for maintaining contact and co-coordinating the treatment within the team and across different treatment and support facilities. The patients are visited in their homes or other places in their community, or they are seen at the office according to the patient's preference.

The therapeutic basis is cognitive therapy. A crisis plan is developed for each patient.

The OPUS team in the western part of Jutland is challenged by a thinly populated area, and the patients often live far apart. The team has not received extra resources despite this challenge. As a consequence, the employees waste many hours on the road.

Accordingly, the team decided to carry out some of the patient contact via iPad. With help from a software development firm, we created an app for iPad, which enabled us to have video contact with the patient and simultaneously fill out cognitive worksheets.

At first, the team workers were hesitant but the patients were very excited. All in all, we find that the usage of iPads has evolved our treatment as well as made contact with the patients easier. On top of this, we are saving hours on the road.