Behavioral and Mental Disorders

Terminologies and Open Standards for Quality Improvement

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Burden of Chronic Diseases

- 75% of the costs of health care can be attributed to chronic disease management.

- The Institute of Medicine (IOM) has identified 20 high priority areas for attention.

- The course, prognosis and prevention of most of these conditions is influenced by patients' behaviors.

IOM Priorities Chronic Diseases

1. Care coordination (cross-cutting)
2. **Self-management/health literacy (cross cutting)**
3. **Asthma – appropriate care for mild/moderate asthma**
4. Cancer screening that is evidence-based
5. **Children with special needs**

IOM Priorities Chronic Diseases

1. **Diabetes-focus on appropriate management of early disease**

1. End of life with advanced organ system failure

1. **Frailty associated with old age—preventing falls, maximizing function**

2. **Hypertension—focus on appropriate management of early disease**

1. Immunization-children and adults

IOM Priorities Chronic Diseases

1. **Ischemic heart disease-prevention, reduction of recurring events, and optimizing of functional capacity**

2. **Major depression-screening and treatment**

1. Medication management—preventing medication errors and overuse of antibiotics

2. Nosocomial infections-prevention and surveillance

1. **Pain control in advanced cancer**

IOM Priorities Chronic Diseases

1. **Severe and persistent mental illness—focus on treatment in the public sector**

1. Stroke-early intervention and rehabilitation

1. **Pregnancy and childbirth—appropriate prenatal and intrapartum care**

2. **Tobacco dependence treatment** in adults

3. **Obesity (emerging area)**

Evidence Based Psychology

1. A *patient-centered* approach: patients, families and caregivers are fully informed about the risks, benefits and costs of dx tests and treatments.
2. Consideration of patients' and families' values and preferences.
3. Evidence based diagnostic psychological testing
4. Case monitoring /measurement of treatment effects
5. Measurement of outcomes.

Recommendation

- Include psychologists as eligible providers for bonus payments for adopting Electronic Health Records.

- Evidence-based psychological diagnostic testing and treatments can improve healthcare quality and lower the cost of chronic disease management.

- It is illogical, unscientific and not cost-effective to exclude psychologists while including chiropractors and podiatrists as eligible providers for EHR adoption bonus payments.

Need for Terminologies

Terms exist for mental disorders in Snomed-CT, ICD-9CM & 10 and the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR).

1. Many synonyms exist for the same term; no open standards exist for what we mean by Posttraumatic Stress Disorder, Mild Traumatic Brain Injury or Depression.

2. We lack terminologies for psychological functioning, impairments, disability and health.

Recommendations

- Develop an interagency taskforce, with the relevant professional associations, using the World Health Organization (WHO) International Classification of Functioning, Disability and Health (ICF) framework.

- Create terminologies and controlled clinical vocabularies for psychological functioning, impairments, disabilities and health.

Recommendations

- Utilize the resources of the American Psychological Association (APA) to develop open standards for terminologies, controlled vocabularies and semantic interoperability.

- Develop standards for the full range of cognitive, emotional and interpersonal functioning.

National Research Council Report

Computational Technology for Effective Health Care: Immediate Steps and Strategic Directions (National Research Council, 2009)

Cognitive Support: refers to IT-based tools that provide users (clinicians and patients) with the right information, at the right time, in the right place, and in the right way, to engage in collaborative problem solving, reasoning and decision making.

Recommendations

Empowerment of patients and their families:

- Collaborative informed decision making

- Personal Health Records (as contrasted to medical records held by care providers)

- Education about conditions and options

Recommendations

- Cognitive support for health care professionals to help integrate evidence-based practice guidelines and research results in daily practice.

- Development of a **"learning" health care system** that encourages early adoption of promising methods and analyzes all patient experience to improve patient care and population health