

Integrated Medical Clinic (IMC) patients with chronic medical conditions have improved overall mental well-being, since the introduction of Activation and Care Empowerment (ACE) service

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Background

There is a plethora of significant clinical and epidemiological evidence associating chronic diseases with psychological states, from a spectrum of general well-being to psychiatric disorders like chronic stress, anxiety and depressive disorders. Yet, there remains a gap in medical care where the patient's emotional and psycho-social component is often overlooked. In Integrated Medical Clinic (IMC), our patients with complex medical needs are each assigned a healthcare team of doctors, nurses, administrators and psychologists. Besides medical consultations with the clinicians, enrolled patients are offered Activation and Care Empowerment (ACE) consultations with our psychologists to provide evidence-based psychological interventions for their psycho-social challenges faced in their complex chronic disease management.

Methods

World Health Organisation – Five Well-Being Index (WHO-5), is a short patient self-reported measure of their current mental well-being^{1, 2}, by assessing the patient's responses to 5 statements (See Figure 1^{1, 2}).

Figure 1. WHO-5 Well Being Index

Please respond to each item that best describes your feelings in the last 2 weeks.

Over the past 2 weeks	All of the time	Most of the time	More than half the time	Less than half the time	Some of the time	At no time
I have felt cheerful in good spirits	5	4	3	2	1	0
I have felt calm and relaxed	5	4	3	2	1	0
I have felt active and vigorous	5	4	3	2	1	0
I woke up feeling fresh and rested	5	4	3	2	1	0
My daily life has been filled with things that interest me	5	4	3	2	1	0

Scoring:

The raw score is calculated by totaling the figures of the five answers. The raw score ranges from 0 to 25.

To obtain a percentage score ranging from 0 to 100, the raw score is multiplied by 4. A percentage score of 0 represents worst possible, whereas a score of 100 represents best possible quality of life.

WHO-5 scores were collected from 30 chronic disease patients before and after their ACE consultations. Besides comparing the Well Being index percentage after ACE was introduced; an additional comparison, between complex IMC and non-complex non-IMC patients, was also made to study the differences in their well-being specifically with IMC-coordinated care.

Results and Discussion

Amongst the 30 patients reviewed, 12 patients were enrolled in IMC whilst the remaining 18 were non-IMC patients. 28 out of 30 patients (93.3%) (See Figure 2) showed an overall improvement in their WHO-5 scores after the patients underwent ACE intervention. We further evaluated the extent of benefit of ACE particularly for IMC and it is revealed that 67% and 39% of the IMC and non-IMC patient population had at least 20 percentage point improvements in their WHO-5 scores respectively (See Figure 3).

We also compared these patients' latest responses to their baseline responses after ACE interventions and found that a higher percentage of IMC patients (83.3%) compared to non-IMC patients (77.8%) had a score above 50 percentage point (which is indicative of better than average well-being).

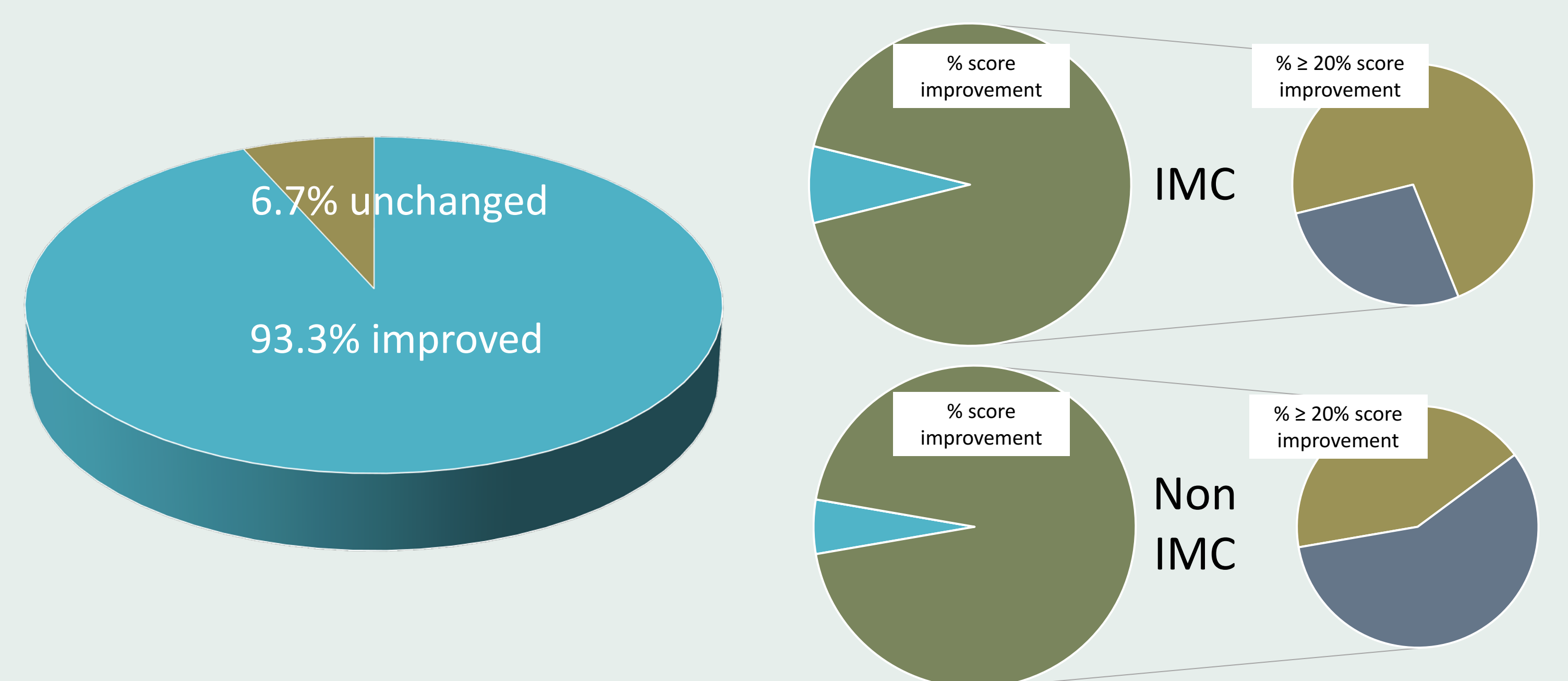


Figure 2. Patient population % with improvement in WHO-5 scores

Figure 3. Patient population % with improvement in ≥ 20% WHO-5 scores

Introducing ACE as part of a holistic approach in managing IMC patients, provides additional value by various ways. It encourages positive adjustments to chronic diseases, introduces approaches to support new lifestyle modifications, establishes strong interpersonal connections with the patient's health team, as well as improves patient's self-awareness, self-control and self-efficacy in their own disease management.

Conclusion

Providing our IMC patients with a multi-disciplinary approach in their outpatient consultations with clinicians, and additionally psychologists, not only increases patient engagement and empowerment, but also improves their mental resilience and ultimately, overall mental well-being and quality of life in this chronic journey with their complex medical conditions.

References

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