

COLLABORATIVE CARE APPROACHES FOR PEOPLE WITH SEVERE MENTAL ILLNESS: THE RESULTS FROM A COCHRANE COLLABORATION REVIEW

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Introduction: Collaborative care is a community based intervention which typically consists of a number of components. The intervention aims to improve the physical and/or mental health and health care of people with a severe mental illness (SMI).

Objectives:

- 1) To explore how collaborative care is implemented.
- 2) To assess the effectiveness of collaborative care approaches in comparison to standard care for people with SMI who are living in the community.

Methods: A Cochrane Review: The Cochrane Schizophrenia Group Specialised register was searched in April 2011. Fifty one experts in the field of SMI and collaborative care were also contacted.

Results: We included one RCT (306 participants; US veterans with bipolar disorder I or II) in this review. The trial provides data for one comparison: collaborative care versus standard care. The reanalysis of data from the one included study indicated that collaborative care significantly reduced psychiatric admissions at year 2 in comparison to standard care (N= 306, 1 RCT, RR 0.75, 95% CI 0.57 to 0.99).

Direct intervention (all-treatment) costs of collaborative care at the three year follow up did not differ significantly from standard care, mean difference -\$2981.00 (N= 306, 1 RCT 95% CI \$16934.93 to \$10972.93).

Conclusions: One trial at moderate risk of bias suggests that collaborative care may significantly reduce psychiatric admissions. More large, well designed, conducted and reported trials may be required to determine the effects of collaborative care and help inform healthcare professionals and policy makers about the value of collaborative care for people with SMI.