An Integrated multidisciplinary stepped-care workflow of comprehensive risk assessment for the Intensive Care Team (ICT) in community psychiatry

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Introduction
The Intensive Care Team (ICT) under the Community Psychiatric Team of Kwai Chung Hospital was a pioneer in adopting a designated multi-disciplinary team and stepped-care approach for the management of patients with high violence risk.

Objectives
An integrated multidisciplinary workflow for comprehensive risk assessment of patients under the care of ICT specifying: (i) criteria for identification of target patients; (ii) service process (including assessment tools, risk factors to be considered, assessment schedule, and personnel involved); and (iii) review mechanism for the management of high risk cases was worked out and endorsed by the team.

Methodology
This includes the utilization of START as a screening tool conducted by ICT case managers. High risk cases identified would be referred for further assessment by clinical psychologist and/or psychiatrist using HCR-20. Other standardized assessment measures (e.g., PCL-R, STAXI, cognitive tests) may also be conducted on need basis by the clinical psychologist for informing the team about patient’s need.

Result
Since April, 2014, 20 patients (16 male, 4 female) under ICT were suspected to have high violence risk and required comprehensive risk assessment conducted by clinical psychologist. With reference to standard of HCR-20, Ten were found to be of low risk, eight were found to be of moderate risk and two were found to be of high risk. Psychological treatment was delivered to patients showing dynamic risks including mood dysregulation and substance misuse problem. The use and areas for further refinement of the workflow would be discussed.