

**STEPPED CARE MODEL FOR
PSYCHOLOGICAL INTERVENTIONS
IN HAEMATOPOIETIC STEM CELL
TRANSPLANTATION WARD**

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BACKGROUND

- Haematopoietic Stem Cells Transplantation (HSCT) is the procedure of transplanting stem cells
- **80%** of patients suffered from emotional distress over their treatment (Siegel, 2008)
- Top 3 psychological distress:
 1. Anxiety about HSCT: Nausea, oral mucositis, GvHD
 2. Pre-illness family problems
 3. Adjustment to **Isolation of weeks to months**



CONVENTIONAL SERVICE DELIVERY MODEL

Newly admitted HSCT patients

Psychological problems
noted by ward staff

Refer CP



INTRODUCING STEPPED CARE MODEL TO HSCT SERVICE

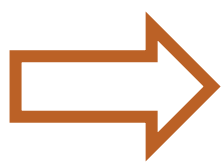
**Clinical
Psychologist**

**L4:
Treatment
for psycho-
pathology**

**L3: Identify &
diagnose persisting
distress**

**L2: Early identification of
psychosocial distress**

L1: Recognition of needs



Specialized
Psychological
Intervention

**Psychology
Assistant**

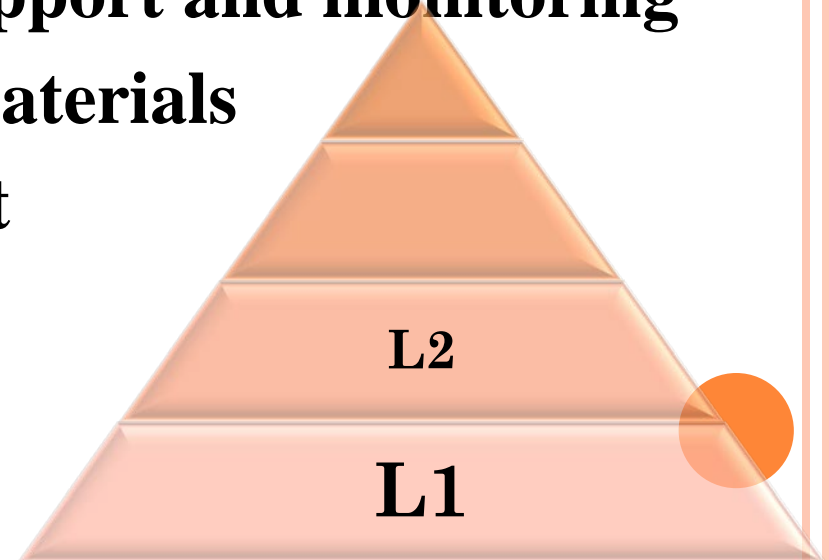


Modified from NICE guideline (2004)

STEPPED CARE MODEL- L1 & L2

PA (Psychology Assistant) focuses on the **concrete** and **structured** aspects of coping with HSCT

- Psychological screening for all HSCT patients
- Coach the use of adaptive coping strategies, e.g. relaxation exercise
- Continuous psychological support and monitoring
- Devise psycho-educational materials
- Conduct outcome assessment
- Compile outcome statistics



PSYCHO-EDUCATIONAL MATERIALS DEvised BY PSYCHOLOGY ASSISTANT

一起面對 造血幹細胞移植

患者篇

骨髓移植象徵著「新生命、新希望」。如何重新感受和享受生命是患者需要學習的重要一環

如在適應當中遇上了困難
不要氣餒！

瑪麗醫院臨床醫療心理科為骨髓移植患者和其照顧者及家屬提供心理輔導服務，協助你們積極面對病患帶來的困難。

如有需要，請向醫護人員查詢。

瑪麗醫院
臨床醫療心理科
電話：2255 3051

加油打氣站：

「骨髓移植是一個過程，你必須要克服，因為這是目前最好的選擇。經過這一關不能延續生命，你往後的人生都會有所不同。」

「這些都經歷過了，以後還有什麼好怕的？」這個信念一直支持著我經過移植過程中的種種。只要堅持下去，你一定可以撐過來的！」

骨髓移植康復者

Source of text: <http://www.focdigitals.com>

在整個骨髓移植治療中，患者的體和情緒都面對著不同的挑戰。

處理情緒困難

以下是患者在治療或康復期間常見的情緒和心理反應：

擔心、恐懼

- ★ 擔憂治療時可能會出現的狀況
- ★ 對前景感到迷惘

感到孤單、寂寞

- ★ 與外界隔絕的病房生活，令個人及社交閒暇活動受到限制

容易發脾氣、煩躁

- ★ 治療時因身體所承受的痛楚，不適而變得容易被觸怒

抑鬱、無助和挫敗感

- ★ 治療的痛苦及反覆的康復過程，容易引致情緒低落

但這些負面情緒多屬暫時性的反應。

以下的建議方法，

負面思想和情緒

★ 人的心情及偶爾失敗
★ 個人分擔內心感受

治療以外的事情上

★ 於體重、指數的升跌
★ 決數等
★ 國內感興趣的事情，
★ 聽收音機等。

復康進度比較

★ 人而異，避免著眼
★ 區相支持鼓勵，
★ 一般奮鬥下去

自己長期受到情緒 專業輔導服務

★ 經歷過什麼情緒？

如何幫助自己舒緩它？

- ★ 享受喜歡的東西
- ★ 閱讀數頁書或聽音樂等

不要害怕 因為

你不是一個人面對
我們支持你！



You are not
alone.
We support you!

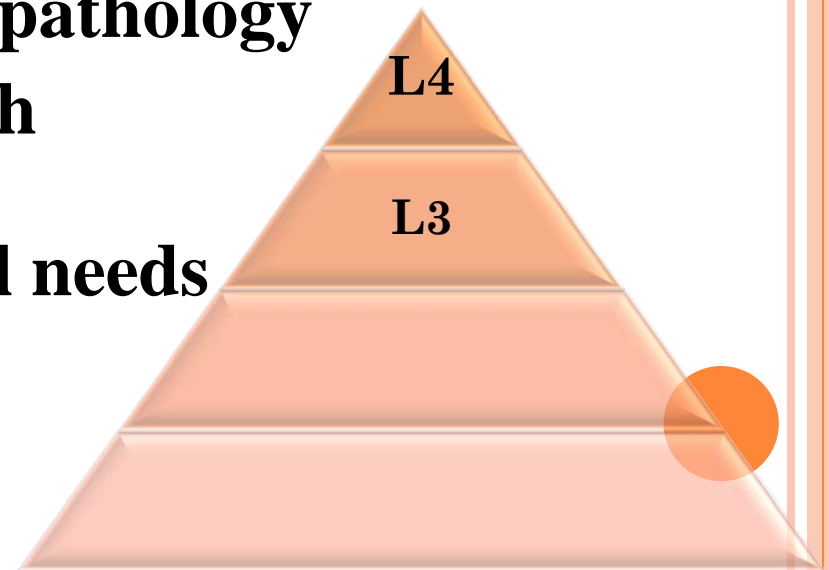
用自己覺得
最舒服的方法，
盡量對自己好，
日子一定會過。

Find a way that is
most comfortable
for you. This, too,
shall pass.

STEPPED CARE MODEL- L3 & L4

CP (Clinical psychologist) focuses on providing **high-intensity intervention** for significant mood problems:

- Identify existing psychosocial issues or risk factors that might hamper adjustment
- Identify strengths and solicit active collaboration in coping
- Provide treatment for psychopathology
- Provide the treating team with professional opinion about patient's specific psychosocial needs



STEPPED CARE MODEL

Newly admitted HSCT patients

Psychological problems
noted by ward staff

Refer CP

All patients receive assessment:
➤ Clinical interview by CP
➤ Structured screening by
Psychology Assistant

Assessment results:
➤ Provide professional opinion
to the team
➤ Determine appropriate level
of service intensity

100%
Service
Coverage



STEPPED CARE MODEL

Assessment results:

- Professional opinion to the team
- Determine appropriate level of service intensity

Screened +ve

Screened -ve

High intensity services

Low intensity services

Follow up by
Clinical Psychologist

Psychology Assistant
screening & support

Pick up
covert signs
of distress



STEPPED CARE MODEL

Psychology Assistant
screening & support

Continuity
of Care

Four critical time-points:

Post-transplantation

Pre-discharge

3-month Post-discharge

12-month Post-transplantation

Screened +ve

Screened -ve

Follow up by
Clinical Psychologist

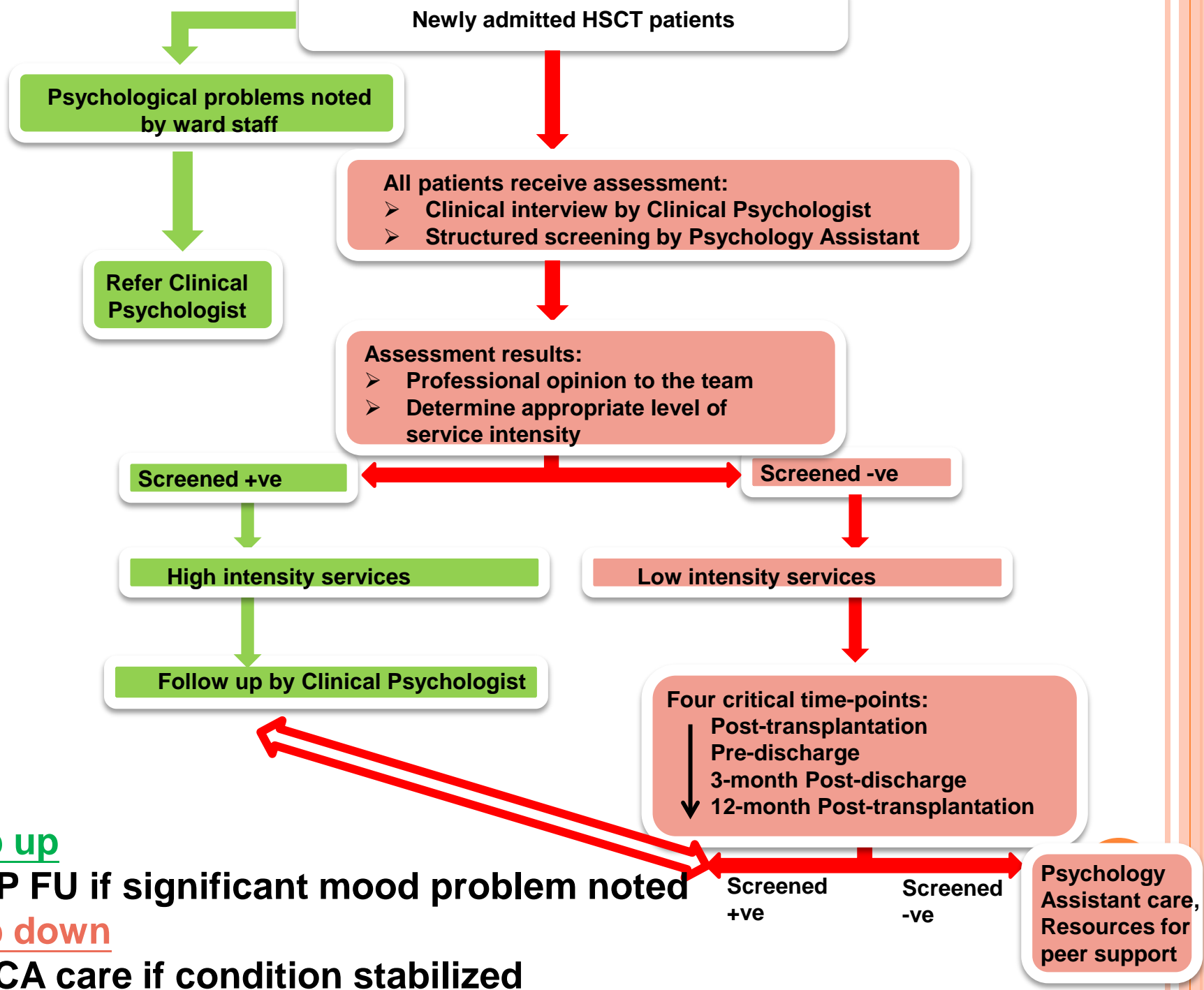
Psychology
Assistant care,
Resources for peer
support

Step up

to CP FU if significant mood problem noted

Step down

to PCA care if condition stabilized



Step up

to CP FU if significant mood problem noted

Step down

to PCA care if condition stabilized

STEPPED CARE MODEL FOR PSYCHOLOGICAL INTERVENTION IN HSCT WARD

	Number of patients
Referral received	357*
Screening (at Pre-HSCT)	318

*excluding patients who withheld HSCT or decline CP services.

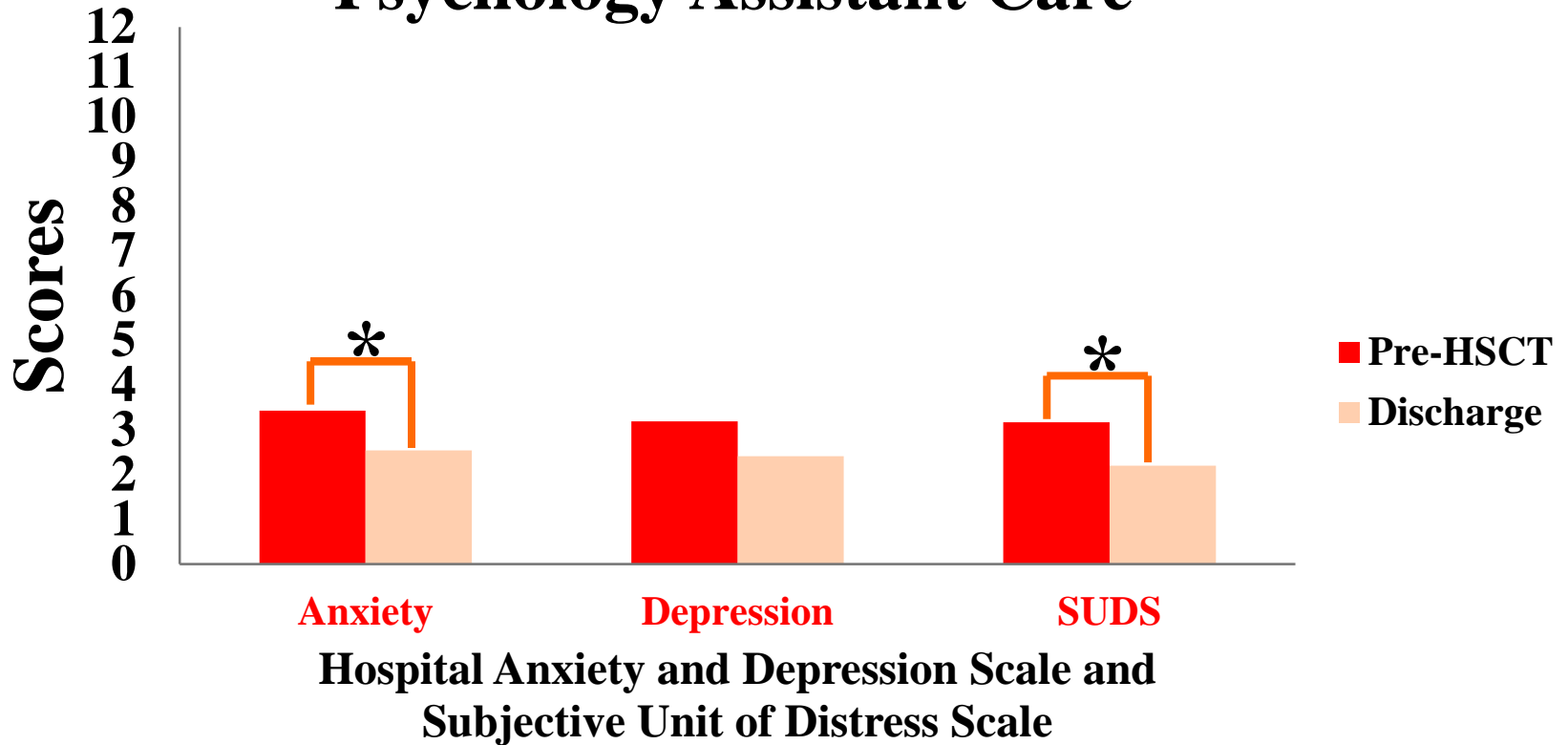
	% of patients
Screened above cut-off	41.8 %#
Received CP service	91.6%*

#Above cut-off at anytime

*based on the number of patients who screened positive in screening



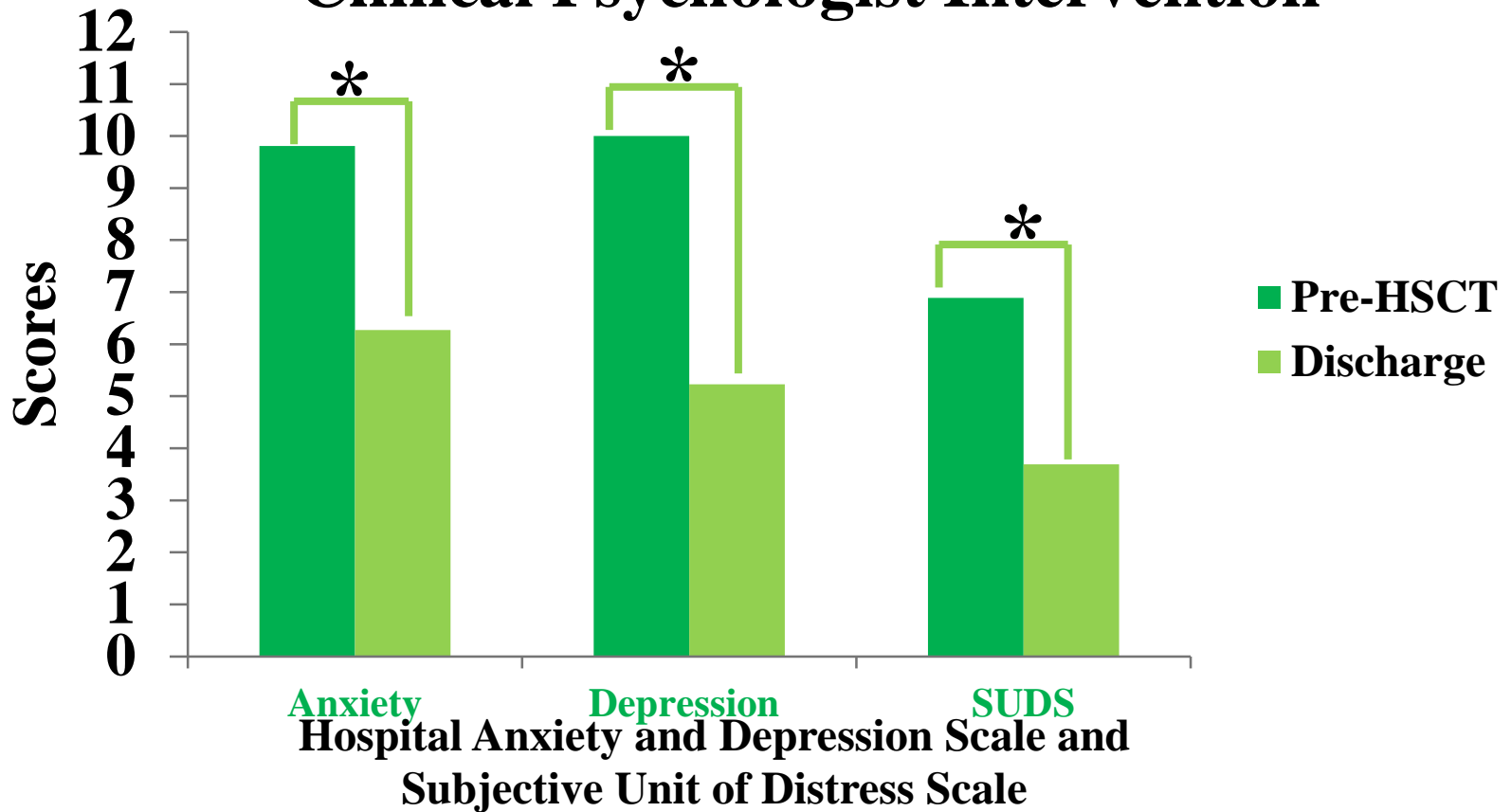
Outcome Measures of Psychology Assistant Care



	N	t	df	std	Sig
Anxiety	109	1.02	108	2.64	<0.001
Depression	109	0.65	108	2.98	0.005
SUDS	109	0.96	108	1.83	<0.001



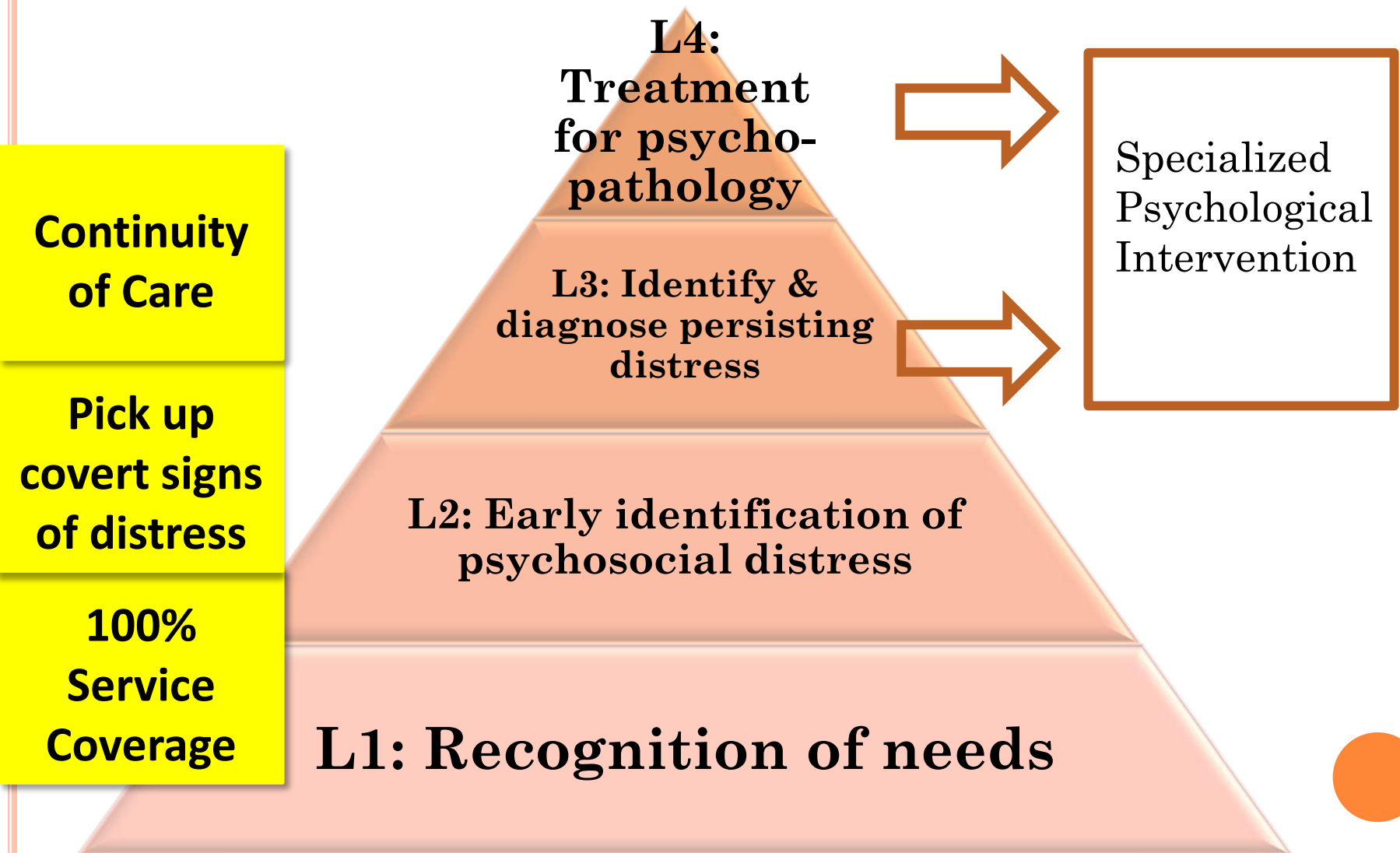
Outcome Measures of Clinical Psychologist Intervention



	t	df	std	Sig
Anxiety	5.49	36	3.92	<0.001
Depression	8.02	38	3.74	<0.001
SUDS	8.76	35	2.19	<0.001



STEPPED CARE MODEL FOR PSYCHOLOGICAL INTERVENTION IN HSCT WARD



CONCLUSION

The stepped-care model was shown to be able to

- **address** different levels of psychological needs of patients
- **reduce the risks** of psychological morbidities
- while ensuring **service quality** at different time points along the journey of HSCT.



*“I now realized the importance for me to be **assertive about my emotional needs**. I would take care of my own emotion before I take care of others’.”*

A 34-year old female patient who received CP services after her significant emotional distress about work resumption was identified during a 12-month post-HSCT screening.

*“ I have **re-prioritized my life goals** after HSCT. I used to think making money for the family was important. But it turns out that they want my **time more than my money.**”*

A 46-year old male patient who received CP services since pre-HSCT assessment for his pathological gambling. He was able to maintain abstinence from the gambling addiction 6-month post-HSCT.

THANK YOU!

*“I appreciated the psychological sessions, which had helped me explore **different perspectives of my experience.**”*

A 55-year-old female patient who received CP services after her significant emotional distress about family problems were identified during a 3-month post-discharge PA screening