

Ethnic Diversity, Primary Care and Pathways to Care for a First Episode of Psychosis

Archie S,
Department of Psychiatry,
McMaster University

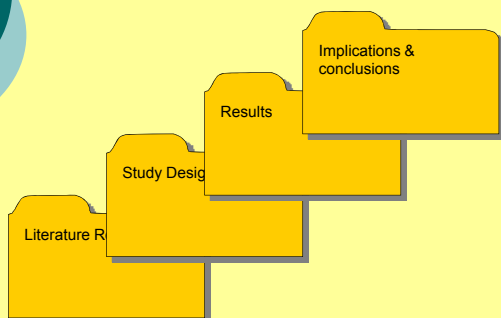


10th National Conference on Collaborative Mental Healthcare
Hamilton, Ontario
May 29th 2009

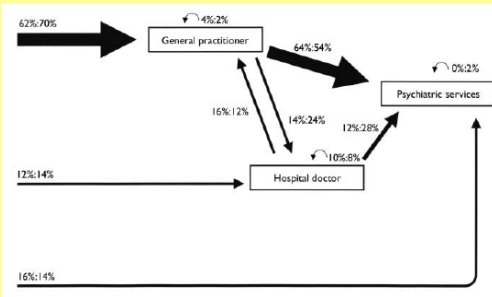
Pathways to Care

- 'Pathways to care'
 - are the formal and informal supports and social networks sought to obtain help for a mental health problem.

Outline of Presentation



Pathways to Care Gater, Br. J. Psychiatry, 186, 2005



Pathways to care for psychiatric illness in Romania

Treatment Delay

'Duration of untreated psychosis'

- the time between the onset of psychosis and the date of initiation of treatment.
- Long periods of untreated psychosis are associated with poor outcome

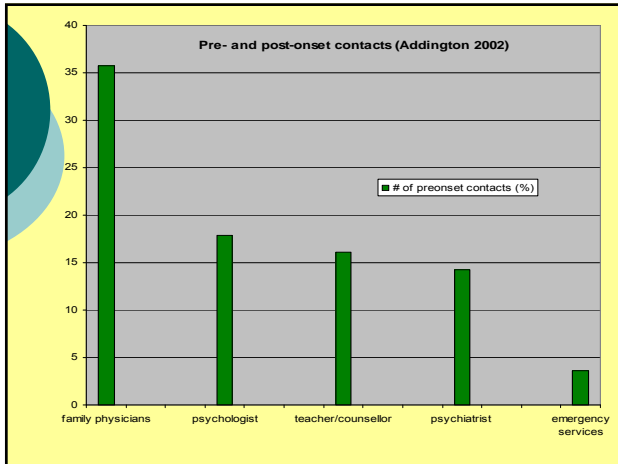
Help-Seeking

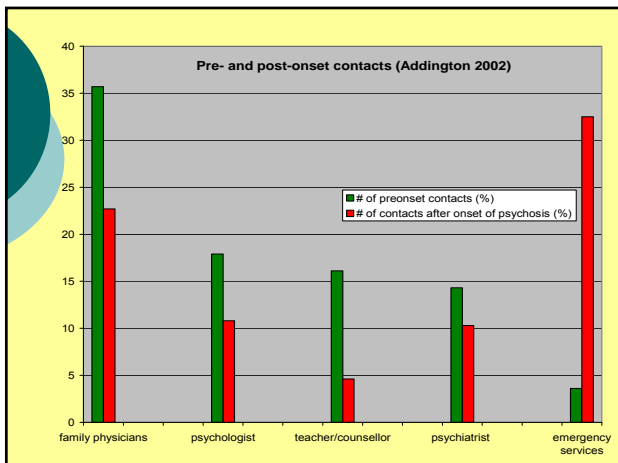
'Initiation of Help-Seeking'

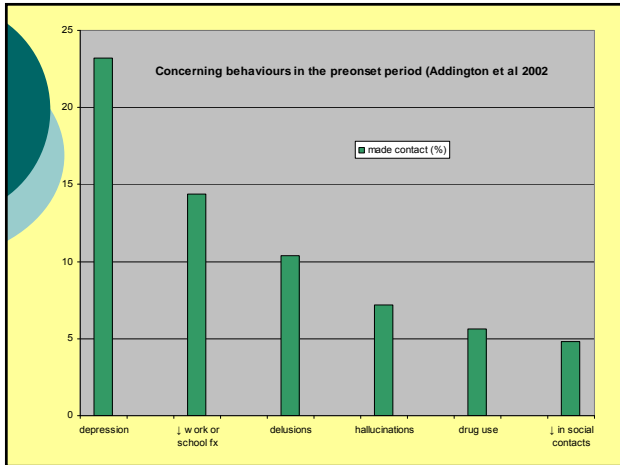
- Self
- Family or friends
- Family physician
- Criminal justice system

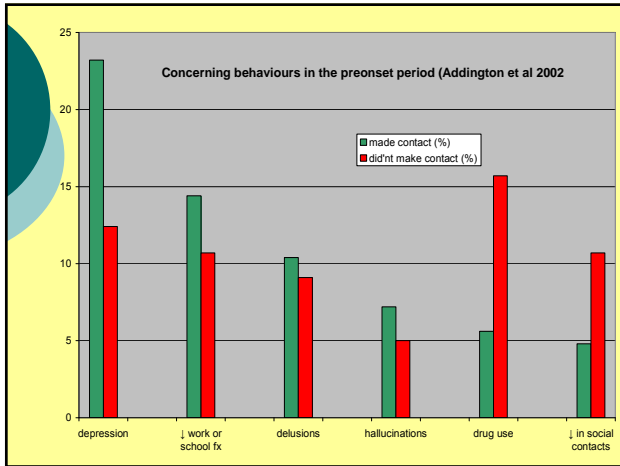
Help seeking behaviour in FEP

(Addington 2002)









Literature Review

- Around the world
- Canada

Inequities in access to care

50% African-Caribbeans
Criminal Justice
System



Social Science & Medicine 50 (2000) 739-752

SOCIAL
SCIENCE
&
MEDICINE

www.elsevier.com/locate/socscimed

Negative pathways to psychiatric care and ethnicity: the bridge between social science and psychiatry

Craig Morgan^{a,*}, Rosemarie Mallett^b, Gerard Hutchinson^c, Julian Leff^d

^aDepartment of Social Policy and Social Work, University of Oxford, Burnett House, 32 Wellington Square, Oxford OX1 2ER, UK

^bSection of Social Psychiatry, Institute of Psychiatry, De Crespigny Park, London SE5 8AF, UK

^cThe University of the West Indies, Department of Psychiatry, Mount Hope, Trinidad and Tobago

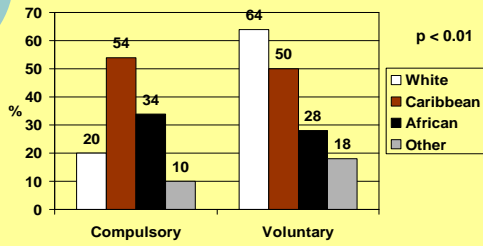
^dSection of Social Psychiatry, Institute of Psychiatry, De Crespigny Park, London SE5 8AF, UK

15% of African-Caribbeans
Family Doctors

Ethnicity and compulsory admissions

Morgan et al, Bri J Psychiatry 2005, 186, 281-9.

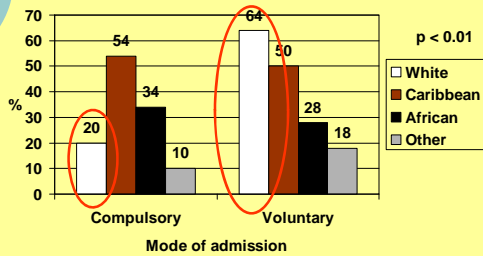
First Episode Psychosis Patients in Southeast London



Ethnicity and compulsory admissions

Morgan et al, Bri J Psychiatry 2005, 186, 281-9.

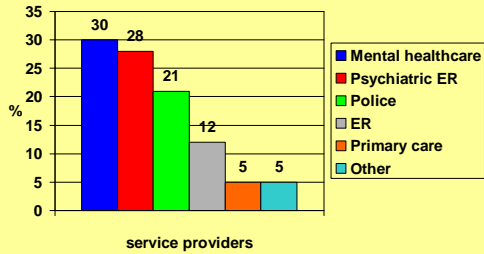
First Episode Psychosis Patients in Southeast London



Pathways to care for African-Americans in U.S.

.Compton, Soc Psychiatry Psychiatr Epidemiol (2006) 41:566-573

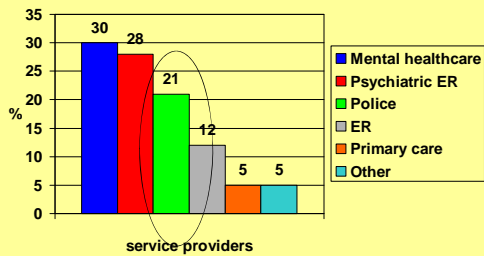
First episode psychosis patients from inner city U.S. sample



Pathways to care for African-Americans in U.S.

.Compton, Soc Psychiatry Psychiatr Epidemiol (2006) 41:566-573

First episode psychosis patients from an inner city sample



Duration of Untreated Psychosis (DUP)

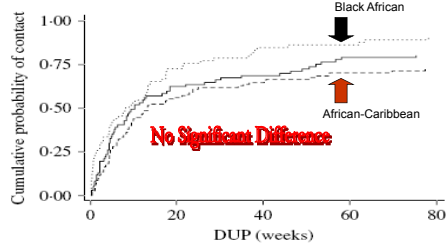
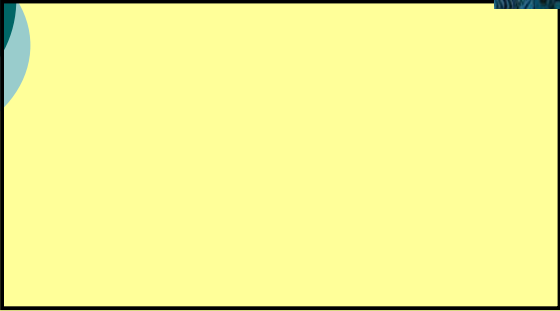
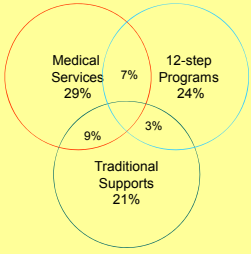


FIG. 1. Survival curves for main ethnic groups in south-east London: —, White British; ·····, Black African; ---, African-Caribbean. DUP, Duration of untreated psychosis.

Types of Care sought by First Nations and Native American Populations Beals, et al Psychiatric Services, 2006



Types of Care sought for Substance Abuse among Native American Populations Beals, et al Psychiatric Services, 2006



Category	Percentage
Medical Services	29%
12-step Programs	24%
Traditional Supports	21%
Medical & 12-step	7%
Medical & Traditional	9%
12-step & Traditional	3%
All three	3%

Canadian studies Kirmayer LJ, Can J Psychiatry 2007;52(5):29



Access to Health Services for Psychological Distress:

- ↓ **Vietnamese & Filipino immigrants**
 - compared to
- ↓ **Canadian-born citizens**
 - from the same community in Montreal.
- **Not a FEP sample**

Canadian studies

Jarvis GE, *Psychiatr Serv* Jun 2005;56(6):705



Access to ER Services via ambulance or police:

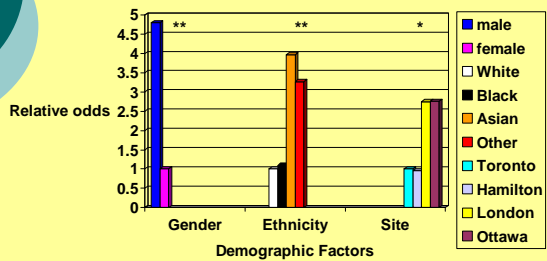
- ↑ **Afro-Canadians**
 - compared to
- ↓ **Asian or White patients**
 - from the same community in Montreal.

- Not a FEP sample

ER use as the first point of contact

Adjusting for age, gender, marital status, education, ethnicity, employment status, diagnosis, and site.

Graph 2. Relative odds ratios of ER use as the first point of contact by demographic factors



Adjusting for age, gender, marital status, education, ethnicity, employment status, diagnosis, and site.

Treatment Delay (weeks) & total number of services contacted in the pathways to early intervention services

Index		White Group	Black Group	Asian Group	Other ethnicities	Total sample	Chi-square Test ^a
DUP in weeks	Mean (SD)	57.2 (111.2)	87.6 (152.0)	63.2 (87.4)	37.2 (46.5)	60.6 (111.2)	p = 0.483
	Median	22.4	31.3	29.4	19.5	22.1	
	n	178.0	30.0	25.0	20.0	193.0	
Total contacts prior to EI	Mean (SD)	3.3 (2.2)	2.2 (1.7)	2.5 (1.3)	2.4 (1.3)	2.9 (2.0)	p = 0.012
	Median	3.0	2.0	2.0	2.0	3.0	
	n	121.0	31.0	46.0	22.0	200.0	

Summary

1. No Significant Differences:
 - Overall pathways to care
 - Initiation of Help-Seeking
 - DUP
2. Family & Family physician involvement
 - High for all groups
3. Non-Medical Contacts
 - High for all groups
 - Less direct pathways to EI services

Limitations

- the design should be viewed as exploratory,
- the results should be considered as preliminary, and
- the findings should be interpreted cautiously.

Implications

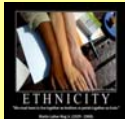
- ↑ interpretation services
- ↑ diversity of healthcare providers
- ↑ cultural sensitivity
- ↑ education ethnic leaders

Strategies to improve partnerships within diverse communities (Simunovic feb. 18 2008, CAMH, Introduction to Diversity, Access and equity)

- Try to understand the history of conflicts & intergenerational traumas affecting certain cultural groups
- Improve communication aided by translation services
- Develop shared mandates and goals
- Encourage participation
- Include a diversity of voices

Acknowledgements

- Ontario Mental Health Foundation
- Julie Buffett, B.A.
- Jean McNiven, RN
- Cleghorn Program, Hamilton



Questions?