

Improving delivery of Early Psychosis Intervention programs: Can implementing a structured model of care increase quality?

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BACKGROUND

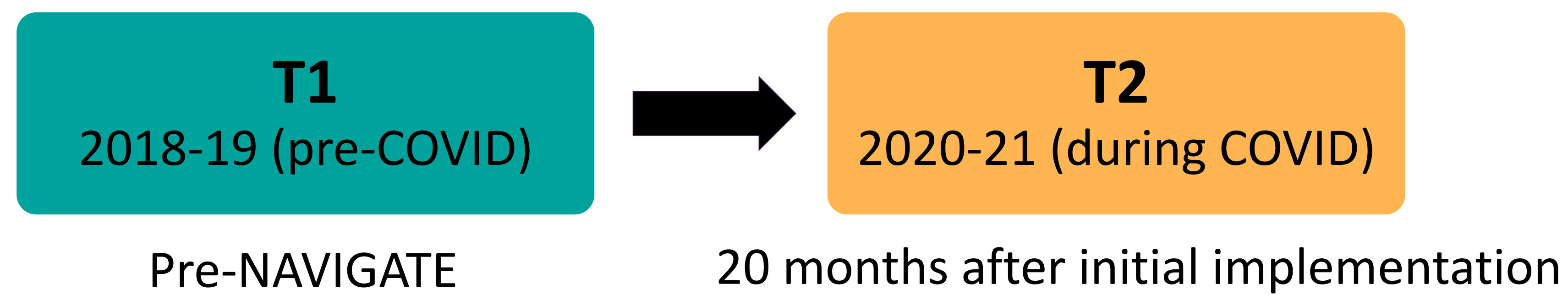
- In Ontario, Canada, Early Psychosis Intervention (EPI) is a priority service with about 50 programs currently delivering EPI across the province.
- Past fidelity assessments have shown good program adherence to many components of the EPI model but some areas of challenge including delivery of psychosocial treatments.
- NAVIGATE is an evidence-based, structured model of EPI that emphasizes systematic delivery of medical and psychosocial interventions by an interdisciplinary team.
- The EPI-SET study (**Early Psychosis Intervention: Spreading Evidence-Based Treatment**) supported implementation of NAVIGATE in six Ontario EPI programs and evaluated the result.
- Among other benefits, NAVIGATE was expected to improve quality of EPI delivery in relation to EPI model standards

STUDY AIM

Evaluate the effect of implementing NAVIGATE on EPI program fidelity to the EPI model standards

METHODS

- Program fidelity was assessed using the **First Episode Psychosis Fidelity Scale (FEPS-FS-R)**
 - 27 items rated on a 5-point anchored scale; 4 or more indicates good adherence
 - Ratings based on staff interviews (virtual), chart data, program data, team lead survey
- Assessments were conducted at 2 points in time
 - At T2, each team reviewed their results and discussed reasons for any rating changes: e.g., NAVIGATE-related, COVID-related, other



SAMPLE

- 6 Ontario EPI programs – varied in location, staffing, staff size

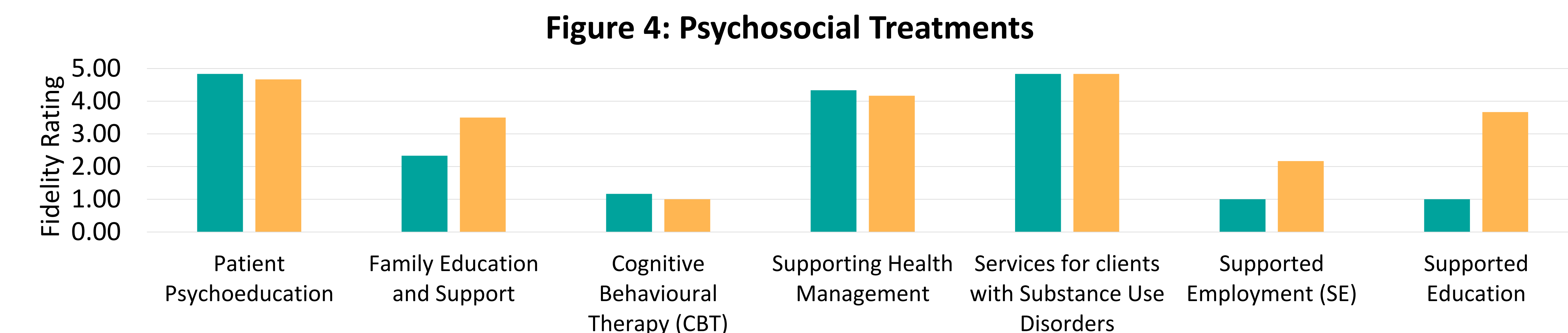
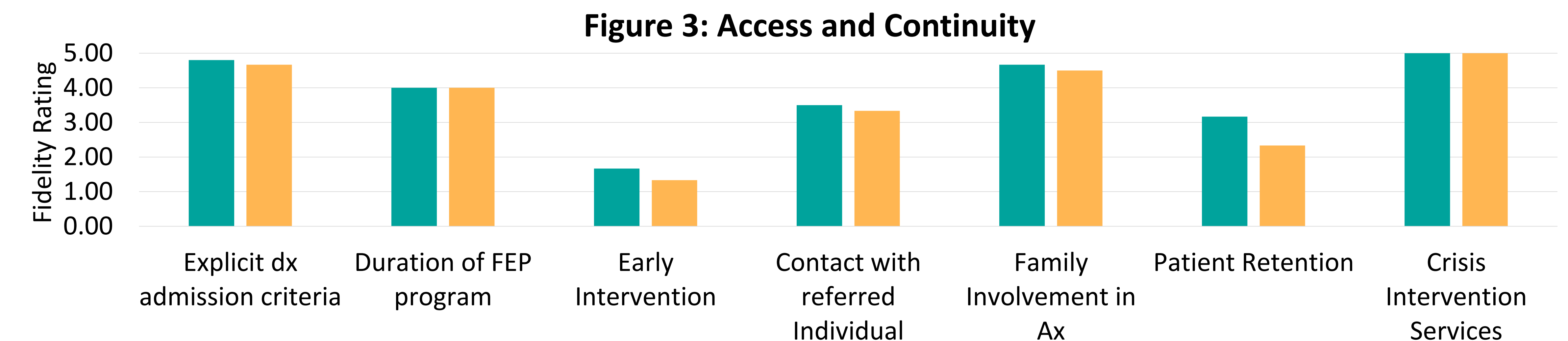
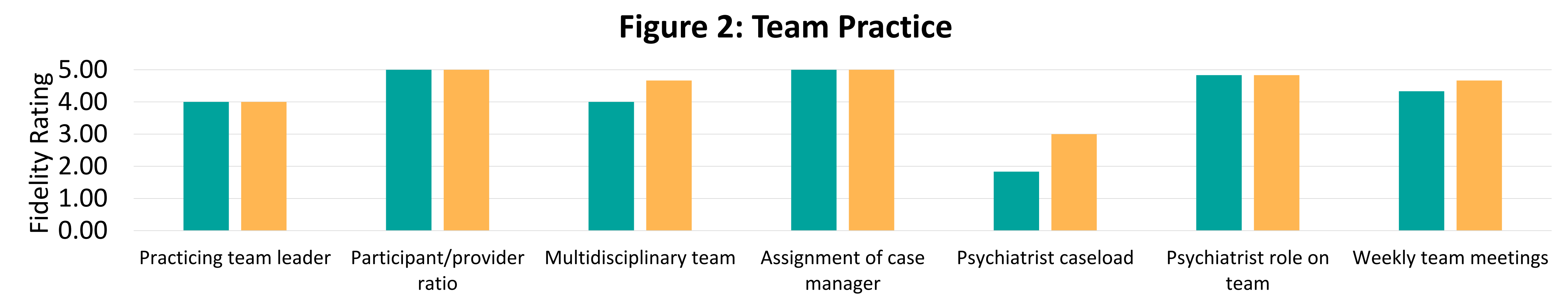
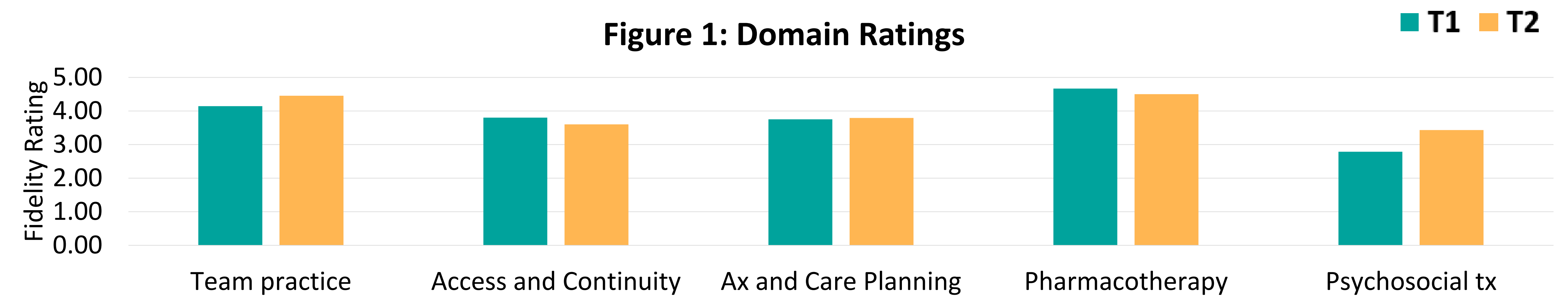
ANALYSIS

- Mean fidelity scores: item, domain, and total scale
- **DOMAINS:**

- Team practice (7 items)
- Access and continuity (7 items)
- Assessment and care planning (4 items)
- Medical management (2 items)
- Psychosocial treatment (7 items)

- Percentage of items reaching good fidelity (rating of 4 or more)

FIDELITY RESULTS T1 and T2



DISCUSSION

- NAVIGATE was implemented during a time of extensive healthcare system turmoil
- Despite this, after 20 months, programs reported implementing many NAVIGATE-related practice changes and fidelity ratings improved in areas which are a particular focus of the model – team practice and psychosocial treatment
- The fidelity review feedback was generally valued by the programs to guide delivery and stimulate further practice changes
- Nevertheless, continued improvement is needed to reach good fidelity in a number of areas. The fidelity assessments and other study feedback is informing continued NAVIGATE implementation and efforts to build high quality EPI delivery
- A third fidelity review will determine whether improvement is sustained and inform continued improvement