

The CHANGE-Trial

A randomised clinical trial investigating the effect of care coordination and lifestyle counselling in patients with schizophrenia

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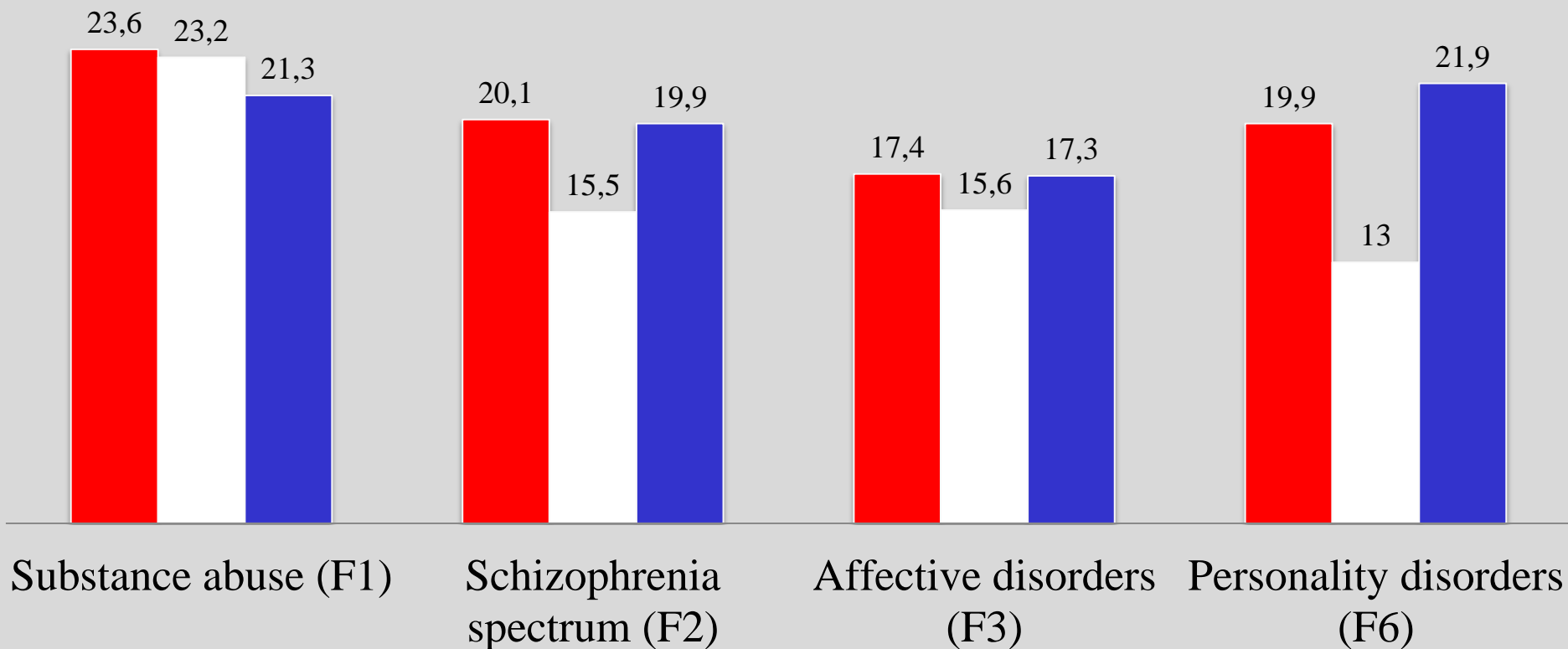
IOdense 2015

Mit brændende ønske:

At unge med psykose har **samme forventede levetid**, og de **samme forventninger til livet**, som deres jævnaldrende

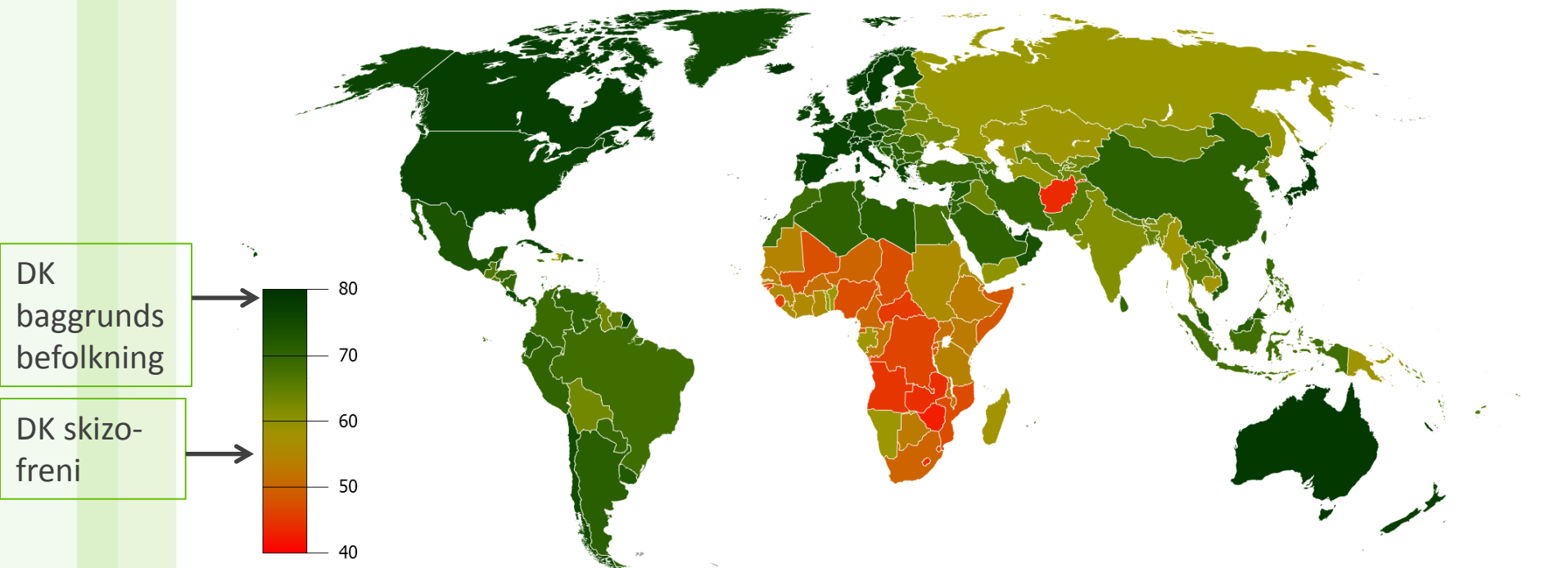
Forskelle i forventet livslængde sammenlignet med baggrundsbefolkningen, mænd

■ Danmark ■ Finland ■ Sweden



Forventet livslængde for mænd med skizofreni i Danmark sammenlignet med den forventede livslængde i andre lande i verden

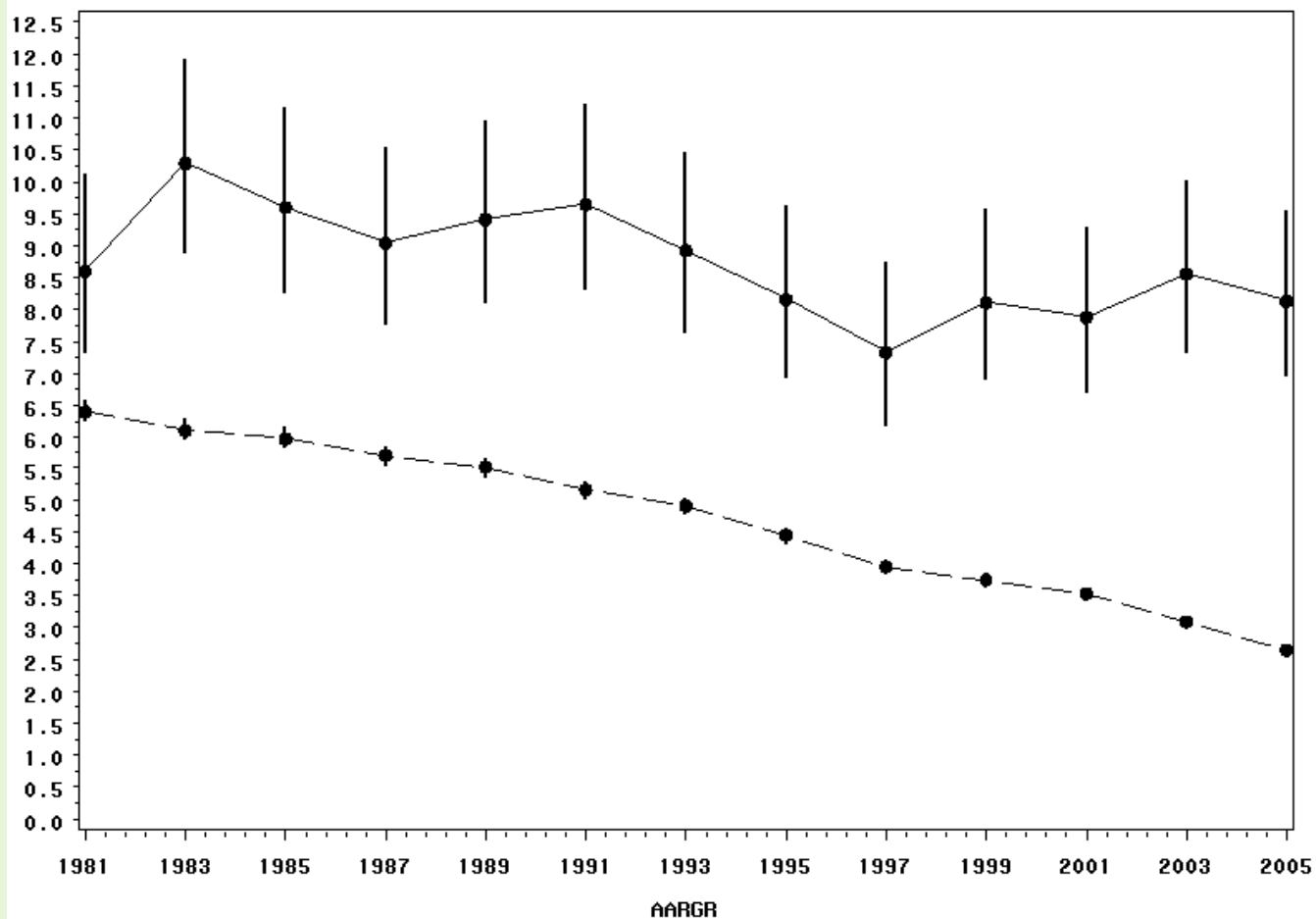
Mænd med skizofreni i DK: 55,7 år



Reference : http://en.wikipedia.org/wiki/List_of_countries_by_life_expectancy

På niveau med Tanzania, Kenya, Etiopien og Sudan

Mortality from cardiovascular disease (men)

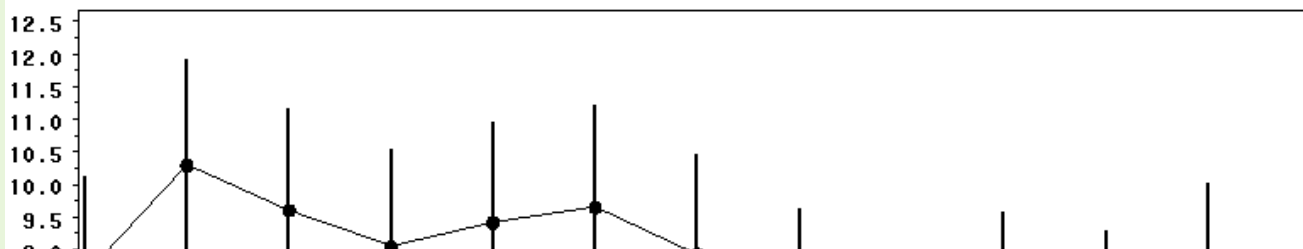


Schizophrenia

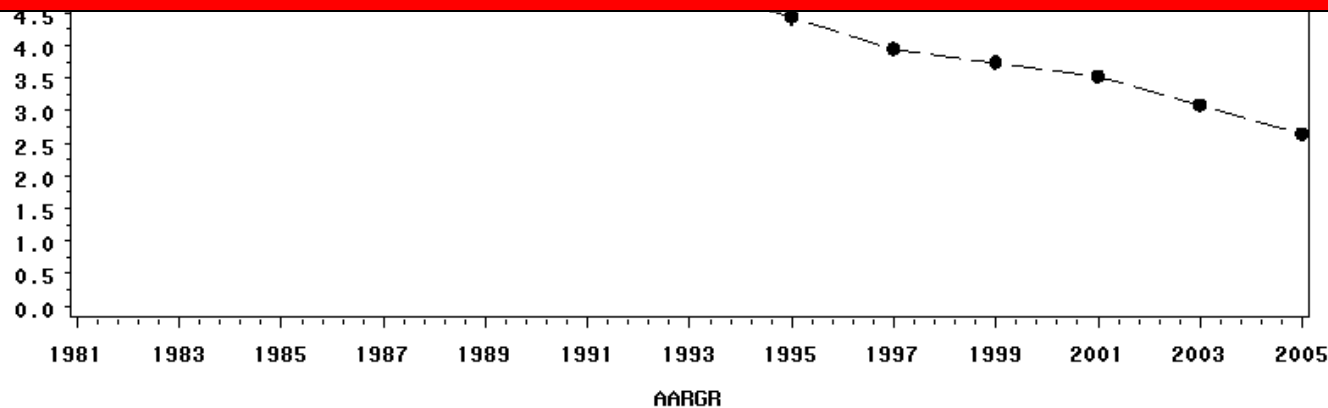
Background

Laursen og Nordentoft, PsychResearch 2011

Mortality from cardiovascular disease (men)

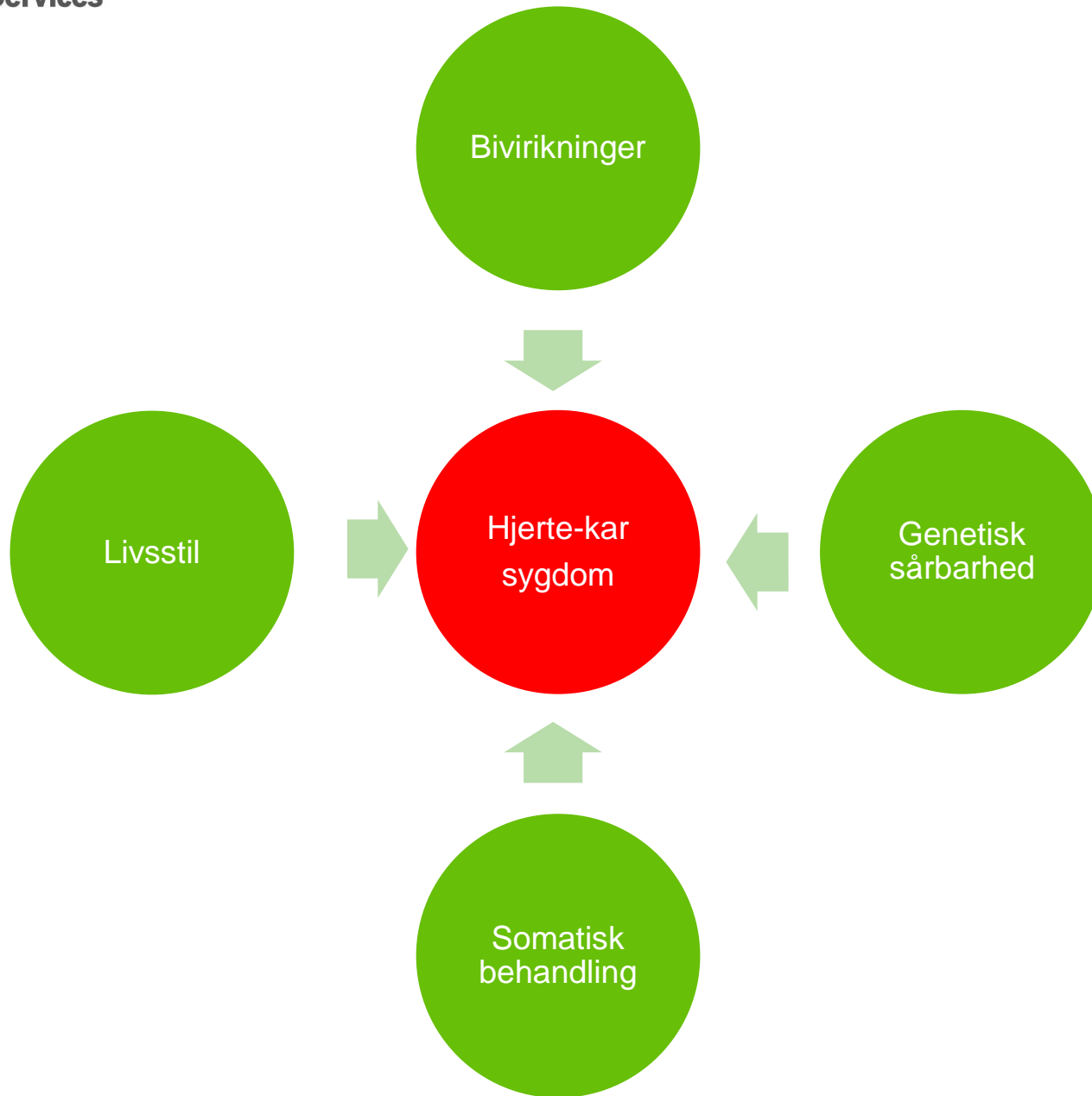


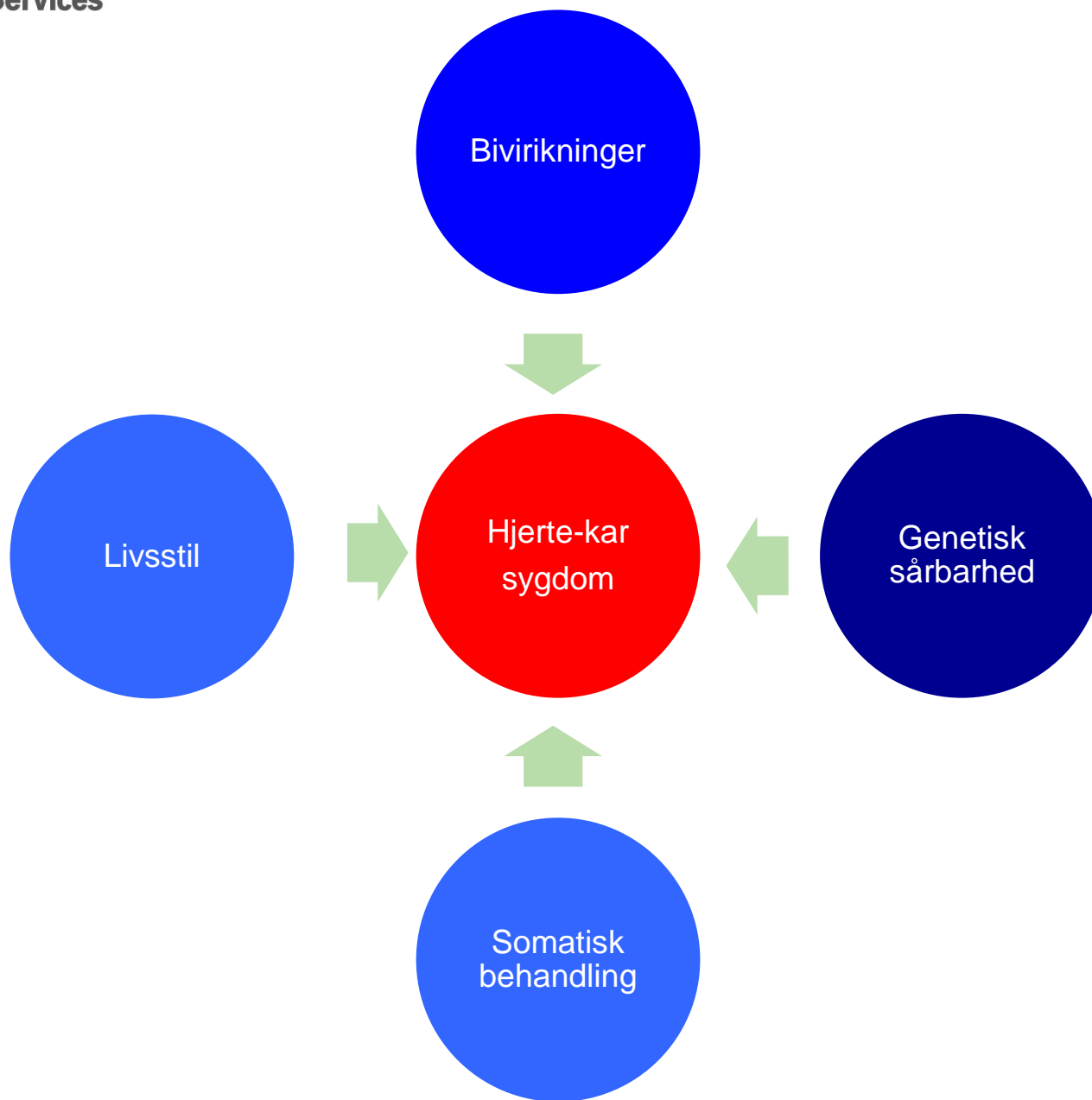
**“The biggest health scandale of our time”
Professor Sue Bailey**



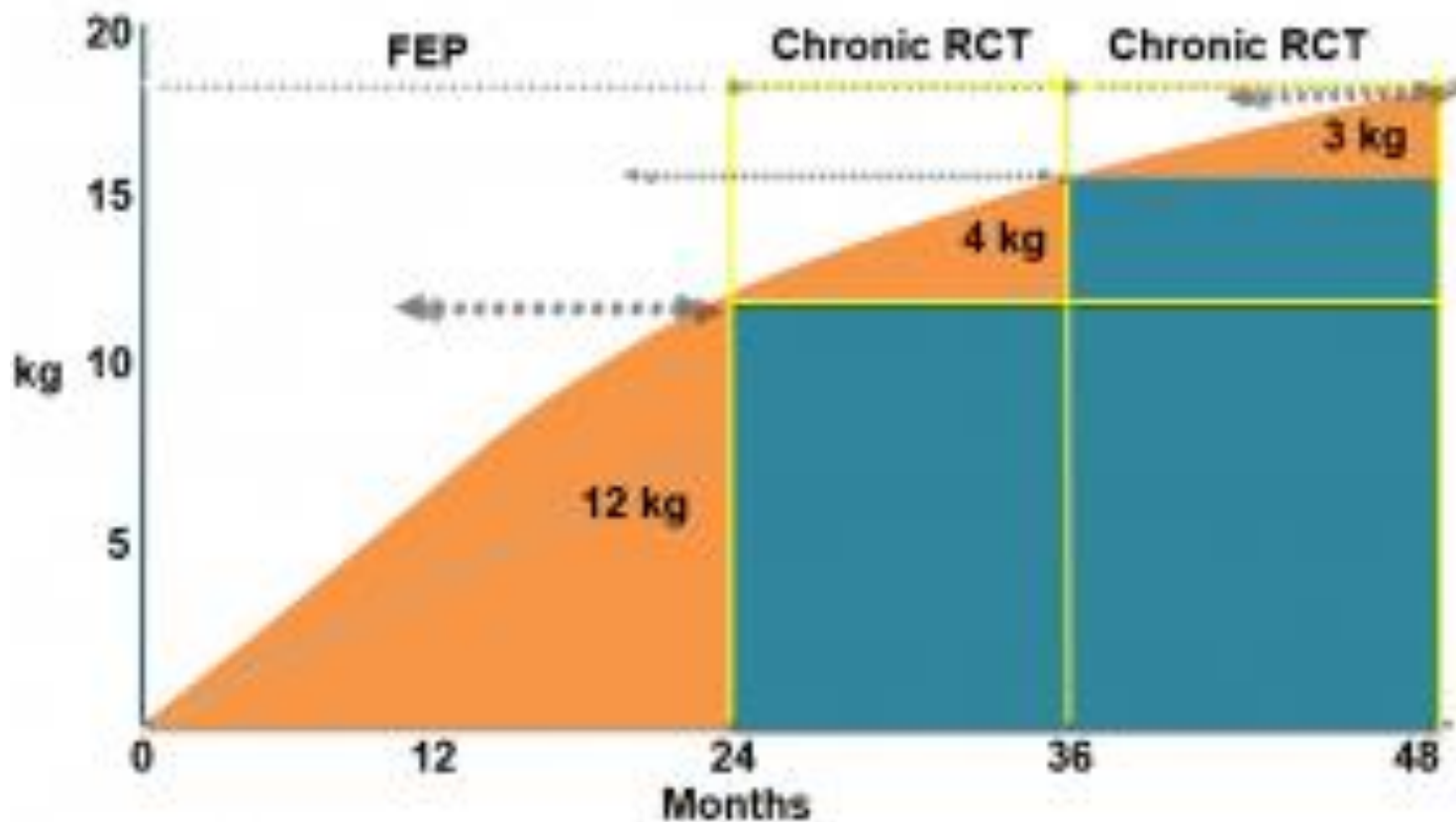
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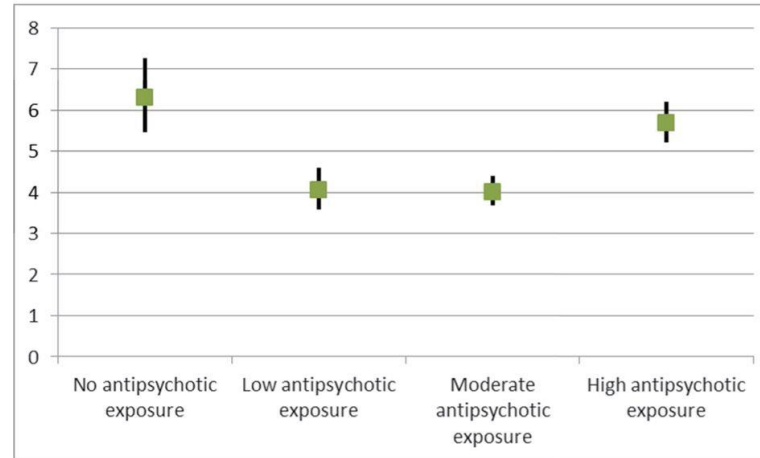


Psychotic Disorders: a Systematic Critical Reappraisal

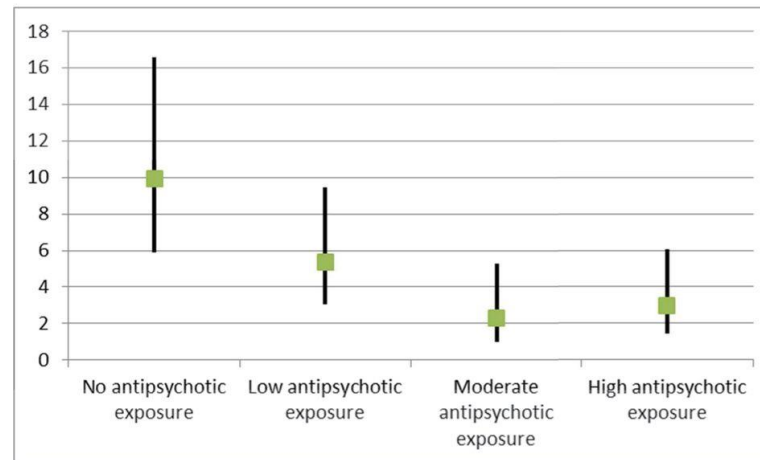


(a) Overall mortality as hazard ratios in the chronic patient population (N = 21492) compared with mortality in the control sample.

(a)



(b)



Minna Torniainen et al. Schizophr Bull 2014;schbul.sbu164

Hvad kan vi gøre

- Er vi gode nok til at vælge AP?
- Er vi gode nok til at trappe medicinen ned?

24 hour recall



Livsstil

- Hvordan skabes forandring hos psykisk syge?
- Hvordan fastholdes forandring?
- Kan vi forbedre rammerne?

Somatisk underbehandling

- Psykisk syge får en dårligere behandling
- Hvem tager ansvaret?

Flow chart CHANGE

429 participants

Treatment
as usual

Care
coordination

CHANGE

1 and 2 years follow up

Primary outcome: 10 years risk of CVD

Secondary outcomes: cardiorespiratory fitness, negative symptoms and cognition

Method

Standard treatment

- Årlig monitorering
- Henvisning til egen læge

The care coordination as add on

- Tilknytning til care coordinator
- Caseload 1:40
- Sikre somatisk udredning og behandling

The CHANGE intervention as add on

- Tilknytning til coach
- Caseload 1:12
- Motivational interviewing
- Stages of change
- Hjemmebesøg
- 4 manuals:
 - Care coordination
 - Rygestop
 - Fysisk aktivitet
 - Kost

There is a crack, a crack in everything

- that's how the light gets in



Anthem, L. Cohen

Tak for opmærksomheden

The capital region

Merete Nordentoft

Jesper Krogh

Hans Christian Nørregård

Ane Storch Jakobsen

Henrik Lublin

Charlotta Pisinger

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