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Integrated Care Pathway (ICP), an Inter-professional Outline of Evidence Informed Care in Mental Health and Addictions: an Innovative Treatment Approach From Concept to Results

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One of the challenges in mental health is the overwhelming number of clinical guidelines, yet the apparent lack of standardization in treatment. Patients expect that clinical decisions will be made on the basis of evidence with access to standardized treatment. The mental health system is constantly challenged by simultaneous needs to both improve quality of care and increase efficiency, without any significant increase in staffing or funding. ICP is the innovative solution to address these challenges.

The Centre for Addiction and Mental Health (CAMH) ICPs has three key components: a specific medication algorithm, non-pharmacological interventions, and team effectiveness interventions. Our methodology to develop ICPs includes: evidence reviews, process redesign and knowledge translation. An ICP specifically details what to do, when to do it and who will do it. Three ICP pilots have been implemented and currently 100 patients have been treated and are being evaluated. The overall intent of the initiative is to develop practical ways of changing the delivery of services to improve patient experience and outcomes. The benefits of forming an ICP have manifested themselves early in development. The discussions that have taken place during the development of the pathway have encouraged closer team working alliances and a greater appreciation of existing treatment variability.

This presentation will review the lessons learned in the development, implementation and evaluation of ICPs at the (CAMH), including early findings from our teams and early outcomes from patients. Key elements of success that are fundamental components of a pathway will be demonstrated.