

IMPLEMENTATION OF FIRST EPISODE (EASY) SERVICE

思覺失調服務



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APN (PSY) EASY CLINIC
PYNEH



EASY

● EASY 思覺失調服務

Early Assessment Service for Young
People with Early Psychosis

This program was piloted in 2001 with the specific objective to address the needs of young person in the age range of 15-25, who develop psychotic illness for the first time.

考大學。

「當時少女已出現幻聽而不自知，話 facebook 有人唱佢，其實當中有真有假。」鍾維壽稱家長容易誤會子女是反叛及鬧情緒，因而耽誤了治療。

參加計劃患者自殺率降



醫管局召開招待會，介紹思覺失調服務計劃。

醫管局 2001 年起推行思覺失調服務計劃（EASY），針對 15 至 25 歲初發患者提供及早介入服務。一項 2008 年進行的 EASY 成效研究發現，相比接受標準服務模式的患者，接受 EASY 的患者自殺率由 2.6% 降至 1%，暴力行為由 20.4% 大幅減至 12.4%，不必要住院日數由 115 日減至 62 日，社交及工作能力也有改善。

醫管局綜合護理計劃總行政經理鄭淑梅稱，醫管局自今年 4 月起，每年獲政府額外撥款三千萬元，將 EASY 服務對象擴展至 64 歲及所有醫院聯網，個案跟進期由兩年延長至三年，預計每年額外增加 600 個服務名額，可為每年全部約 1,300 宗新症提供服務。

2011-12-29

要聞港聞

兩岸國際

財經地產

娛樂名人

體育

馬網

副刊

蘋果基金

目錄

昔日



★★★★★

文章評分

本文評分：★★★★★

你的評語：



文章評語結果：

少女拒上學揭思覺失調 家人及早求助復元考上大學

少女拒上學 揭思覺失調
家人及早求助 復元考上大學

2011年12月29日

★★★★★(3人) 瀏覽人次：10,600

Facebook Twitter 轉寄朋友

【本報訊】思覺失調是一種早期不正常的精神狀態，若不及早治理可發展成躁狂症或精神分裂症等嚴重精神病。醫管局的最新研究發現，及早識別患者並提供跟進服務，能防止病情惡化，有效減低患者的自殺率及暴力行為，也可減少不必要的住院個案。 記者：郭慧嫻

醫管局新界東精神科觀察治療中心院長鍾維壽表示，思覺失調患者一般於 10 多歲至 20 歲期間首次病發，成因是大腦前葉額神經素傳遞失調引起，患者的思維、感覺和情緒或與現實脫節。他形容前葉額是「萬物之靈」，掌管自控能力、有條理地處理工作、計劃一生和社交技巧。若不及早治療，患者或會發展為破壞力及暴力傾向更強的精神分裂症，若早期接受治療，患者未必會出現幻聽或妄想，可避免出現自我封閉、思想狹窄或不願意溝通等病徵。

他表示約三年前一名就讀中五的 18 歲少女，突然變得脾氣暴躁，認為同學常說她壞話而不肯上學。初時家人以為是校園欺凌，直至少女自言自語及經常獨自發笑，逐漸連家人也開始懷疑。家人向學校社工求助，經轉介後最終確診患上思覺失調。少女服藥半年後病徵消失，今年成功



EASY EXTENSION **SERVICE**



Hospital Authority Mental Health
Service Plan for Adult 2010-1015

“Subject to resource availability,
extend the age range of the
successful Early Assessment Service
for Young Persons with Psychosis
(EASY) program for the early
assessment of psychosis in young
people and adults.”



TARGET GROUP



🌳 Age Group

🌳 Youth: 15-25

🌳 Adult: 26-64

🌳 First episode psychosis

🌳 Duration of Untreated psychotic symptom less than 3 years





RATIONALE FOR EARLY INTERVENTION

早期介入治療



- **Early detection and intervention** for First-Episode Psychosis.
- **Shorten the duration of untreated psychosis (DUP)**
- Provide treatment within the **“critical period”**.
- Incorporating the **multi-disciplinary** members to provide phase-specific treatment.
- **Intensive case management** approach.
- Combined **Pharmacological and psychosocial** intervention.
- Engagement and provision of ongoing support to families.



MULTIDISCIPLINARY

TEAM

專業團隊



- Team Leader:
 - Dr. WS YEUNG Consultant
- Case Manager:
 - Psychiatric Nurse
 - Occupational Therapist
- Other Disciplines
 - Medical Social worker
 - ICCMW



WHAT IS PSYCHOSIS?

什麼是思覺失調

- A mental state in which the individual experience a distortion or loss of contact with reality.
- Positive symptom 陽性徵狀
- Negative symptom 陰性徵狀



PSYCHOSIS = SCHIZOPHRENIA?

- Psychosis is only a cluster of symptom which may be caused by different disorders.

STAGE OF EARLY PSYCHOSIS





FIRST STAGE: **PRODROME PHASE**



Psychotic Prodrome (先駒症狀)

A period of behavioral or functional change prior to the onset of obvious psychotic symptoms

- Reduced concentration, attention
- Reduced drive & motivation
- Depressed mood
- Sleep disturbance
- Anxiety
- Social withdrawal
- Suspiciousness
- Deterioration in role functioning
- Irritability



SECOND STAGE: ACUTE PHASE



Positive symptoms (陽性徵狀)

● Hallucinations 幻覺:

Hearing, visual, olfactory, taste, touch

● Delusions 妄想:

Paranoid, persecutory

● Thought disorder 思想混亂:

Irrelevant speech, failed to express meaning or incomplete thinking





SECOND STAGE: **ACUTE PHASE**



Negative symptoms (陰性徵狀)

- Blunted affect
- Loss of motivation
- Neglect of self care
- Social withdrawal
- Poverty of speech

Other symptoms (其他徵狀)

- Insomnia/hypersomnia
- Agitation
- A variety of behavioral change
- Impaired role functioning



THIRD STAGE: RECOVERY STAGE OR RESIDUAL SYMPTOMS

- The speed of recovery varies from one individual to another.
- The symptoms of most patients completely disappear within a short period.
- Some patients may have residual or negative symptoms.



WHY IS EARLY INTERVENTION IMPORTANT?

Problems with prolonged DUP

- Untreated psychosis:
 - Less responsive to anti-psychotic medication
 - Evidence of poorer long term outcome
- Secondary complication:
 - Occupational, social and family cost and risks
 - Psychosocial development interrupted
- Crisis driven presentation itself a traumatic experience: Violence or Suicide



MEDICATION **TREATMENT** **治療方法**



- Antipsychotic medication.
- “Start low, go slow” principle.
- Use lowest possible dose to control symptoms.
- Awareness and prompt management, (anticholinergic SE, Metabolic Se)



PSYCHOSOCIAL INTERVENTION

心理治療

- Psycho-education
- Psychological Intervention Programs for Early psychosis (PIPE)
- Family Intervention
- Group therapies – for both patients and families.
- Cognitive-behavioral therapy for persistent psychotic symptoms
- Supportive counseling
- Social skills training
- Rehabilitation program





SUPPORT FROM **COMMUNITY PARTNERS**

- Academic rehabilitation
- Vocational rehabilitation.
- Enhance person-environment interaction → social interaction.
- Community functioning
- Handling on psychiatric emergency.



SUPPORT FROM CAREGIVERS



DO

- Acceptance
- Understanding of illness
- Psychological support
- More.....

DON'T

- Emotion over-involvement
- High expectation
- More.....

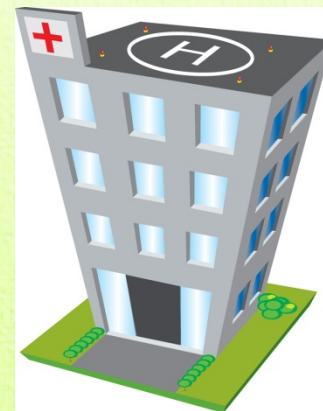


REFERRAL

轉介服務



- Referral Letter 轉介信
- Hospital Authority EASY website
醫院管理局思覺失調網頁
<http://www.ha.org.hk/easy>
- EASY Hotline 思覺失調服務中心熱線：
29-283-283
- PYNEH EASY Clinic
東區尤德夫人那打素醫院思治診所
2595-7590





USEFUL WEBSITE **網頁**



- 香港思覺失調學會
Hong Kong Early Psychosis Intervention Society (EPISO)
www.episo.org
- The Hong Kong University Psychosis Studies and Intervention Programme (PSI)
<http://sites.google.com/site/psychosisresearchhongkong/>
- Hong Kong Schizophrenia Research Society
<http://www.hksrs.com/eng/index.htm>



THANK YOU