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m-RESIST: Mobile therapeutic attention for patients with treatment resistant Schizophrenia

The aim of this presentation is to expose the first m-Health program for patient with resistant schizophrenia. In European Union approximately 5 million people suffer from psychotic disorders. Between 30-50% can be considered resistant to treatment, and 10-20% ultra-resistant. These patients present persistent positive symptomatology, require extensive periods of hospital care, and have a greater risk of excess mortality and multi-morbidity. In addition, a high proportion of the total cost for treating schizophrenia is spent on this population. Intervention strategies based on m-Health have demonstrated their ability to support and promote self-management-based strategies. This active role helps to improve adherence to treatment, and to reduce persistent symptoms severity, relapses and hospitalizations.

m-RESIST aims to develop an intervention programme based on m-Health to allow patients suffering from resistant schizophrenia to self-manage their condition (resistant schizophrenia and associated comorbidities, e.g. somatic disorders and addictions). This programme could provide a new tool for the psychiatrists and psychologists to work together with other health care professionals. So better monitor of patients, and a personalised and optimised therapeutic process could be achieved. m-RESIST will (1) develop and validate an m-Health solution aimed to reduce the severity of episodes and further complications; (2) involve and promote participation of patients and caregivers in the therapeutic process increasing the awareness of patient and caregiver about the nature of the illness and its consequences, benefits of treatment and needs for healthy habits and promoting an active and collaborative role with the medical team in the treatment decision-making procedure.

Biography

Iluminada Corripio Collado received her MD in 1992 and became a psychiatry specialist in 1998 by the Universitat Autònoma de Barcelona. In 2007 she got her PhD in Neuroscience by the same University. Since 1998 she works as a senior specialist in the Department of Psychiatry at Hospital de la Santa Creu i Sant Pau (Barcelona, Spain). She combines the healthcare activity with the leadership of the Schizophrenia Research Team. Her line of research is focused on: neuroimaging, pharmacogenetics, treatment of negative symptoms, first episode of psychosis and new therapeutic strategies in treatment resistant schizophrenia (Deep Brain Stimulation, m-Health solutions).

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