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BC PSYCHOSIS PROGRAM: OUTCOMES DURING FIVE YEARS OF CLINICAL SERVICE

Objective:
To examine the demographic and clinical characteristics of patients treated at the British Columbia Psychosis Program (BCPP), and to compare clinical outcomes, when available, at admission, discharge, and follow-up at 26-50 weeks post-discharge.

Methods:
We conducted a retrospective chart review examining 125 patients with follow-up data of the total 266 patients discharged from BCPP between January 2015 to November 2019. Clinical ratings obtained on each patient included CGI-S and GAPS. Medication data included number of antipsychotics, the ratio of prescribed to defined daily dose (P/DDD), and prevalence of clozapine use.

Results:
Male (72.80%) Caucasian (60.80%) patients in their mid-30s with high school education or less (80.80%) represented most of the patients seen at BCPP. Schizophrenia (62.40%) and schizoaffective disorders (23.20%) were the most common diagnoses, with an average illness duration of 12.21 years prior to admission. At follow-up, the median GAPS score improved by 42% and the median CGI-S improved by 33% compared to admission. Over the same time period, the mean number of antipsychotics decreased from 1.72 to 1.51 and the P/DDD decreased from 1.65 to 1.33, while the number of patients taking clozapine increased from 57 to 85.

Conclusions:
The improvement in clinical outcomes and medication use from admission to follow-up suggests the efficacy of the program in managing complex psychosis patients. Clinical improvement is attributed to individualized, multidisciplinary treatment addressing the patients’ medical, psychiatric, and social problems.

CGI-S: Clinical Global Impression of Severity
GAPS: Global Assessment of Psychopathology Scale