

# Outcome Measures – Personal & Professional Perspective

*Cath McDowall & Rebecca Talbot  
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# The Trevor Parry Centre – Community Residential Centre



# Peer Specialist Role

- Informing consumer about “Outcome Measures”
- Clinician and Peer Specialist working together

# Consumer perspective on Outcome Measures in an ideal world

1. Clinician seeing the consumer as a source of information
2. Consumer completes the K10+
3. To have a discussion around the K10+ scores
4. Results of this discussion to better inform Clinician ratings of HoNOS & LSP
5. Clinician shares HoNOS & LSP ratings with consumers & seeks clarification

K10+	None of the time	A little of the time	Some of the time	Most of the time	All of the time
In the last four weeks, about how often did you feel tired out for no good reason?	○	○	○	○	X
In the last four weeks, about how often did you feel nervous?	○	○	○	○	X
In the last four weeks, about how often did you feel so nervous that nothing could calm you down?	○	○	X	○	○
In the last four weeks, about how often did you feel hopeless?	○	○	○	○	X
In the last four weeks, about how often did you feel restless or fidgety?	○	○	○	○	X
In the last four weeks, about how often did you feel so restless you could not sit still?	○	○	○	X	○
In the last four weeks, about how often did you feel depressed?	○	○	○	○	X
In the last four weeks, about how often did you feel that everything was an effort?	○	○	○	○	X
In the last four weeks, about how often did you feel so sad that nothing could cheer you up?	○	○	○	○	X
In the last four weeks, about how often did you feel worthless?	○	○	○	○	X

# K10+ scores

- 10-19: Indicates that consumer may currently not be experiencing significant feelings of distress
- 20-24: Consumer may be experiencing mild levels of distress consistent with diagnosis of mild depression &/or anxiety disorder
- 25-29: Consumer may be experiencing moderate levels of distress consistent with diagnosis of moderate depression &/or anxiety disorder
- 30-50: Consumer may be experiencing severe levels of distress consistent with diagnosis of severe depression &/or anxiety disorder

***My score would have been: 47,***

***May 2007***

14/05/2007		
1. Behaviour	0	1
2. Self Injury	1	4
3. Drugs	0	1
4. Cognition	1	1
5. Physical	0	0
6. Psychosis	2	3
7. Depression	3	4
8. Other	2 anxiety	3 dissociative
9. Relationships	2	3
10. ADL	0	2
11. Accommodation	0	0
12. Occupation /Activity	3	3
<b>Total</b>	<b>14</b>	<b>25</b>



K10+	None of the time	A little of the time	Some of the time	Most of the time	All of the time
In the last four weeks, about how often did you feel tired out for no good reason?	○	○	○	✗	○
In the last four weeks, about how often did you feel nervous?	○	○	✗	○	○
In the last four weeks, about how often did you feel so nervous that nothing could calm you down?	○	○	✗	○	○
In the last four weeks, about how often did you feel hopeless?	○	○	○	○	✗
In the last four weeks, about how often did you feel restless or fidgety?	○	○	✗	○	○
In the last four weeks, about how often did you feel so restless you could not sit still?	○	✗	○	○	○
In the last four weeks, about how often did you feel depressed?	○	○	○	○	✗
In the last four weeks, about how often did you feel that everything was an effort?	○	○	○	○	✗
In the last four weeks, about how often did you feel so sad that nothing could cheer you up?	○	○	○	○	✗
In the last four weeks, about how often did you feel worthless?	○	○	○	○	✗

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***My score: 40 (Jan.2008)***

# My first K10+

- I felt validated
- K10+ a useful, concrete, visual tool
- GP took me seriously
- Enabled me to access counselling services

# Carramar – Community Care Team

- Southern Adelaide Mental Health Service
- Provides community mental health services to people aged 18-65



# Increasing Consumer Use of K10+

- Discussions with individual consumers
- Presentations to groups
- K10+ display in Waiting Area
- K10+ poster competition
- Encourage consumers to take hold of the recovery process

Be  
Happy

Consumer

K10



measures" for more information ask your mental health clinician about outcome

Well  
Being

think positive

good  
Health

Web link

Reference  
AMHOCN web site: <http://www.mhnocc.org/>

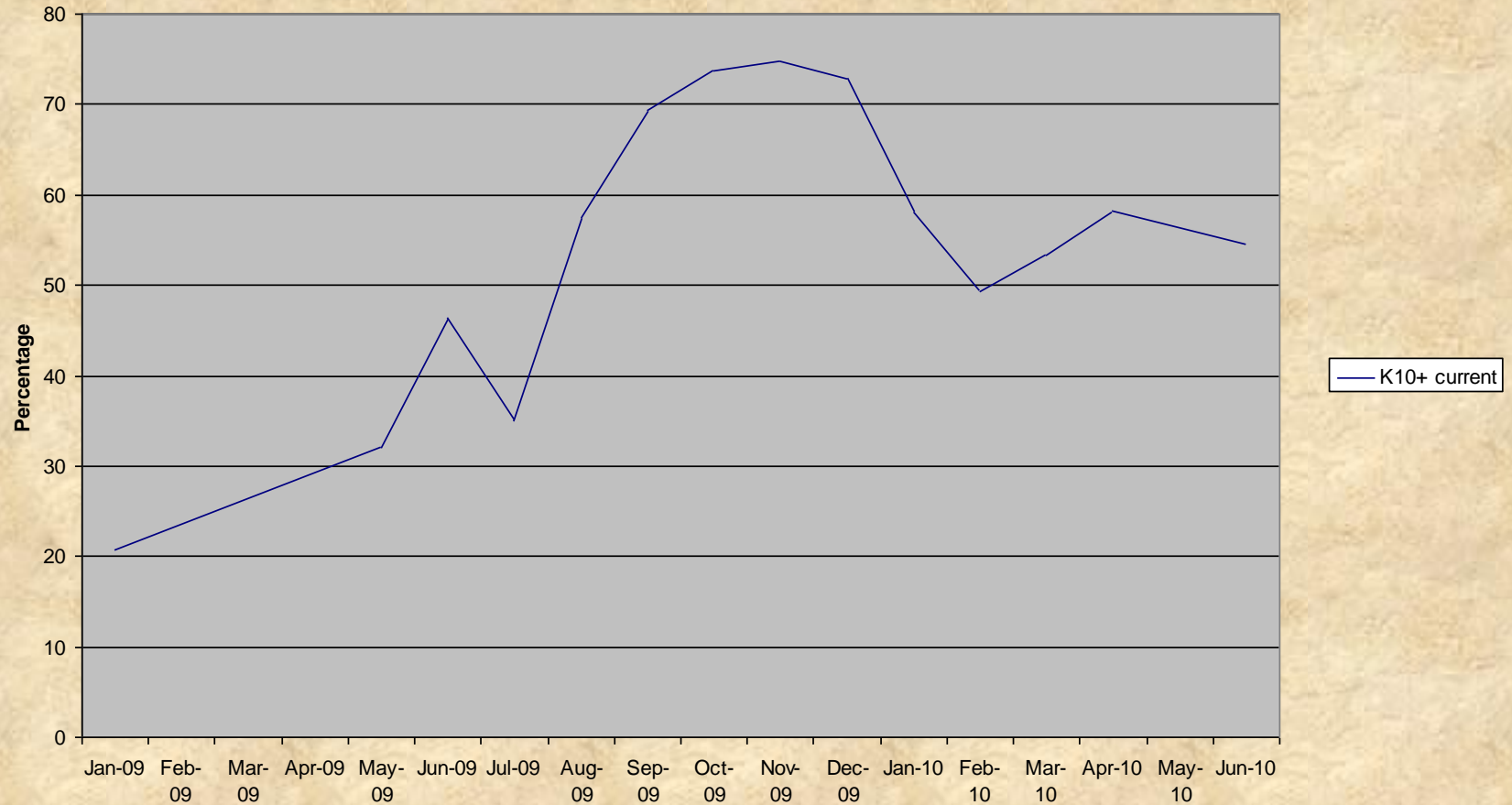
Outcome measures

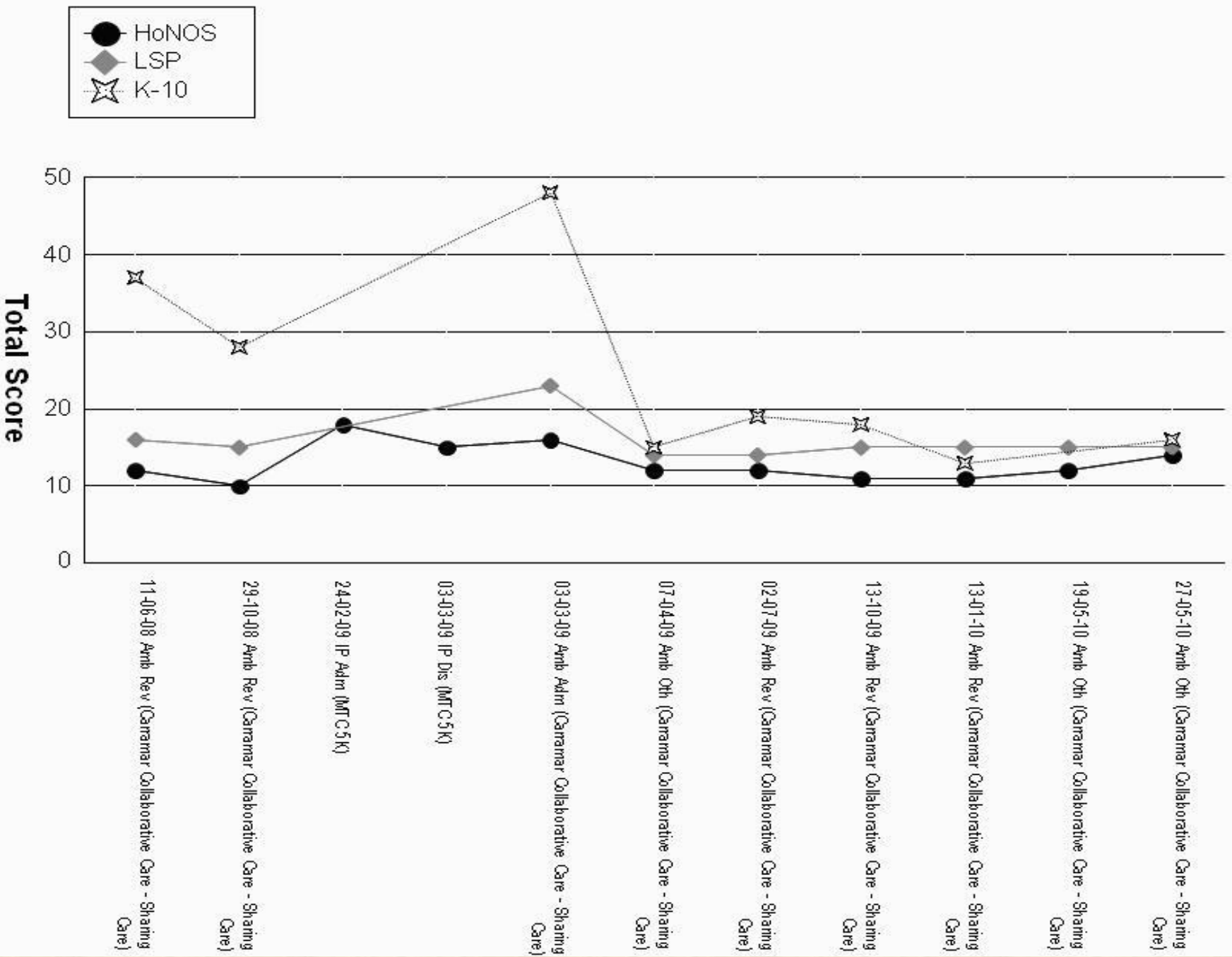
# Increasing Clinician Use of K10+

- Provide monthly summaries for clinicians
- One-on-one and team meetings
  - facilitate multi-team discussion
  - aim to address limiting beliefs

# What Was Achieved?

% of consumers who had a current K10+ or were offered a K10+ per month





# Our goal

To ensure all consumers complete a K10+ every 3 months, engaging with their clinician in a meaningful discussion of the scores

*Thank You ...*



*Any Questions?*