Measuring rates of 1\textsuperscript{st} episode psychosis in New Zealand

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www.tepou.co.nz  Evidence based workforce development
Overview of presentation

- Introduction to PRIMHD (NZ national information collection)
- Methodology for identifying 1st episode
- Utility of national collection information for 1st episode psychosis
New Zealand demographics

4,669,482
New Zealand's population
(Statistics NZ, March 2016)

33% of New Zealand's population lives in Auckland city

Ethnicity

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Pacific peoples</td>
<td>7%</td>
</tr>
<tr>
<td>Asian</td>
<td>12%</td>
</tr>
<tr>
<td>Maori</td>
<td>15%</td>
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<tr>
<td>European</td>
<td>74%</td>
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<tr>
<td>Middle eastern/Latin American/African</td>
<td>1%</td>
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Introducing NZ’s national collection for mental health

- PRIMHD - programme for the integration of mental health data
- Commenced in 2008 with the aim of pulling together activity and outcomes information
PRIMHD – New Zealand's point of difference

PRIMHD (pronounced 'primed') is the Ministry of Health's national collection of activity and outcomes data. It stands for 'Programme for the Integration of Mental Health Data'.

No other country has such a comprehensive collection of mental health and addiction outcomes data.

DHBs and NGOs input data into PRIMHD. Te Pou analyses the data to provide information about what services are being provided, who is providing the services, and what outcomes are being achieved for health service users across New Zealand's mental health sector.
Measuring 1st episode numbers in PRIMHD

- ICD 10/DSM iv diagnostic categories identified using sector experts
- Only applies to DHB’s not NGO’s
- Principal diagnosis, other relevant diagnosis and provisional diagnosis included
1st episode diagnosis method

Look for referrals which have face to face activity and a diagnosis of psychosis in DHBs*.

Look for a service users with first diagnosis of psychosis in the time period.

Calculate age of service user when first diagnosis occurs.

Use the selected NHI in any analysis around outcome and inpatient stays in that year of analysis.

* Only diagnosis post 1 July 2008 can be investigated, as PRIMHD only start then.
Limitation of analysis

- PRIMHD database only has data from 1 July 2008.
- The data is only what is provided to the Ministry of Health. Not all DHBs provide diagnosis information.
- Quality of diagnosis data, is not the highest.
- Diagnosis is not required to be provided by NGOs.
- Diagnosis is not always given as the start of the referral as have 91 days to give a diagnosis.
- Analysis for the period when the first psychosis diagnosis has been given. The activity can be before that actual diagnosis is given.
Who is being seen?

43%女性  57%男性

2,098 people newly diagnosed with first episode psychosis

Rate 46 / 100,000
First episode of psychosis in PRIMHD by age group and sex

European.........50%
Māori..............27%
Pacific............10%
Asian...............9%
Other................4%
What is happening in inpatient services for those identified with first episode psychosis?

1,112
Service users accessed inpatient services

1,700
discharges (some service users had more than one)

24.5
bed nights on average

- Shorter length of stay for younger service users
- Longer length of stay for older service users
- Younger service users have more admissions to inpatient services
Percentage of clinically significant items for service users with a first episode of psychosis

**Inpatient**

1. Problems associated with hallucination and delusions **73%**
2. Other mental and behavioural problems **68%**
3. Problems with relationships **49%**
4. Overactive, aggressive, disruptive or agitated behavior **46%**

**Community**

1. Other mental and behavioural problems **59%**
2. Problems associated with hallucinations and delusions **48%**
3. Problems with relationships **41%**
summary

• We are able to identify 1st episodes of psychosis in NZ
• That information has some utility for planning and development