



Measuring rates of 1st episode psychosis in New Zealand

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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

Middle eastern/Latin American/ African
Pacific peoples
Asian
Maori
European

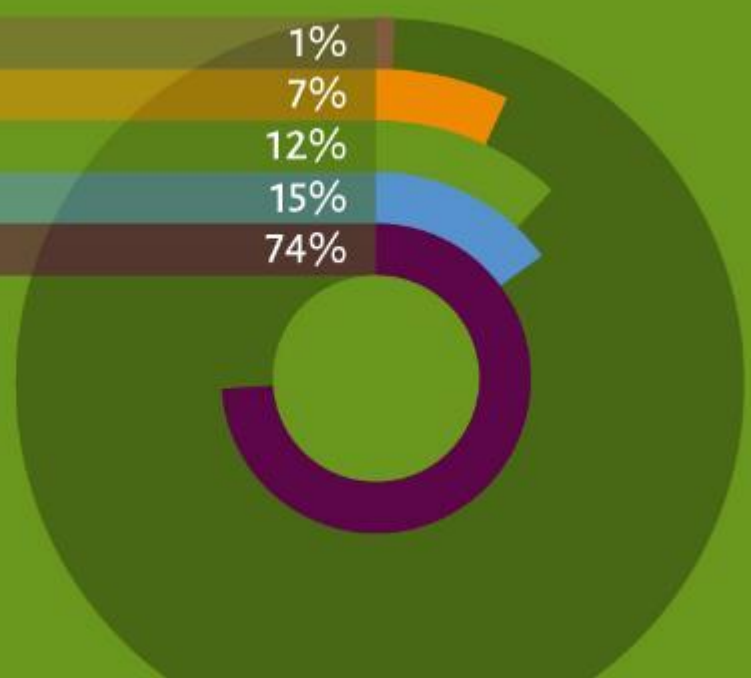
1%

7%

12%

15%

74%



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 NCOs 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?

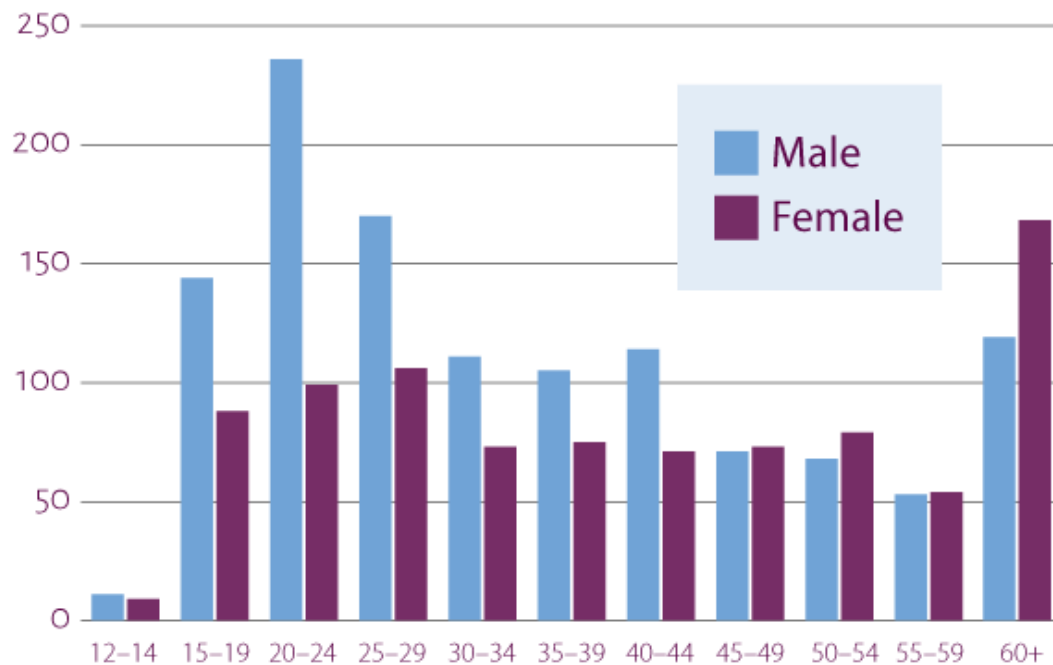


2,098

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%**
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Community

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

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

