Developing Psychological Interventions for Thrombosis

MARTIN DEMPSTER

CENTRE FOR IMPROVING HEALTH-RELATED QUALITY OF LIFE
QUEEN’S UNIVERSITY BELFAST
Based in the School of Psychology, QUB

Sub-disciplines (and HCP regulated professions) of Clinical Psychology and Health Psychology:

- behaviour change (self-management)
- psychological adaptation
- measurement of quality of life

Purpose:

to improve the quality of life of people with long term physical illness, their families and health professionals
A theory-based exploration of the uptake of venous thromboembolism clinical practice guidelines to improve patient safety

- Numerous guidelines from authoritative bodies outlining appropriate use of thromboprophylaxis are available
- How often are venous thromboembolism (VTE) prevention clinical practice guidelines properly followed?
- In Rashid Hospital, Dubai, it is 15%.
Theory

Prevention of health care associated venous thromboembolism through implementing VTE prevention clinical practice guidelines in hospitalized medical patients: A systematic review

Exploratory/Modelling

An exploratory study of physicians’ perceptions and preferences when making decisions about following the venous thromboembolism clinical practice guidelines based on the theoretical domains framework

Qualitative study

Development of a brief intervention to improve adherence to VTE guidelines to promote patient safety

Systematic Literature review

Pilot intervention
Psychological Research in Thrombosis
Psychological Consequences

- People with history of acute pulmonary embolism - impaired QoL compared with general population – comparable with AMI (Klok et al., 2010; van Es et al., 2013)

- PE a life-changing experience - initial shock, followed by feeling of loss of self, life changing decisions and behaviour modification. Features of PTSD: flashbacks, hypervigilance, intrusive thoughts (Noble et al., 2014)

- Post-traumatic stress / health anxiety in short and long term for people with VTE (Bennett et al., 2016)

- VTE life-changing and traumatic, living with uncertainty and fear of recurrence, feeling let down by health services, and positive changes (Hunter et al., 2017)

- Long term medication and health service use – impact on well-being / quality of life, adherence issues

- What support is available?
What Type of Support is Best?

- Psycho-education
- Changing beliefs about the condition, eg. CBT
- Changing response to having the condition, eg. ACT
- And what about prevention – behaviour change counselling – could also address adherence?

- Do we have the evidence-base to recommend / choose the best intervention?
CBT

What we *think* affects how we act and feel.

Thought

CBT

Emotion

What we *feel* affects how we think and do.

Behaviour

What we *do* affects how we think and feel.
Acceptance & Commitment Therapy

Uses behaviour change methods, therapeutic relationship, perspective-taking (self-compassion), mindfulness etc.

Aim to engender a quality called **psychological flexibility**, which is defined as…
Psychological Flexibility: formal definition

“...the capacity to persist or to change behaviour in a way that:

...includes conscious and open contact with thoughts and feelings (Open-up);

...appreciates what the situation affords (Be present), and:

...serves one’s goals and values (Do what matters)”
Evidence base is growing…but work still to be done!

A systematic review of the use of Acceptance and Commitment Therapy (ACT) in chronic disease and long-term conditions

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A Meta-Analysis of the Efficacy of Acceptance and Commitment Therapy for Clinically Relevant Mental and Physical Health Problems

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A systematic review of randomized controlled trials of Acceptance and Commitment Therapy for adults with chronic pain: Outcome domains, design quality, and efficacy

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Developing Complex Interventions

Development:
- Identifying the evidence base
- Identifying or developing theory
- Modelling process and outcomes

Feasibility and piloting:
- Testing procedures
- Estimating recruitment and retention
- Determining sample size

Evaluation:
- Assessing effectiveness
- Understanding change process
- Assessing cost effectiveness

Implementation:
- Dissemination
- Surveillance and monitoring
- Long term follow-up
Developing Complex Interventions

- **Development**
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What Needs to Happen Now?

- Optimising an intervention
- Testing its feasibility
- Piloting an agreed intervention
- Definitive trial – what works for whom?

Needs to have input from stakeholders to maximise chances of later implementation.
If any of that sounds interesting and relevant...
Let’s work together

- Group includes registered clinical psychologists and health psychologists, methodologists and statisticians
- Wealth of clinical and research experience, including development/testing of outcome measures
- Rich source of high quality student dissertations (DClinPsych and MSc)
- Keen to discuss ideas at an early stage

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