



Cognitive remediation
ACI AOD Network Innovation forum

Presented by Jo Lunn
Acknowledging Dr Jamie Berry, Ely Marceau, Dr Nadia Solowji, Dr Pete Kelly

In Summary-what is the issue?

- ▶ Just under ½ of the clients presenting at WHOS for treatment will have cognitive impairment (Marceau et al , 2015)
- ▶ If clients have impaired executive functioning this leads to:
 1. Reduced capacity to organise, plan, solve problems
 2. Reduced capacity to make decisions quickly
 3. Reduced capacity to moderate emotions

All of these skills/capacities are essential to identify issues, promote and achieve successful behavioural change.

Core Question 1.

Will this project improve health outcomes for clients?

- ▶ Clients *attained and then maintained three months after the intervention ceased, a cognitive capacity equal to or better than the normal population (BRIEF A)*
- ▶ *The intervention doubled the likelihood of clients completing program— strong indicator of long term improvement in medical, mental health and quality of life*

Core Question 2.

Will this project improve the experience of care for clients?

- ▶ Intervention completely client focused
- ▶ That the improvement in cognitive capacity and increased cognitive skill translated to a 300% increase in the chance of clients achieving goals they have set for themselves
- ▶ Intervention Participant satisfaction findings
 - 100% found the information in the groups either very helpful (93%) or helpful
 - 93% found the information either easy (40%) or very easy (53%) to understand
 - 100% of participants liked the groups, 93% liked the groups a lot

Core Questions 3.

Does this project represent value for money?

- ▶ This intervention has been designed so that existing generalist staff can implement it
- ▶ The resources can be designed so that it can be implemented either individually or in a group setting. Ultimate aim is to explore on-line options.
- ▶ **This intervention is compatible with any existing AOD intervention be it pharmacotherapy or psycho-social**

Core Question 4.

Would you take this project up in your organisation?

- ▶ NADA conference
- ▶ Other potential applications/trials
 - Mental health
 - Acquired Brain Injury
 - Victims and perpetrators of Domestic Violence
 - Aging population-cognitive decline
 - Cardiovascular disease-heart attack, stroke
 - ADHD
 - Treatment compliance for chronic conditions

How do we believe the ACI can support us?

- ▶ Further development of the resources e.g. videos, group/or individual manual development-aim for app, on-line version, Train the trainer options, etc
- ▶ Roll out a large trial across a range of diverse services to further evaluate the intervention effectiveness (dose, client types, service setting, service delivery) and refine the intervention.
- ▶ Demonstrate cost effectiveness of the intervention

Acknowledgements

- ▶ Women at WHOS NB who took part in the study- particularly the control group!
- ▶ Sarah Etter WHOS NB Manager
- ▶ Sam Elly WHOS NB Assistant Manager
- ▶ All of the WHOS NB staff
- ▶ Dr Jamie Berry, Ely Marceau, Dr Nadia Solowij and Dr Pete Kelly

Thank you for your time

Jo Lunn

WHOS Improving Organisational Capacity
Project Officer

jo.lunn@bigpond.com