

MEASUREMENT-BASED CARE

Foundational Concepts & Elements of Transformation

What is Measurement-Based Care (MBC)

- Measurement-based care is the practice of basing clinical care on client data collected throughout treatment (Scott & Lewis, 2015)
- “Measurement-based care will help providers determine whether the treatment is working and facilitate treatment adjustments, consultations, or referrals...” (The Kennedy Forum, 2015)

Benefits for Participants

- Patient Feedback: Completing patient rating scales and reviewing the information with providers validates the way participants are feeling and can ameliorate the self-blame some participants experience (Valenstein et al., 2009).
- Patient Engagement: Using symptom rating scales empowers participants by giving them a new role in their treatment by helping them communicate with their providers and making them feel more involved in clinical decision making (Eisen, Dickey, & Sederer, 2000)

Benefits for Participants Cont.

- Participant Knowledge: Sharing the results from MBC helps participants more fully understand their disorder and the fluctuation in their symptom severity over time
- More Effective Treatment Approach: Relying on participant rating scales helps providers determine when treatments are not working and leads to the delivery of more effective treatment for the participant

Benefits for Providers

- Treatment Focus (Provider): Streamlining assessments by focusing the discussion on concerns and symptoms identified as most relevant to the participant
- Earlier Feedback (Provider): Promoting feedback from providers to participants earlier in the course of treatment that helps assess improvements or ongoing challenges through the use of symptom rating scales
 - For example, participant recognition of even small decreases in symptom severity may help them feel more optimistic and hopeful, and may help them maintain better adherence to the treatment plan

Benefits for Providers Cont.

- Clinical Effectiveness (Provider): Encouraging providers to objectively assess the effectiveness of various treatments or treatment components in a range of clinical contexts and use this information to become a better clinician
- Quality (Organization): Helping organizations evaluate quality improvement efforts
- Value-Based Care (Organization): Creating an evaluation platform that can be used by providers, practices, and healthcare systems to demonstrate to payers that the services they deliver are effective

Practicalities

- When choosing tools, consider:
 - Particular needs of your target population
 - Ease of use for your staff and participants
 - Integration into your workflow
- Think through what you will do with that information once you have it:
 - For the participant
 - For the agency

Resources

- At the end of the 3-day training, you will receive a resource guide that includes recommendations from your peers on Measurement-Based Tools presently utilized in their programs
- Additional Measurement-Based Tools will be included in the resource guide

References

- Eisen, S.V., Dickey, B., & Sederer, L.I. (2000). A self-report symptom and problem rating scale to increase patients' involvement in treatment. *Psychiatric Services*, 51, 349-353.
- Scott, K.. & Lewis, C. (2015). Using measurement-based care to enhance any treatment. *Cognitive and Behavioral Practice*, 22, 49-59.
- The Kennedy Forum. (2015). Fixing Behavioral Health Care: A national call for measurement-based care in the delivery of behavioral health services; Issue Brief.
- Valenstein, M. Adler, D.A., Berlant, J., Dixon, L.B., Dulit, R.A., Goldman, B., & Sonis, W.A. (2009). Implementing standardized assessments in clinical care: Now's the time. *Psychiatric Services*, 60(10), 1372-1375.



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