







# Effectiveness and Cost-Effectiveness of Needs-Oriented Discharge Planning and Monitoring for High Utilisers of Psychiatric Services

<b>Submission date</b> 28/09/2005	<b>Recruitment status</b> No longer recruiting	 Prospectively registered
<b>Registration date</b> 28/10/2005	<b>Overall study status</b> Completed	 Protocol added
<b>Last Edited</b> 30/07/2008	<b>Condition category</b> Mental and Behavioural Disorders	 SAP not yet added
		 Results not yet added and study completed for more than 2 years
		 Raw data not yet added
		 Study completed

## Plain English Summary

Not provided at time of registration

## Study website

<http://www.uni-ulm.de/psychiatriell/nodpam.html>

## Contact information

### Type(s)

Scientific

### Contact name

Prof Thomas Becker

### Contact details

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## Additional identifiers

EudraCT/CTIS number

**IRAS number**

**ClinicalTrials.gov number**

**Protocol/serial number**

Reference number BE 2502/3-1 at German Research Foundation (DFG)

## **Study information**

**Scientific Title**

**Acronym**

NODPAM

**Study hypothesis**

Primary: The intervention will lead to a significant reduction of length and number of psychiatric inpatient stays.

Secondary: The intervention will entail better quality of life and clinical outcome, and will show cost-effectiveness and cost-utility.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Not specified

**Study type(s)**

Treatment

**Participant information sheet**

**Condition**

Severe mental disorder

**Interventions**

Patients in the intervention group will be offered a manualised needs-led discharge planning and monitoring intervention consisting of two sessions. The first session (at discharge from the

inpatient service) will result in a needs-led post-discharge treatment plan which will be forwarded to the clinician responsible for aftercare. The second session (three months after discharge) will serve to monitor the adequacy of the initial treatment plan in cooperation with the outpatient clinician.

Control: Usual care

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome measure**

High utilisers of psychiatric services who receive a needs-oriented discharge planning and monitoring programme will show fewer hospital days and readmissions to hospital

### **Secondary outcome measures**

Subjects receiving the intervention will show better compliance with aftercare as well as better clinical outcome and quality of life. Furthermore, the intervention will show cost-effectiveness and cost-utility, and community-based psychiatrists whose patients receive the new discharge protocol will show better compliance with treatment recommendations.

### **Overall study start date**

01/01/2006

### **Overall study end date**

31/12/2008

## **Eligibility**

### **Participant inclusion criteria**

1. Adult age with a primary diagnosis of schizophrenia, bipolar disorder, or major depression
2. Have been identified as high utilisers of psychiatric inpatient services

### **Participant type(s)**

Patient

### **Age group**

Adult

### **Sex**

Both

### **Target number of participants**

490

### **Participant exclusion criteria**

Primary diagnosis of substance abuse

**Recruitment start date**

01/01/2006

**Recruitment end date**

31/12/2008

## **Locations**

**Countries of recruitment**

Germany

**Study participating centre**

Ulm University

Guenzburg

Germany

89312

## **Sponsor information**

**Organisation**

University Hospital Ulm (Germany)

**Sponsor details**

Albert-Einstein-Allee 29

Ulm

Germany

89070

**Sponsor type**

Hospital/treatment centre

**Website**

<http://www.uni-ulm.de/klinik/>

**ROR**

<https://ror.org/05emabm63>

## **Funder(s)**

**Funder type**

Research organisation

## Funder Name

Reference number BE 2502/3-1 at German Research Foundation (DFG)

## Results and Publications

### Publication and dissemination plan

Not provided at time of registration

### Intention to publish date

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>	Protocol	21/07/2008		Yes	No