

Implementation of cognitive behavioural therapy online in a health care context

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Region Östergötland – southeast of Sweden

3 hospitals

46 primary care centres

450 000 inhabitants

14 000 employees



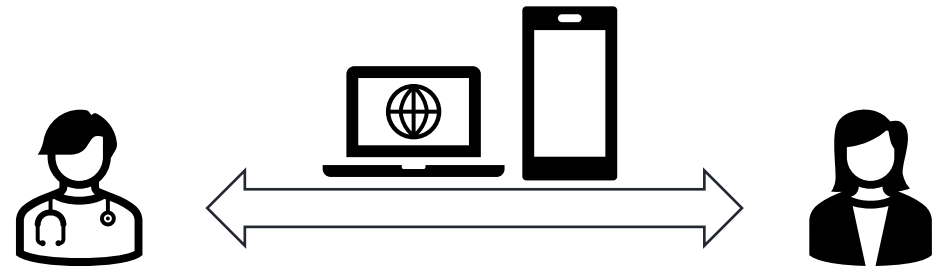
Swedish national organisation for digital services – Inera

- Owned by regions and municipalities in Sweden.
- Inera develops digital infrastructure in support of health care.
- With these services the inhabitant can renew recipes, reschedule consultations, or receive treatment and support online.
- One such application contains programs for cognitive behavioural therapy for e.g. depression and anxiety.

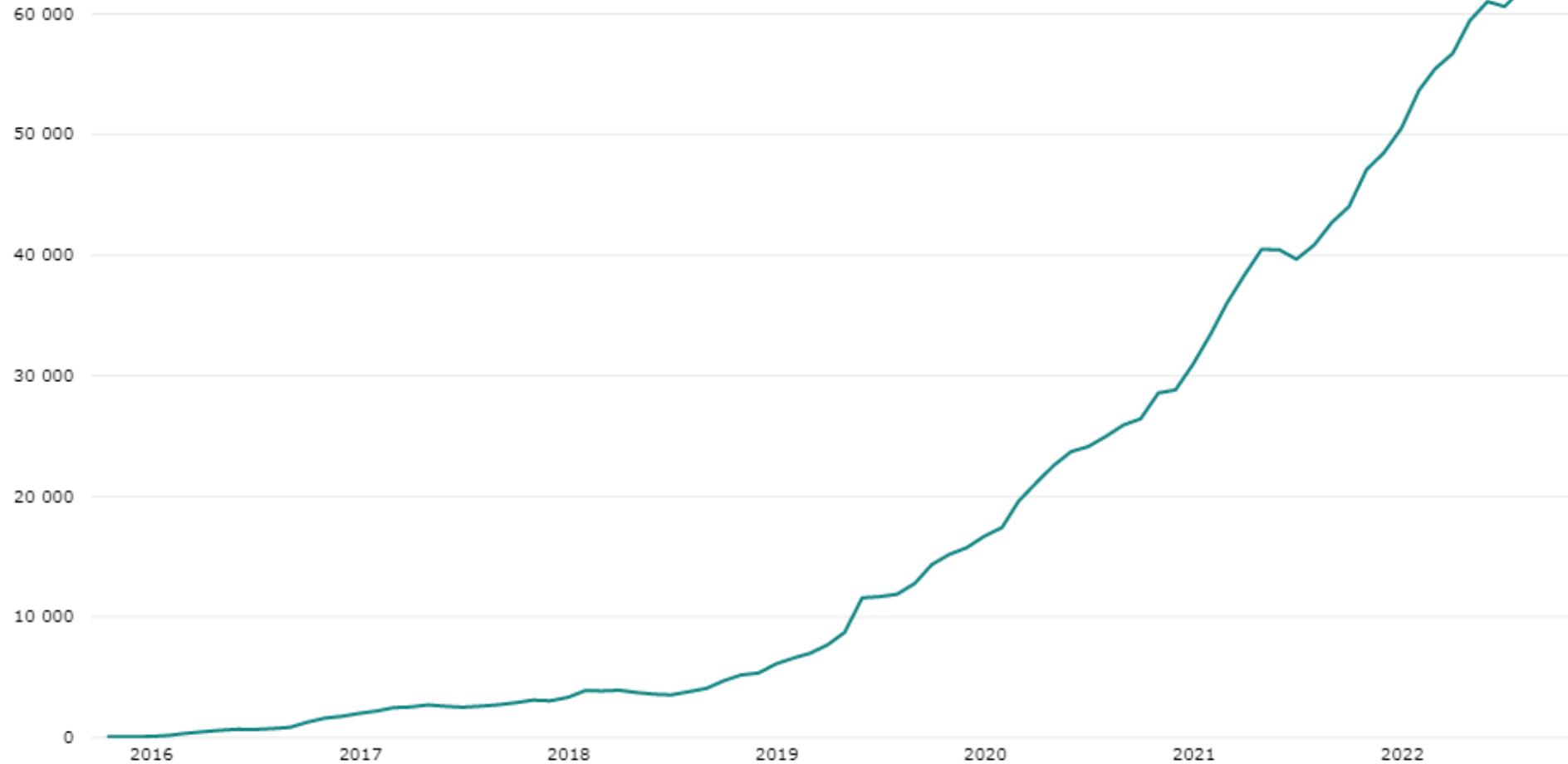


Cognitive behavioural treatment online

1. An initial assessment may lead to a digital cognitive behavioural treatment
2. The patient goes through the material on his or her phone, tablet or computer
3. The patient and the practitioner can exchange messages
4. The practitioner advances to the next step with more material when the patient is ready
5. The treatment is followed by an assessment



From development of the technical platform to readily available treatment in Sweden



Concurrent digital treatments in Sweden

Aspects of digital cognitive behavioural treatment

For professionals

- Three times bigger patient capacity
- Adapt time allocation to patients according to needs
- Standardized treatment
- Increased capacity means early treatment
 - Early treatment sometimes prevent a more serious condition

For patients

- Flexible when and where
- Renders similar clinical results as in-person treatment
- Able to retain material

Requirements and lessons learned

- Frontload support to practitioners
 - Practitioners needs to be secure and confident
 - Offer plenty of education and support in the beginning
 - Reduce over time, when ready
- Managers
 - Crucial for success
 - Provides necessary space for practice and learning
 - Need feedback of results



Improvements vs digital transformation

- Both improvements and innovation are needed
- Introducing digital solutions without changing behaviour rarely leads to improvement
- Introducing digital solutions without replacing practices doesn't make it more efficient
- A bad analogue process does not improve just by being digital



Changes of expectations – we have to change with it

“Digital when it suits you

In person when you need it”



Thank you for your attention

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