

Early Treatment Review and assessment Service (eTRS clinic)

Aims of the service:

1. Develop specialized clinic to provide early assessment and management of patients with probably TRS (within five years).
2. To provide intensive monitoring for the initial period of the intervention
3. To establish standard treatment algorithm applicable to local setting

Patient inclusion criteria:

1. Age 15 to 64
2. Within 5 years of treatment (with antipsychotics) by the mental health service (public and private)
3. With schizophrenia-spectrum diagnosis
4. Suspected to be treatment resistant
5. Patient agree for the service

Exclusion criteria:

1. Drug induced psychosis
2. Moderate MR

Referral:

1. Refer by Clinicians of all services
2. Referral form is required

Duration of the service: 2 years

Assessment and management process (Beck et al 2014):

1. Initial assessment
 - a. Review diagnosis
 - b. Review treatment history
 - c. Understanding views on treatment options from patients and family
2. Baseline investigations
 - a. Blood test
 - b. ECG
 - c. MRI brain/EEG if appropriate
 - d. Cognitive functions
 - e. Functioning
 - f. Symptom scales
3. Treatment planning sessions
 - a. Reveal results to patients and family/caregivers
 - b. Discussed treatment options
 - 1) optimize current treatment
 - 2) For TRS, start clozapine or alternative treatment
 - c. Psychoeducation on the treatment options
 - d. Finalize the treatment plan with patients and family
4. Treatment initiation
5. Follow-up and monitoring
 - a. Regular monitoring on the effectiveness of the treatment with standard assessment at 1, 3, 6, 12 months including symptoms, functioning and cognitive function.

- b. Regular monitoring on the side effect of medications
 - c. Optimizing treatment for clozapine resistant patients
 - d. Provide alternative interventions for those who failed clozapine trial
6. Transfer back to the general adult service
- a. All patients will be transfer back at the end of the 2-year service
 - b. Summary will be provided

Reference:

1. Beck K, McCutcheon R, Bloomfield MA, Gaughran F, Reis Marques T, MacCabe J, Selvaraj S, Taylor D, Howes OD. (2014) The practical management of refractory schizophrenia--the Maudsley Treatment REview and Assessment Team service approach. *Acta Psychiatr Scand.* 130(6):427-38.