

Advancing Patient-Centric Care: The Impact of a Comprehensive Bio-Psycho-Social Model in Substance Use Disorder Treatment

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Aim

This poster presents the bio-psycho-social model implemented at Umm Salal Treatment and Rehabilitation Center (USTRC) for Substance Use Disorder (SUD) treatment. Spanning three months, the program integrates Contingency Management (CM) to reinforce adherence and involves collaborative multidisciplinary interventions. Serving over 180 patients from 2022-2023, the center aspired to improve patient and family engagement and treatment outcomes.

Hypothesis:

The implementation of the transformative bio-psycho-social model of care, encompassing the integration of Contingency Management and collaborative multidisciplinary interventions, is anticipated to result in enhanced patient engagement and improved outcomes in individuals with SUD.

Method:

In August 2022, a biopsychosocial committee was formed to improve patient engagement and treatment adherence. Weekly meetings and feedback from professionals, patients, and families informed the development of a daily program timetable, balancing group and individual sessions for holistic care. Program adjustments based on feedback provided personalized treatment, enhancing effectiveness and satisfaction. A contingency management approach awarded points to patients based on session attendance and engagement, further optimizing outcomes.

Results:

Findings reveal a notable rise in patient involvement throughout various therapy sessions, with an average cohort of 30 patients considered for the entirety of 2023. Post-implementation of the system, alongside the integration of patient feedback and concurrent sessions, the engagement metrics manifested as follows:

- Psychology group sessions experienced a significant surge, elevating the average patient engagement rate from 61% to 78.6%.
- The trajectory of patient participation in Physical Therapy sessions displayed a consistent increase, starting at 60% in August 2022 and peaking in October 2023 with the highest recorded rate of 80%.
- Occupational therapists conveyed their ability to effectively accomplish objectives post-implementation. They noted

achieving short-term goals for approximately 64% of patients and long-term goals for about 67% of patients.

Conclusion:

Our comprehensive interventions, combining biopsychosocial therapy with contingency management, significantly enhance patient and family engagement, fostering support and resilience. Increased session attendance positively impacts staff morale, promoting community cohesion and professional growth. The collaborative efforts of various disciplines, coupled with enhanced patient-family involvement, affirm the holistic success of our approach in promoting recovery and well-being.