

Your Individual Treatment Plan

- The PTOP Nurse works with your physician and primary clinician on your treatment plan.
- Your treatment plan may include:
 - Recommendations for medications options (example: Clozapine)
 - Recommendation for medical follow-up
 - Ongoing CBC/differential for clozapine monitoring
- The PTOP Team provides ongoing clozapine hematological monitoring support to your treatment provider in the Fraser Health region.

Risks

The PTOP Nurse along with your primary clinician and physician will review your current treatment plan to identify opportunities to improve your treatment.

Any suggestions for your treatment plan will be discussed with you and your treatment provider prior to making changes.

All discussions will include the risks and benefits of any proposed changes.

Questions?

If you, your caregiver or any family member have questions about the PTOP program, please feel free to contact:

Your PTOP Nurse:

Phone:

More information:

Fraser Health Mental Health and Substance Use Services:

https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use#.XHbc9_IKiUk

British Columbia Schizophrenia Society:

<https://www.bcscs.org/>

National Alliance on Mental Illness:

<http://www.nami.org/>

National Institute of Mental Health:

<https://www.nimh.nih.gov/index.shtml>

Schizophrenia Society of Canada:

<https://www.schizophrenia.ca/>



PTOP
Information about the
Community Psychosis
Treatment Optimization
Program

NEW HOPE FOR RECOVERY



PTOP (Psychosis Treatment Optimization Program)

Supports to manage your care

- This Mental Health Community program provides support for people who have not responded well to previous treatments for their psychosis
- Ongoing Clozapine hematological monitoring.
- Our goal is to improve your care and health outcomes and help you reconnect with your community.



NEW HOPE

...community-based treatment

Who is this program for?

Any adult who continues to struggle with psychosis despite trying numerous treatments/medications can be referred to this program.

Access to additional supports

PTOP provides access to clinicians experienced in the management of treatment resistant psychosis through Fraser Health.

As part of the Mental Health Centre PTOp nurses work closely with psychiatrists, psychologist and clinical pharmacists.

The teams are mobile and will work from a Fraser Health location that is close to you.

Our program works with you, your psychiatrist and family physician (if you have one) to develop a plan to improve your health and quality of life

How could my life improve?

Among the possible benefits are:

- Reduced symptoms
- Improved physical health
- Able to sleep better
- Increased self-esteem and confidence
- You may feel more like participating in things like leisure and social activities, relationships, education, volunteering and work

From the mother of a PTOp client

“Words cannot express the relief and comfort of working with real time monitoring in this program. The drug (Clozapine) itself has so far been effective in bringing our son back to a full recovery. However, it is the hands-on monitoring and regular check-ups and communication that are the foundation to this program. The support, education, guidance, assurance, monitoring and immediate feedback with the nurse and psychiatrist have been invaluable.”

If I want to participate, what happens next?

- Your physician will complete a referral form
- Some basic lab work is required: you may be asked to visit a lab if you have not had lab work recently
- Your completed referral application will be reviewed
- Once you are accepted, the PTOp Nurse will contact you to arrange an appointment(s)
- The appointment(s) allow your team to assess your symptoms and side effects. The PTOp Nurse along with your case manager and physician uses this information to develop your individual treatment plan