



# NeuRA

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## BIPOLAR DISORDERS Factsheet

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### What is integrated care?

Integrated care refers to the association of multiple treatment paradigms to produce a single unified program. The idea is to deliver seamless care to the patient to ensure high treatment continuity and improve patient satisfaction. Integrated programs typically involve multi-element psychosocial therapies for mental illness. For example, integrated psychological therapy may involve a combination of cognitive training, social skills training, problem-solving training and cognitive remediation. Integrated care can also refer to the formal liaison of typically distinct services such as medical practitioners and dedicated mental health teams, or the incorporation of mental health and substance use treatments into a single program.

### What is the evidence for integrated care?

Moderate to high quality evidence suggests there a small, reduced risk of hospitalisation with collaborative care. There were no significant effects on relapse rates, depression or anxiety post-treatment. Low quality evidence is unable to determine the longer-term effects on symptoms.

Low quality evidence is unable to determine the benefits of integrated care for physical health or functioning.

For further information see the technical table



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*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.*

## HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au](http://neura.edu.au).

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