The Bio Psycho Social Approach

How to organize when your client is having mental health difficulties

Debbie Champ
RN, BScN, Nurse Practitioner
Debbie.Champ@rohcg.on.ca

Sandra Campbell
Registered Nurse, Dual Diagnosis Clinical Specialist
Sandra.Campbell@rohcg.on.ca

Dual Diagnosis Consultation Outreach Team

Dual Diagnosis

A person with a developmental disability and a mental illness

Prevalence of Dual Diagnosis

- Percentage of Ontario population with developmental delay is 1% (or 80,000 people)
- 20% of Ontario population has a mental illness
- Conservative estimates are that 30-60% of those have a mental illness (or 24,000 – 48,000 people)

Developmental Delay

Diagnostic Criteria:
- Significantly sub-average general intellectual functioning based on valid and reliable IQ testing <70.
- Accompanying deficits in functioning with respect to social skills, communications, activities of daily living and/or self-sufficiency.

Symptoms of Mental Illness and Developmental Delay

- Direct Action
- Self Injurious behaviour and aggression towards others
- Old behaviours return
- New behaviours emerge
Bio Psycho Social Profiling

- Assists to identify what factors could be involved
- Framework for organizing information
- Provide direction for planning

Bio Psycho Social Approach

- Biological
- Psychological
- Social

<table>
<thead>
<tr>
<th></th>
<th>Biological</th>
<th>Psychological</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td>Predisposing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protecting</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Precipitating</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perpetuating</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Biological

- Genetics
- Birth History
- Age
- Health Practices
- Health Problems
- Psychiatric History
- Medications
- Health Care
- Family Medical History

Psychological

- Developmental milestones
- Personality
- Cognitive level
- Communication
- Behaviour
- Psychiatric Symptoms
- Psychiatric History
- Personal Trauma

Social

- Where we live
- Who our family is
- Community
- Meaningful Day
- Leisure Activity
- Important people in our life
- Social/ external stressors
- Socioeconomic status
- Culture
Bio Psycho Social Approach

• Predisposing
• Precipitating
• Protecting
• Perpetuating

Hypothesis

What could be going on?

Plan

What can you do?

BioPsychoSocial Profile

<table>
<thead>
<tr>
<th>Biological</th>
<th>Psychological</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

BioPsychoSocial Profile

<table>
<thead>
<tr>
<th>Biological</th>
<th>Psychological</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## BioPsychoSocial Profile

### Case #1

<table>
<thead>
<tr>
<th>Biological</th>
<th>Psychological</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Precipitating:***
- Maltreatment to adulthood
- "Rant episodes" occurring daily
- Irritable
- Has lost interest in previous activities
- Appears distracted "in her own world"
- Symptoms appearing gradually X 1 yr
- Graduated high school 3 yrs ago
- Decreased contact with peers
- Decreased contact with brother
- Change in routine from school
- No organized activities until 2006
- Mother angry at lack of services

**"Rant episodes" occurring daily**

**Irritable**

**Has lost interest in previous activities**

**Appears distracted "in her own world"**

**Symptoms appearing gradually X 1 yr**

**Graduated high school 3 yrs ago**

**Decreased contact with peers**

**Decreased contact with brother**

**Change in routine from school**

**No organized activities until 2006**

**Mother angry at lack of services**

### Case #2

<table>
<thead>
<tr>
<th>Biological</th>
<th>Psychological</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Precipitating:***
- "Rant episodes" occurring daily
- Irritable
- Has lost interest in previous activities
- Appears distracted "in her own world"
- Symptoms appearing gradually X 1 yr
- Graduated high school 3 yrs ago
- Decreased contact with peers
- Decreased contact with brother
- Change in routine from school
- No organized activities until 2006
- Mother angry at lack of services

**"Rant episodes" occurring daily**

**Irritable**

**Has lost interest in previous activities**

**Appears distracted "in her own world"**

**Symptoms appearing gradually X 1 yr**

**Graduated high school 3 yrs ago**

**Decreased contact with peers**

**Decreased contact with brother**

**Change in routine from school**

**No organized activities until 2006**

**Mother angry at lack of services**

### Case #3

<table>
<thead>
<tr>
<th>Biological</th>
<th>Psychological</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Precipitating:***
- Maltreatment to adulthood
- "Rant episodes" occurring daily
- Irritable
- Has lost interest in previous activities
- Appears distracted "in her own world"
- Symptoms appearing gradually X 1 yr
- Graduated high school 3 yrs ago
- Decreased contact with peers
- Decreased contact with brother
- Change in routine from school
- No organized activities until 2006
- Mother angry at lack of services

**"Rant episodes" occurring daily**

**Irritable**

**Has lost interest in previous activities**

**Appears distracted "in her own world"**

**Symptoms appearing gradually X 1 yr**

**Graduated high school 3 yrs ago**

**Decreased contact with peers**

**Decreased contact with brother**

**Change in routine from school**

**No organized activities until 2006**

**Mother angry at lack of services**

### Case #4

<table>
<thead>
<tr>
<th>Biological</th>
<th>Psychological</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Precipitating:***
- Maltreatment to adulthood
- "Rant episodes" occurring daily
- Irritable
- Has lost interest in previous activities
- Appears distracted "in her own world"
- Symptoms appearing gradually X 1 yr
- Graduated high school 3 yrs ago
- Decreased contact with peers
- Decreased contact with brother
- Change in routine from school
- No organized activities until 2006
- Mother angry at lack of services

**"Rant episodes" occurring daily**

**Irritable**

**Has lost interest in previous activities**

**Appears distracted "in her own world"**

**Symptoms appearing gradually X 1 yr**

**Graduated high school 3 yrs ago**

**Decreased contact with peers**

**Decreased contact with brother**

**Change in routine from school**

**No organized activities until 2006**

**Mother angry at lack of services**

### Case #5

<table>
<thead>
<tr>
<th>Biological</th>
<th>Psychological</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Precipitating:***
- Maltreatment to adulthood
- "Rant episodes" occurring daily
- Irritable
- Has lost interest in previous activities
- Appears distracted "in her own world"
- Symptoms appearing gradually X 1 yr
- Graduated high school 3 yrs ago
- Decreased contact with peers
- Decreased contact with brother
- Change in routine from school
- No organized activities until 2006
- Mother angry at lack of services

**"Rant episodes" occurring daily**

**Irritable**

**Has lost interest in previous activities**

**Appears distracted "in her own world"**

**Symptoms appearing gradually X 1 yr**

**Graduated high school 3 yrs ago**

**Decreased contact with peers**

**Decreased contact with brother**

**Change in routine from school**

**No organized activities until 2006**

**Mother angry at lack of services**
### BioPsychoSocial Profile

#### Hypothesis

- **Biological**
- **Psychological**
- **Social**

#### Plan

- **Biological**
- **Psychological**
- **Social**

<table>
<thead>
<tr>
<th>Perpetuating</th>
<th>Biological</th>
<th>Psychological</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitalization for unstable blood sugars twice in 6 months</td>
<td>Lack of understanding re: diabetes</td>
<td>Two organized daytime activities</td>
<td></td>
</tr>
</tbody>
</table>

- Visit
- Explore other approaches for diabetic teaching
- Volunteer to visit