

Supporting Patients with Bipolar Disorder

Kayan+

Use case of Kayan Health in an organization caring for patients with bipolar disorder *

About the organization

This organization specializes in behavioral health. Therapists meet with patients who experience bipolar disorder which can portray itself in depressive lows and manic highs. Those who suffer from bipolar disorder find it hard to receive quality care in a comfortable environment and during their most difficult episodes.

PROBLEM

A patient with bipolar disorder missing a session can be detrimental to their treatment.

Patients know that bipolar disorder can be difficult to handle and may require help during a time when their current clinic is closed or overbooked. This leaves patients feeling anxious, worried, and potentially causing more harm. Emergency services can be costly and leave the patient with more financial responsibility than they can handle.

Bipolar disorder can be a difficult diagnosis to manage and when first being diagnosed it requires a lot of time and care as the medication is being prescribed. It is critical for medical professionals to monitor and check in on patients as everyone reacts differently to certain prescription drugs and doses.

The time in which a patient can wait for medical advice varies, but with a patient who experiences bipolar disorders they can suddenly become manic, and these manic stages need a lot of attention. They can be dangerous as the patient is experiencing extremely high highs and will soon experience extremely low lows. This can lead to depression, anxiety, and in extreme cases suicidal tendencies.

SOLUTION

The Kayan Health platform includes features designed with mental health in mind. Specifically, those suffering from bipolar disorder. Through the use of the Kayan platform, patients are able to receive care in the way they need. Here are the most relevant examples:

- Accessible care no matter where the patient lives. Therapists can securely have chats or video-calls with their clients, register any visit notes or monitor their client's health signs from anywhere. Virtual visits make it easier to deliver services directly to the patient at home.
- On demand chat options allow patients to share any issues that arise in-between sessions, update their therapist on how the treatment is going and if they need to be adjusted, as well as alert their therapist about any medication side effects.
- Better insight for therapists about their patient by the use of wearable devices to track specific metrics such as heart rate for patients with anxiety or during a manic episode, to better assess the condition and come up with a treatment plan. Therapists are also able to turn on alerts for specific patients if certain numbers are met (steps under X, notify me, slept Y hours or less, notify me, etc...). Integration with electronic health records is vital for clinics to have a unified view of their patients and patients having access to their own data.



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*Disclaimer: This use-case is to be used as an example of a possible application of Kayan Health inside an organization supporting patients with bipolar disorder. The information in this example is both factual and hypothetical provided for illustrative purposes only, meant to represent an example of the platform's features and utilization possibilities.

RESULTS

Kayan Health implemented the platform with specific features designed for bipolar disorder. The platform allowed for therapists to see metrics that make managing treatment streamlined and professional. The Kayan platform offered a safe space to get treatment because the patient has accessibility at home.

- Patients can receive the care they need in a comfortable setting with on-demand appointments. When a bipolar patient is experiencing a manic episode it can be safer for them to attend their session at home in a safe place, rather than somewhere that feels like a clinic.
- Increased engagement from the patients, having solid virtual access to their therapists at the beginning and during treatment. This allowed patients to be more involved in their treatment and better communicate their needs.
- Therapists are able to monitor patient's vitals through wearable technology that helps them understand if their patients are experiencing anxiety or panic attacks during their daily lives. This allows the therapist to reach out to a patient in need, or address it in the next session.