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## Balancing Therapeutic Safety and Efficacy to Improve Clinical and Economic Outcomes in Schizophrenia

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## Balancing Therapeutic Safety and Efficacy to Improve Clinical and Economic Outcomes in Schizophrenia

Schizophrenia is a complex psychiatric disorder that is linked to substantial clinical and economic burdens. This supplement to *The American Journal of Managed Care* is designed to provide a detailed clinical understanding of schizophrenia, discuss the far-reaching impact of disease on patient health and quality of life, review the various pharmacologic and nonpharmacologic treatment options, and examine the managed care implications associated with schizophrenia and its management.

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# Balancing Therapeutic Safety and Efficacy to Improve Clinical and Economic Outcomes in Schizophrenia

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## Intended Audience

Managed care clinicians and administrators, including physicians, pharmacists, medical and formulary directors, and other managed care professionals involved in the care of patients with schizophrenia.

## Activity Overview

Schizophrenia is a complex psychiatric disorder that is linked to substantial clinical and economic burdens. This supplement to *The American Journal of Managed Care* is designed to provide a detailed clinical understanding of schizophrenia, discuss the far-reaching impact of disease on patient health and quality of life, review the various pharmacologic and nonpharmacologic treatment options, and examine the managed care implications associated with schizophrenia and its management.

## Statement of Educational Need

Schizophrenia is a chronic and disabling psychiatric disorder with profound effects on patients, families, and caretakers due to the tremendous personal, social, and economic burdens that the disease imposes. In addition to psychotic symptoms that may alter an individual's perception, thoughts, affect, and behavior, schizophrenia is associated with increased morbidity and mortality, reduced life expectancy, and a greater likelihood of homelessness and unemployment, resulting in an estimated annual economic burden of \$62.7 to \$65 billion. Although much research has been conducted regarding schizophrenia, its exact etiology has yet to be determined, though it is likely multifactorial. The goals of treatment for schizophrenia are to alleviate acute symptoms, maximize quality of life and functioning, and maintain recovery from acute illness. To achieve these goals, optimal management of schizophrenia requires an integrated approach that combines psychosocial, educational, and pharmacologic modalities. Many of the antipsychotic agents typically used to manage schizophrenia are associated with undesirable adverse effects that contribute to metabolic abnormalities, cardiovascular disease, and mortality. Clinicians and managed care professionals are thus tasked to balance the effective treatment of this complex disease with the implementation of managed care strategies to improve patient outcomes while reducing healthcare expenditures. A thorough understanding of both the clinical and managed care facets of schizophrenia is vital to achieving this delicate balance.

## Educational Objectives

Upon completion of this activity, participants should be able to:

1. Examine the epidemiology, pathophysiology, and clinical progression of schizophrenia
2. Describe common adverse events that often accompany schizophrenia therapies, and strategies for monitoring and mitigating these adverse events
3. Identify issues regarding the management of schizophrenia and conditions associated with schizophrenia treatment in managed care
4. Examine disease management opportunities to improve economic and clinical outcomes in schizophrenia, and conditions associated with the treatment of schizophrenia

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Disclosure of a relationship is not intended to suggest or condone bias in any presentation, but is made to provide participants with information that might be of potential importance to their evaluation of a presentation.

Program content was peer reviewed to ensure that it is fair balanced and free from commercial bias.

## Physician Credit

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