

# MEASUREMENT-BASED CARE



# POPULATION SCREENING & MBC: WHAT ARE THEY AND HOW ARE THEY DIFFERENT?

MBC and population screening are often confused as they share some features in common, such as the use of patient reported outcome measures (PROMs), but they are two different clinical processes with very different goals.

## S C R E E N I N G

## M B C

What is the goal?	● To identify those at risk for or who currently have a medical or mental health condition to ensure timely treatment and to reduce population burden.	● Utilizing patient reported outcome measures (PROMs) to monitor progress in mental health treatment over time and to inform care.
Does it utilize PROMs?	● Sometimes. Usually these are not the same ones used in MBC, though they may be related (e.g., PHQ-2).	● Yes (e.g., PHQ-9).
How often is it done?	● Screenings are conducted at predetermined times, such as yearly, or at the beginning of the risk identification process.	● Repeated measures are at the heart of MBC, therefore assessment should be frequent enough to track change and to inform treatment. This may be determined via collaborative decisions between the provider and client &/or dictated by treatment setting.
Who is the target recipient?	● All members of a population, for example, all clients receiving care a particular medical setting.	● Clients engaged in mental health treatment.
Who does it?	● Anyone on the care team. Screening may be administered by medical support staff and performed in Primary Care settings.	● Mental health clinicians who are delivering a mental health treatment.
What happens when there are positive findings?	● Positive screens are followed up with more in-depth assessment or testing, often done in more specialty settings, and may lead to treatment referrals.	● MBC is part of routine care, so all results should be explored using the Collect, Share, Act model for MBC in mental health.
When is it no longer needed?	● Screening requirements may be satisfied and no longer be required if a diagnosis is confirmed. Please note: <b>Screening for suicide may be one area where there are special requirements that vary on a facility- or organizational level.</b> Be sure to familiarize yourself with your facility's standardized operating procedures for suicide screening.	● MBC should continue for the duration of the client's engagement in active mental health treatment.