Improving Quality of Life and Symptom Management among patients diagnosed with Bipolar Disorder Type 1 through the education about and use of aripiprazole (Abilify Maintena), a monthly anti-psychotic injectable medication

by

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Abstract

Objective: This DNP scholarly project sought to determine if education about and use of a once-a-month anti-psychotic injectable medication improved symptoms and quality of life among adult patients diagnosed with bipolar disorder (BD) who were identified in an urban outpatient clinic in the Western United States.

Methods: This project utilized a 1 group pretest-posttest design that compared indicators of quality of life, BD symptoms, and hospitalizations at baseline and 12-weeks after the intervention. The intervention involved an educational session and 3 once-a-month doses of an anti-psychotic injectable medication.

Results: A total of 18 participants who met inclusion criteria were recruited from an urban outpatient clinic. Four participants were lost to follow-up and 14 completed all project requirements. Statistically significant improvement was demonstrated among the final sample (n=14) in mean quality of life scores (100 vs. 134.8, p<0.01) and median symptom control (3.0 vs. 1.0, p<0.01). The rate of hospitalizations did not demonstrate statistical significance (50% vs. 21.4%, p=0.13).

Conclusions: This DNP scholarly project found that education about and use of a once-a-month anti-psychotic injectable medication improved quality of life and symptom control among patients with bipolar disorder (BD).