

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).