

Litteraturlista Vårdsamordnare psykisk ohälsa 7,5 hp 2025

1. Björkelund C, Svenningsson I, Petersson E-L, Westman J, Hange D, Wiegner L, et al. Vårdsamordnare vid psykisk ohälsa i primärvården – Forskning, organisation och implementering. Göteborg. Allmän medicinskt centrum. 2020.
<https://www.gu.se/sites/default/files/2020-10/V%C3%A5rdsamordnare%20vid%20psykisk%20oh%C3%A4lsa%20i%20prim%C3%A4rv%C3%A5rden%202020%20sept.pdf>
2. Taylor EF, Machta RM, Meyers DS, et al. Enhancing the primary care team to provide redesigned care: The roles of team facilitators and care managers. *Ann Fam Med* 2013;11:80-3.
3. SBU. Behandling av depressionssjukdomar En systematisk litteraturöversikt. Rapport 166;2004:1. Stockholm, 2004. (Sammanfattning samt kapitel 1 och kapitel 11 Behandling i primärvård). <http://www.sbu.se/sv/Publicerat/Gul/Behandling-av-depressionssjukdomar/>
4. SBU. Behandling av ångestsyndrom. En systematisk litteraturöversikt. Stockholm, 2005. (sidan 9 - sid 107). http://www.sbu.se/upload/Publikationer/Content0/1/angest_Vol_1.pdf.
5. Nationella riktlinjer för vård vid depression och ångestsyndrom – Stöd för styrning och ledning – <https://www.socialstyrelsen.se/globalassets/sharepoint-dokument/artikelkatalog/nationella-riktlinjer/2021-4-7339.pdf>

<https://www.socialstyrelsen.se/kunskapsstod-och-regler/regler-och-riktlinjer/nationella-riktlinjer/riktlinjer-och-utvarderingar/depression-och-angest/> klicka på Tillstånds och åtgärdslista
6. SBU. Implementeringsstöd för psykiatrisk evidens i primärvården. En systematisk litteraturöversikt. Stockholm: Statens beredning för medicinsk utvärdering (SBU) Rapport 211. 2012. <http://www.sbu.se/sv/Publicerat/Gul/Implementeringsstod-for-psykiatrisk-evidens-i-primarvarden/>
7. SBU. Diagnostik och uppföljning av förstämningssyndrom. En systematisk litteraturöversikt. Stockholm: Statens beredning för medicinsk utvärdering (SBU). Rapport nr 212. 2012. (Sammanfattning och slutsatser) <http://www.sbu.se/sv/Publicerat/Gul/Diagnostik-och-uppfoljning-av-forstamningssyndrom/>
8. Socialstyrelsen. Utvärdering av vård vid depression och ångestsyndrom. Nationella riktlinjer – Utvärdering. Huvudrapport med förbättringsområden <https://www.socialstyrelsen.se/globalassets/sharepoint-dokument/artikelkatalog/nationella-riktlinjer/2019-5-12.pdf>
9. Läkemedelsboken (Ny, webbaserad upplaga 2024 för Ångest och oro <https://lakemedelsboken.se/terapiomraden/psykiatri/angestsyndrom-och-orostillstand/>)

Övriga delar: Sömnstörningar/ Förstämningssyndrom/Läkemedelsbiverkningar).
<https://lakemedelsboken.se/terapiomraden/psykiatri/>

<https://old.lakemedelsboken.se/kapitel/psykiatri/forstamningssyndrom.html>

10. Försäkringsmedicinskt beslutstöd. Utmattningssyndrom.
<https://roi.socialstyrelsen.se/fmb/utmattningssyndrom/546>

11. Regional Medicinsk Riktlinje. Stressrelaterad psykisk ohälsa. [Stressrelaterad psykisk ohälsa, RMR.PDF \(vregion.se\)](#)

12. Thomee S. ICT use and mental health in young adults. Svensk sammanfattning, 1 sid.
<http://sahlgrenska.gu.se/forskning/aktuellt/nyhet/intensiv-mobilanvandning-ger-somnsvarigheter-hos-unga.cid1069245>

13. Västra Götalandsregionen. Regional medicinsk riktlinje. Psykisk ohälsa i primärvård - uppföljning med hjälp av vårdsamordnare. EJ TILLGÄNGLIG 2025 - UNDER OMARBETNING

14. Västra Götalandsregionen. Regional medicinsk riktlinje. Internetförmedlad psykologisk behandling. <https://mellanarkiv-offentlig.vregion.se/alfresco/s/archive/stream/public/v1/source/available/sofia/rs8404-2013310640-96/native/1.%20Regional%20riktlinje%20Internetf%C3%B6rmedlad%20psykoterapeutisk%200behandling.pdf>

15. Nationellt vård-och insatsprogram Depression och ångest.
<https://www.vardochinsats.se/depression-och-aangestsyndrom/?section=2506>

16. Personcentrerat vårdförlopp depression. Länk till SKR:s hemsida
<https://kunskapsstyrningvard.se/kunskapsstyrningvard/kunskapsstod/publiceradekunskapsstod/psykiskhalsa/vardforloppdepression.75042.html>.

Klicka på "Presentation vårdförlopp depression" samt lyssna också speciellt på Vårdförlopp del 3 där vårdsamordnarfunktionen presenteras ca 11 min in i avsnittet, samt 15 min 50 sek in i avsnittet Jeanette Lindgren, vårdsamordnare Färgelanda.

Tillägglitteratur:

Björkelund C, Svenningsson I, Westman J, Persson EL, Hange D, Holst A, Wallin L, Udo. Vårdsamordnare för depression – effektivt grepp i primärvården. [Effects of a care manager organization for care of people with mild-moderate depression in Swedish primary care]. *Läkartidningen*, 2019;116. pii: FSH3.

Wiegner L, Hange D, Svenningsson I, Björkelund C, Petersson L. Newly educated Care managers' experiences of providing care for persons with stress-related mental disorders in the clinical primary care context. *PlosOne*. 2019;14(11):e0224929

Björkelund C, Svenningsson I, Hange D, Udo C, Petersson E-L, Ariai N, Nejati S, Wessman C, Wikberg C, André M, Wallin L, Westman J. Clinical effectiveness of care managers in collaborative care for patients with depression in Swedish primary health care: a pragmatic cluster randomized controlled trial. *BMC Family Practice*. 2018;19:28

Wikberg C, Westman J, Petersson EL, Larsson ME, André M, Eggertsen R, Thorn J, Ågren H, Björkelund C. Use of a self-rating scale to monitor depression severity in recurrent GP consultations in primary care - does it really make a difference? A randomised controlled study. *BMC Fam Pract* 2017;18(1):6.

Petersson E-L, Wikberg C, Westman J, Ariai N, Nejati S, Björkelund C. Effects on work ability, job strain and quality of life of monitoring depression using a self-assessment instrument in recurrent general practitioner consultations: A randomized controlled study. *Work*. 2018 May 1. doi: 10.3233/WOR-182717.

Holst A, Ginter A, Björkelund C, Hange D, Petersson EL, Svenningsson I, Westman J, André M, Wikberg C, Wallin L, Möller C, Svensson M. Cost-effectiveness of a care manager collaborative care programme for patients with depression in primary care: economic evaluation of a pragmatic randomised controlled study. *BMJ Open* 2018;8:e024741.

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Udo C, Svenningsson I, Björkelund C, Hange D, Jerlock M, Petersson E-L. An interview study of the care manager function – Opening the door to continuity of care for patients with depression in primary care. *Nursing Open* 2019:1-9. DOI: 10.1002/nop2.277

Hammarberg SAW, Hange D, André M, Udo C, Svenningsson I, Björkelund C, Petersson EL, Westman J. Care managers can be useful for patients with depression but their role must be clear: a qualitative study of GPs' experiences. *Scand J Prim Health Care*. 2019: p. 1-10. doi: 10.1080/02813432.2019.1639897

Svenningsson I, Petersson EL, Udo C, Westman J, Björkelund C, Wallin L. Process evaluation of a cluster randomised intervention in Swedish primary care: using care managers in collaborative care to improve care quality for patients with depression. *BMC Fam Pract*. 2019; 20(1):108.

Augustsson P, Holst A, Svenningsson I, et al. Implementation of care managers for patients with depression: a cross-sectional study in Swedish primary care. *BMJ Open* 2020;10:e035629. doi:10.1136/bmjopen-2019-035629

Björkelund C, Saxvik A, Svenningsson I, Petersson EL, Wiegner L, Larsson M, Törnbom K, Wikberg C, Ariai N, Nejati S, Hensing G, Hange D. Rehabilitation cooperation and person-centred dialogue meeting for patients sick-listed for common mental disorders: 12 months follow-up of sick leave days, symptoms of depression, anxiety, stress and work ability - a pragmatic cluster randomised controlled trial from the CO-WORK-CARE project. *BMJ Open*. 2023 Jun 9;13(6):e074137.

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<https://doi.org/10.1186/s12962-021-00304-5>

Sandheimer C, Björkelund C, Hensing G, Hedenrud T. Implementation of a Care Manager Organization and Its Association with Health Care Contacts and Psychotherapy: A Register-Based Study of Real-Life Outcomes at Primary Health Care Centers in Sweden. *Int J Gen Med*. 2021 Sep 14;14:5621-5630. doi: 10.2147/IJGM.S323363. PMID: 34548814; PMCID: PMC8449647.

Svenningsson I, Hange D, Udo C, Törnbom K, Björkelund C, Petersson EL. The care manager meeting the patients' unique needs using the care manager model-A qualitative study of experienced care managers. *BMC Fam Pract*. 2021 Sep 3;22(1):175. doi: 10.1186/s12875-021-01523-8.

Nejati S, Svenningsson I, Björkelund C, Hange D. How can a care manager at the primary care centre support foreign-born female patients suffering from common mental disorders? - An interview study. *Scand J Caring Sci*. 2021 Dec 22. doi: 10.1111/scs.13060.

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Saxvik A, Svenningsson I, Törnbohm K, Petersson EL, Björkelund C, Gabartaite G, Hange D. GPs' experiences of a collaborative care model for patients with common mental disorders who need sick leave certification: a qualitative study. *BJGP Open*. 2022 Dec 20;6(4):BJGPO.2022.0042.

Björkelund C, Petersson EL, Svenningsson I, Saxvik A, Wiegner L, Hensing G, Jonsdottir IH, Larsson M, Wikberg C, Ariai N, Nejati S, Hange D. Effects of adding early cooperation and a work-place dialogue meeting to primary care management for sick-listed patients with stress-related disorders: CO-WORK-CARE-Stress - a pragmatic cluster randomised controlled trial. *Scand J Prim Health Care*. 2024 Mar 31:1-15. doi: 10.1080/02813432.2024.2329212.

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