COMPULSORY ADMISSION TO A PORTUGUESE ACUTE PSYCHIATRIC UNIT: RETROSPECTIVE STUDY OF 287 INVOLUNTARY ADMISSIONS IN 2016-2017

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OBJECTIVES

To determine a **specific profile** of the **patient with high risk of psychiatric compulsory admission**.

BACKGROUND

In Portugal, the principles of Mental Health Policy are established by **The Mental Health Act**, published in 1998 and implemented in January 1999, regulating the **compulsory detention** of **persons suffering from psychiatric disorders**.

The authors analyze **sociodemographic** and **clinical characteristics** of **compulsory admissions** to a **Portuguese acute psychiatric unit**, responsible for the admissions of a population of 358.300 inhabitants.

MATERIALS AND METHODS

The case records of 287 involuntary admissions of 239 patients, from a total of 776 admissions to the Department of Psychiatry of Hospital Garcia de Orta between January 1, 2016 and December 31, 2017, were consulted retrospectively.

RESULTS

- Average Age | 43 y
 - Median Age | 41 y
 - Min | 16 y ; Max | 85 y
- Social Situation:**
- Independent | 267 (93%)
 - Homeless | 7 (2.4%)

Duration of Admission:

- Average | 24 days
- Median | 19 days
- Min | 1 day ; Max | 208 days

Substance Use:

- 187 (65%)
- > 1 Substance | 105 (56%)
- Mainly **tobacco** and **cannabis**, followed by **alcohol** and **cocaine**.

- Schizophrenia (29%)**, **bipolar affective disorder**, with both **manic (13%)** and **mixed (9%)** episodes, and **unspecified psychosis (8%)** constituted the **most frequent diagnoses**;
- Patients presented several **medical conditions**, with an emphasis on **cardiovascular** and **metabolic diseases** – **essential hypertension (8.4%)**, **dyslipidemia (4.2%)** and **obesity (3.5%)**. **HCV infection** was also present in **3.5%**.

CONCLUSIONS

The patient with high risk of compulsory admission is a **middle-aged single man**, **unemployed**, with the diagnosis of **schizophrenia** and **comorbid substance use**, who needs inpatient treatment for about **three weeks**. The obtained results are comparable to those of similar studies.

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