PSICAD - BUILDING BRIDGES BETWEEN PSYCHIATRY DEPARTMENT AND DIVISION OF INTERVENTION ON ADDICTIVE BEHAVIOURS AND DEPENDENCES/ REGIONAL HEALTH ADMINISTRATION OF ALGARVE

J. Aldeias¹, L. Borges¹, F. Polido¹, S. Caixeirinho², M.C. Cruz¹, C. Maia².

¹ Centro Hospitalar Universitário do Algarve (CHUA), Departamento de Psiquiatria e Saúde Mental, Portimão, Portugal.

² Administração Regional de Saúde do Algarve, Divisão de Intervenção nos Comportamentos Aditivos e nas Dependências, Portimão, Portugal.

OBJECTIVES

Our main purpose is to improve mental health care of dual diagnosis patients (DDP), providing faster access to both psychiatric and substance-use disorders treatment. We have built a bridge between Division of Intervention on Addictive Behaviours and Dependences (DICAD) and the Psychiatric Department of CHUA – Portimão's Unit.

BACKGROUND

Integrated services for DDP are an exception in most settings. Many programs are recognizing the disadvantages of separate treatment. Patients submitted to integrative approaches seem to have better outcomes. DDP implies specific treatment challenges. The absence of an integrated treatment response further worsens adequate treatment and is associated with several medical and social complications.

Figure 1 – Old bridge on Arade River (Portimão, Portugal)

MATERIALS AND METHODS

Our project included patients with substance-use disorders and a psychiatric comorbidity. We simplified the referral between the two services, arranged regular meetings (with psychologists and psychiatrists) to discuss the patients situation and assess treatment compliance.

RESULTS

Figure 2 – Patients distribution according to psychiatric diagnosis

It was screened 46 patients from July 2018 to January 2019 during our meetings. As expected, this sample had a significant number of patients with personality disorders as secondary diagnosis. After the evaluation, our results show that 46% had a psychiatric diagnosis - schizophrenia (20%, n=9), bipolar disorder (2%, n=1), depressive disorder (18%, n=8), anxiety disorder (2%, n=1) and persistent delusional disorder (2%, n=1). About 20% of patients had substance-induced psychosis.

We also found some cases of dementia, mental retardation and adjustment disorder. Only a minority had exclusively a personality disorder.

CONCLUSIONS

This project has shown positive results in diagnosing and treating these patients. Meetings provide sharing of important clinical information, which is helpful to understand the patient and to improve the screening of dual pathology, as well as to increase the treatment compliance. We expect an increase in the number of DDP screened with this project. It will allow the patients to easily access to integrated psychiatric treatment with better outcomes.

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