BIPOP – BIPOLAR OPERATION

Intervention program in patients with Bipolar Affective Disorder

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BACKGROUND AND AIMS - There is no cure for Bipolar disorder, however, the specific treatment significantly reduces morbidity and mortality. The overall goals of treatment include identify/treat exacerbations, prevent relapses, improve interpersonal functionality and insight. The Psychiatry Department of Leiria's Hospital has a specific consultation for Bipolar disorder.

OBJECTIVES - In order to maximize the functionality of the patient we have created a series of strategies to reach patients more effectively, with more health information and named this intervention plan - BIPOP - "Bipolar operation".

MATERIALS AND METHODS - An intervention was structured with psychoeducational programs based on a proven effective bibliography (program of Colom and Vieta). We conducted 5 psychoeducational sessions and passed a questionnaire before and after the intervention, with several questions about their disease.

- We also created a mobile application and a Facebook page with information and suggested the use of a mobile application (eMoods) to provide a diary for recording mood, anxiety and sleep hours to help the patient / psychiatrist identify and predict relapses..

- **RESULTS** - In the first group to whom we performed this 5 sessions, 100% (n=7) of the patients reported that it helped them cope better with the disease. Initially 60% had insight into the pathology but after the psychotherapeutic intervention, it increased to 100%.

- All patients who used the Facebook page or the eMoods app gave great feedback.

CONCLUSIONS - We believe that the different psychotherapeutic approaches created helped patients and their families in a practical, effective, interactive and motivating way. We sincerely hope that it can be an example to other Psychiatry Departments.