PUTTING PEOPLE ON THE MAP

NEW APPROACHES IN COMMUNITY MENTAL HEALTH SERVICES

Beatriz Lourenço¹; Pedro Costa¹; Sara Garcia¹; Miguel Nascimento¹; Alice Nobre¹
Centro Hospitalar Psiquiátrico de Lisboa

Objective:

To investigate if the patients followed at Centro Hospitalar Psiquiátrico de Lisboa (CHPL) in 2017 live in clusters (versus randomly) regarding their primary diagnosis.

Background and aims:

The progressive focus on community mental health services and the need to develop suitable local interventions, demands a deep understanding of the community itself. The characterization and spatial distribution of the patients regarding clinical and socio-geographic variables is crucial to this task.

Methods:

- Selection of all patients followed at CHPL in 2017, living in central and east Lisbon;
- Merging of the patients' postal code with the available census data (2011) at the subsection level;
- Spatial autocorrelation;
- Statistic analyses for the overall number of patients and each group of disorders (ICD-10);
- Mapping of the patients.

Results:

In 2017, 5161 patients from central and east Lisbon, were treated at CHPL (1.97% of the corresponding population of the city). As shown, Depressive disorders (F32-38) are the most frequent diagnoses, followed by Schizophrenia, schizotypal and delusional disorders (F20-29).

Statistic significance regarding the patients residence was found in the overall number of patients ($p=0.001$), and in specific diagnosis: Schizophrenia, schizotypal and delusional disorders (F20-29, $n=892$, $p=0.007$) and Depressive disorders (F32-38, $n=1460$, $p=0.0002$). Mapping of these patients allowed the identification of the areas where patients are concentrated.

Conclusion: Our research suggests that, in this area of Lisbon, patients who contact the hospital seem to present some degree of clustering in terms of their residence, both in general but also in some specific diagnosis.

These findings enabled the identification of “hotspots” of patients located mainly in the city center, between the Avenida Almirante Reis (east side) and the Tagus River. The correspondence between these areas (Penha de França e Arroios) and the primary care facilities available locally (Penha de França, Sétima Colina, Monte Pedral e Oriente), will allow the development of collaborative specific programs and the discussion of realistic health policies. Future research will focus on ecological data associated with possible socio-economical factors that can be linked to patients with mental disorders.