Dual diagnosis and treatment: the experience of a multiprofessional team in mental health

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Introduction

The work was developed with the transversal descriptive analysis of the data obtained with a population hospitalized in a psychiatric clinic in the city of Rio de Janeiro, Brazil, in the period of 7 years. 3.005 patients were assessed, whereas 1.086 presented dual diagnosis.

Objectives

The research aims to know the distribution of the most frequent psychiatric diagnosis associated with the disorders for the use of psychoactive substances. The work also has as objective to assess the treatment of patients carrying these disorders so that there is a better efficiency of the individual treatment plan.

Methods

The work consisted of the evaluation of all patients who were admitted to the clinic in the period of 1 year, using the ICD-10 for the diagnosis of dual pathologies. All the patients were assessed by the multiprofessional team, composed by general practitioner, psychiatrist, psychologist, pharmacist, therapist in chemical dependence, family therapist and physiotherapist. The patients were treated with the use of psychopharmas, cognitive behavioral psychotherapy, 12-step program, art therapy and moderate physical activity. Family members of all patients were also interviewed.

Results

In the evaluation carried out, it was found the following distribution of the most frequent diagnoses associated with the psychoactive substance use disorders: depression (49,8%), bipolar disorder (17,5%), personality disorder (11,7%), schizophrenia (14,6%) and other diagnoses (6,4%).

Conclusions

The formulation of the dual diagnosis provided a better approach of the patients on the part of the team, promoting the strengthening of the therapeutic bond and causing positive impact on the evolution of these disorders.