



Final Report

Mental Illness: Community Intervention on the Way of Recovery

InterComuniCaRe

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Background

In Portugal, there have been major efforts to enhance policies to progressively take over caregiving in psychiatric hospitals for more extensive and integrated care in the health system. Having as a reference the tacit values in National Mental Health Plan - 2007-2016 and the importance of continued and integrated care in mental health, recovery of patients with mental illness becomes a strong object of study in this area of intervention. The recovery is a goal of mental health care, and the scientific community has been implementing actions in this direction, in particular based on intervention programs which, in general, result in positive effects. Being the clinical recovery oriented to follow common guidelines to several people, personal recovery is directed to the person with whom exists interaction, disposing of the individual mechanisms that he/she is able to use to become involved and adjusted to the achievement of life goals. In this perspective, mental health services should be designed to promote personal recovery, what means that can not exist single models, while respecting the subjectivity of the phenomenon. To do so, the understanding of that subjectivity becomes an important clinical skill inherent to the mental health intervention. Empirical evidence suggests that community intervention programs towards recovery, empowerment, quality of life and well-being, consciousness of happiness, hope and self perception of benefit, among other variables, have the potential to promote the patient's recovery.

Plan & Methods

1) Evaluate the needs of the person with mental illness after hospital discharge; 2) Develop an intervention program to implement with patients that present mental illness, directed to individual needs, establishing as a purpose the recovery (clinical and personal); 3) Approach the caregiving through a close community service (home care); 4) Develop a Recovery Intervention Guide for People with Mental Illness.

Design

Work Plan

Aims

Action research methodology, based on community intervention policies, particularly in the patient's home, and also aims to study solutions regarding the recovery of people with mental illness. It is proposed a close intervention which includes a specialized and individualized program, aiming to develop an application named Recovery Intervention Guide for People with Mental Illness. The project includes different stages of implementation and corresponding actions. The project stages are sequential and interdependent, and require the enhancement of synergies, cooperation and effective coordination between the researchers of the institutions involved.

Stages



WOIK	I IGII													Year 1				Year 2		
Task	Task Denomination	Ermelinda Macedo		Analisa Candeias	Bolseiro	Person/ Month			Catarina Iglésias	Irene Silva	Antónia Garcia		1 2 3	3 4	5 6	7 8 9	10 11 12	13 14 15	16 17 £	8
Task 1	State of the Art Review and Needs Assessment	0,5	0,2	0,2		0,9	1	1	0,2	0,2	0,2	2,6								
Task 2	Development of the Needs Evaluation Survey and Sample Selection	0,5	0,5	0,5	2	3,5	2	2	0,5	0,5	0,5	5,5								
Task 3	Implementation of the Individual Intervention Program	0,5	0,5	0,5	7	8,5	2	2	0,5	0,5	0,5	5,5								
Task 4	Processing of the Data	0,5	0,2	0,2	4	4,9	2	2	0,2	0,2	0,2	4,6								
Task 5	Development of the Recovery Intervention Guide for People with Mental Illness	0,5	0,2	0,2	2	2,9	1	1	0,2	0,2	0,2	2,6								
Task 6	Disclosure and Dissemination of Results	0,2	0,2	0,2		0,6	1	1	0,2	0,2	0,2	2,6								
		2,7	1,8	1,8	15	21,3	9	9	1,8	1,8	1,8	23,4								

Impact and Merit of the Project

This project is focused on I&D activities oriented to practice, and presupposes an action research methodology, centered on the practice of caregiving in the patient's home, heading the cumulation of scientific expertise in the nursing area of knowledge, at a regional level which is intended to be useful for global knowledge. The proposed project intends to contribute to the Resultados do Programa Operacional Competitividade e Internacionalização, in the Eixo Reforço da Investigação, from the Desenvolvimento Tecnológico e da Inovação/Investigação Científica & Desenvolvimento Tecnológico, contributing, in this way, to the strengthening of research and innovation abilities, and promoting the interaction between an agent of research and dissemination of knowledge, Universidade do Minho – Escola Superior de Enfermagem, and a private entity of social solidarity, Instituto das Irmãs Hospitaleiras do Sagrado Coração de Jesus - Casa de Saúde do Bom Jesus, whose activity focuses on innovation in caregiving to patients with mental illness. The project proposes, as a result, an innovative tool based on the results of an action research, which consists in an important application for the development of the knowledge in mental health, denominated as Recovery Intervention Guide for People with Mental Illness.

References

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