



Ms Ranjani Nettasinghe (Sri Lanka)

Ms Lasni Abesekara (Sri Lanka)

*The prevalence and readmission of
psychiatric patients in the National
Institute of Mental Health Sri Lanka*

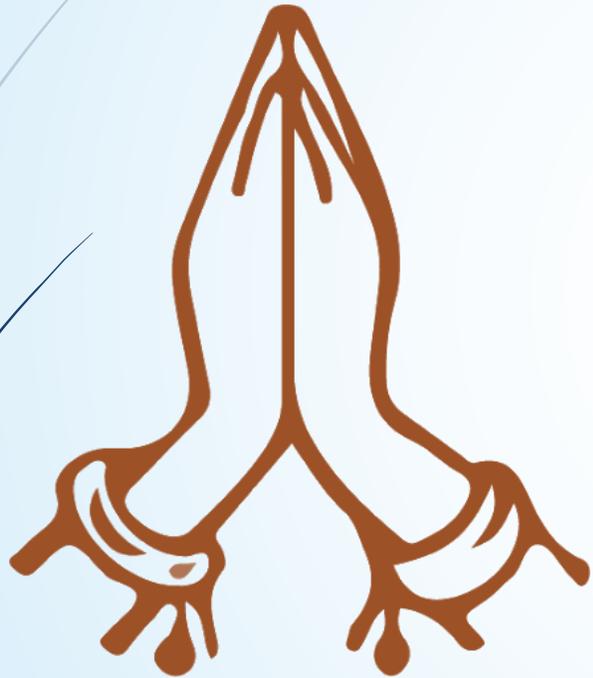




The Prevalence and Readmission of Psychiatric Patients in NIMH, Sri Lanka

Lasni Abesekara & Ranjani Nettasinghe

AYUBOWAN...





Outline

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Introduction

- ▶ According to WHO Global Burden of Disease 2010, nearly 450 million of people suffer from a behavioral or mental disorder in the world
- ▶ Mental disorders comprise a wide range of problems, with different symptoms and generally characterized by some combination of abnormal behaviors, thoughts, emotions and relationships with others
- ▶ Examples are Depression, Schizophrenia, Bipolar Affective disorder, Manic disorder, disorders due to drug abuse and Intellectual disabilities etc. (WHO, 2013)



Introduction Cont...

- ▶ Repeated hospitalizations for patients with psychiatric disorders may reflect the type of illness, but also environmental factors and underlying inefficiencies in pre and post discharge treatment” (Machado, Lenidas & souza 2012)
- ▶ Readmission has a significant impact in the reduction of the quality of life and the increase in the years of lost life due to psychiatric disorders
- ▶ Identify and evaluate the factors related to readmission of psychiatric patient may help to improve mental health care quality (Barekatain, Maracy, Hassannejad & Hosseini, 2013)



Introduction Cont...

- ▶ Inpatient mental health treatment facilities are available to people with mental health difficulties, to enhance mental health in a safe and controlled environment
- ▶ Readmission is a painful experience for the patients and their families. It is estimated that repeat admissions may be responsible for up to 60% of hospital expenditure
- ▶ Patients who were discharged to home following an acute care after hospitalization, have a higher probability of being readmitted to the hospital (Donisi, Tedeschi, Wahlbeck, Harramo & Amaddeo)



Background

- National Institute of Mental Health (NIMH) is the one of the National hospital conducted by free of charge by the government, this institute provides specialized psychiatric care to the community
- Identified and non-identified patients with psychiatric disorders who are in all over the country come to the (NIMH) for diagnosing diseases and for getting treatment
- There are ten male wards and ten female wards conducted by eight Consultants
- Total number of beds in NIMH has increased dramatically day by day in Sri Lanka
- According to the statistics of Out Patient Department (OPD), at least 30 admissions recorded per day

National Institute of Mental Health - Sri Lanka





Objectives

General Objective:

- ▶ To assess the factors related to readmission explained by the relatives of patients with psychiatric disorders in National Institute of mental Health(NIMH) Sri Lanka

Specific Objectives:

- ▶ To evaluate the current readmission rate of the patients with psychiatric disorders
- ▶ To identify the associated factors related to readmission of the patients with psychiatric disorders
- ▶ To describe the associated factors related to readmitted of patients with psychiatric disorders



Methodology

Design:

- Descriptive cross sectional study

Population:

- All readmitted patients with psychiatric disorders in NIMH, Sri Lanka

Sample:

- Randomly selected relatives of patients with psychiatric disorders who readmitted to ward 5, 8, 10, 12 & 200 relatives were participated for this study



Methodology Cont....

Method:

- ▶ Interviewer-administered structured questionnaire developed by the investigators using scientific literature

Study Setting:

- ▶ Ward 05, 08, 10 and 12, NIMH - Sri Lanka



Methodology Cont....

Sample Size:

- 200 relatives of patients with psychiatric disorders

Data Analysis:

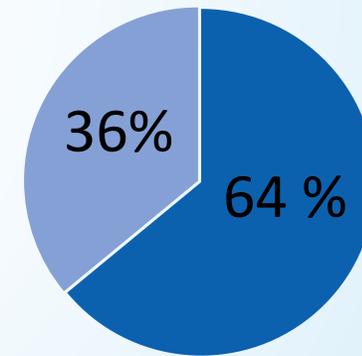
- All gathered data were entered into a database which was created using Microsoft Office Excel 2016 and Statistical Package Social Science (SPSS version 23.0)

Ethical consideration:

- Ethical board approval sought from NIMH Ethics Review Committee & KIU ethical review committee

Results: Demographic Characteristics of the Participants

- Prevalence rate of psychiatric readmissions during first three months of 2018 was **74.14%**.
- Among readmitted patients:
 - 64% - Males
 - 36% - Females



■ Male ■ Female

Figure 1.1 – Gender Distribution

Results: Demographic Characteristics of the Participants

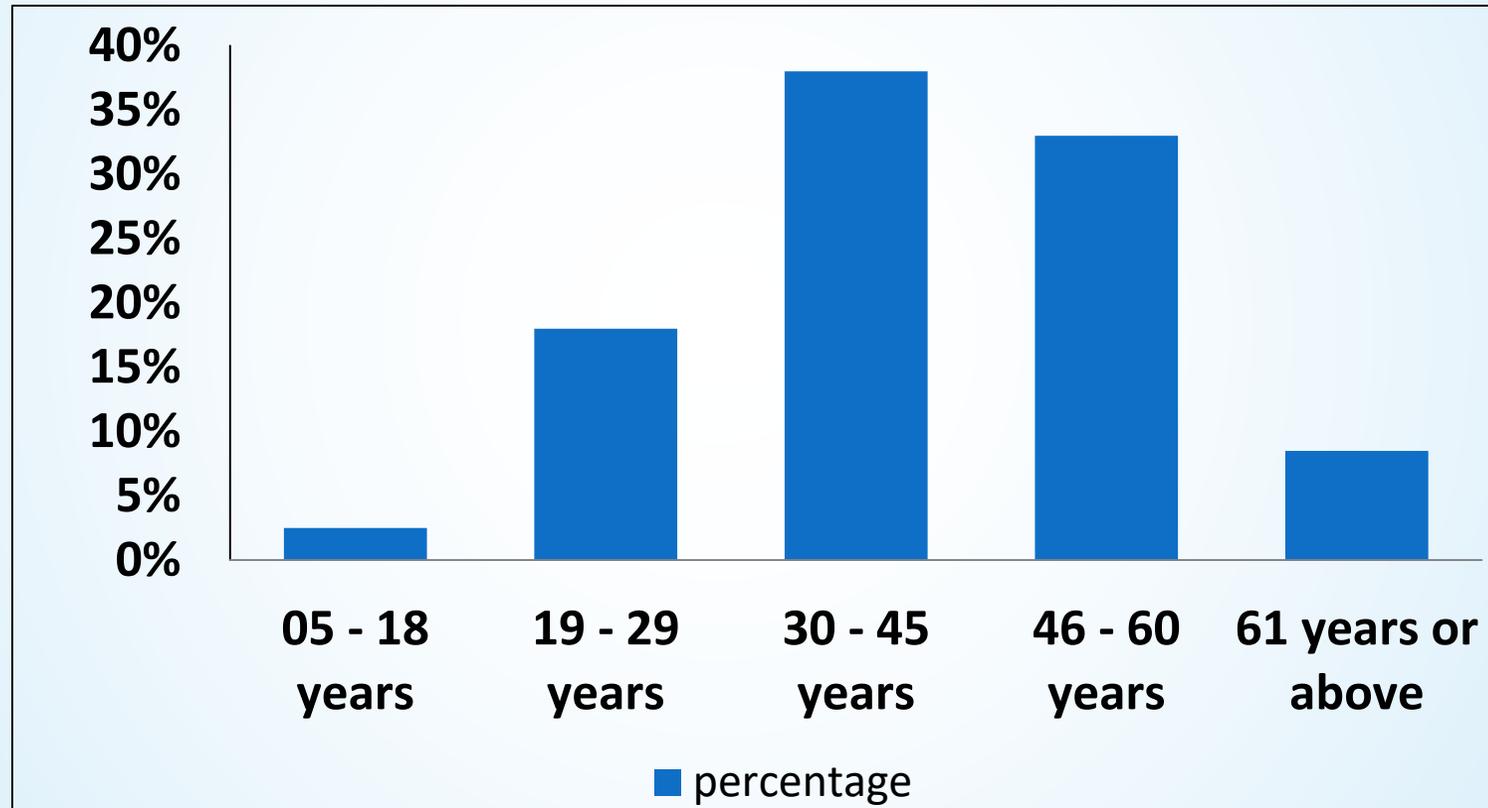


Figure 1.2 – Age distribution of the patients

Results: Demographic characteristics of the participants

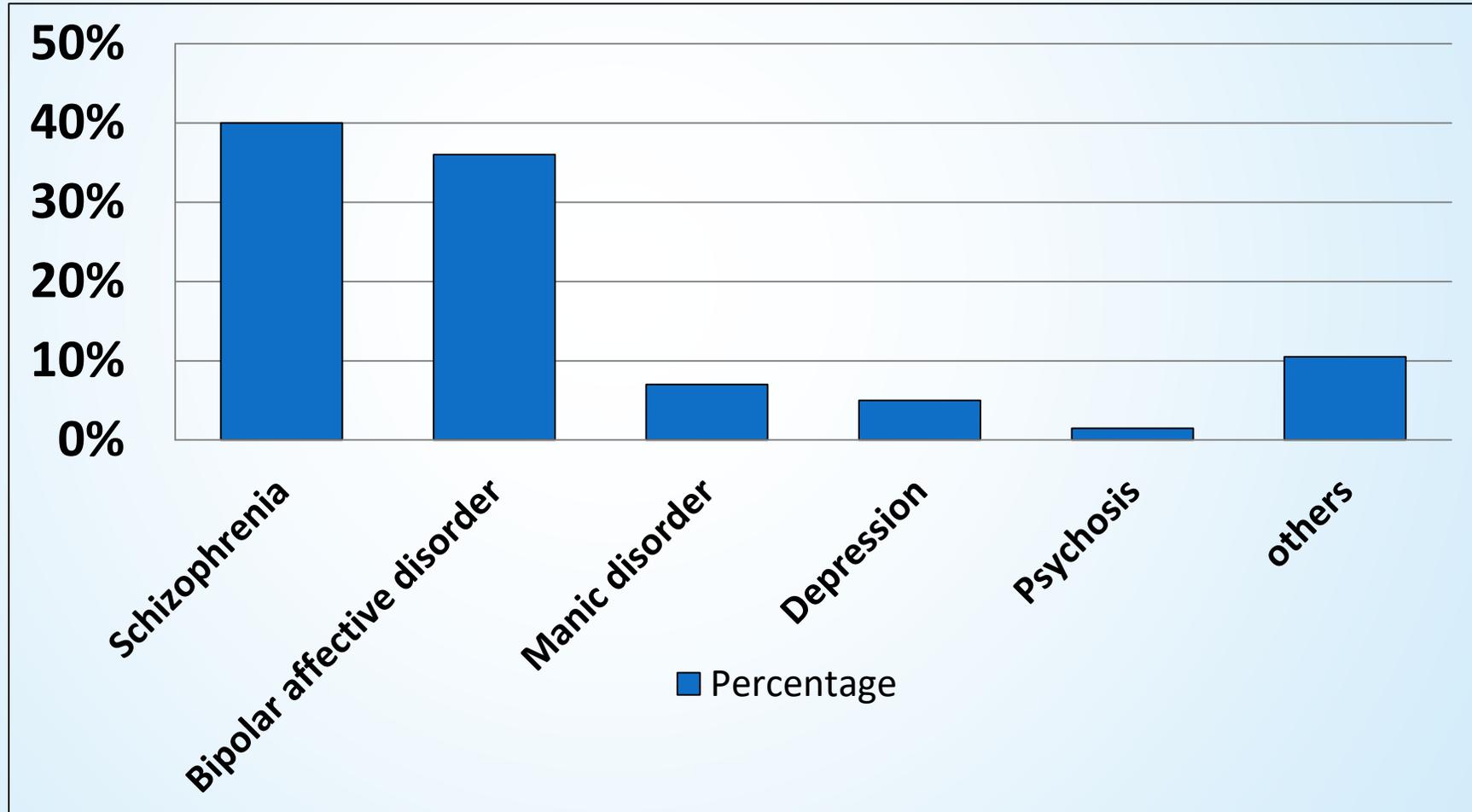


Figure 1.3 - Diagnosis of the readmitted patients

Results: Demographic characteristics of the participants

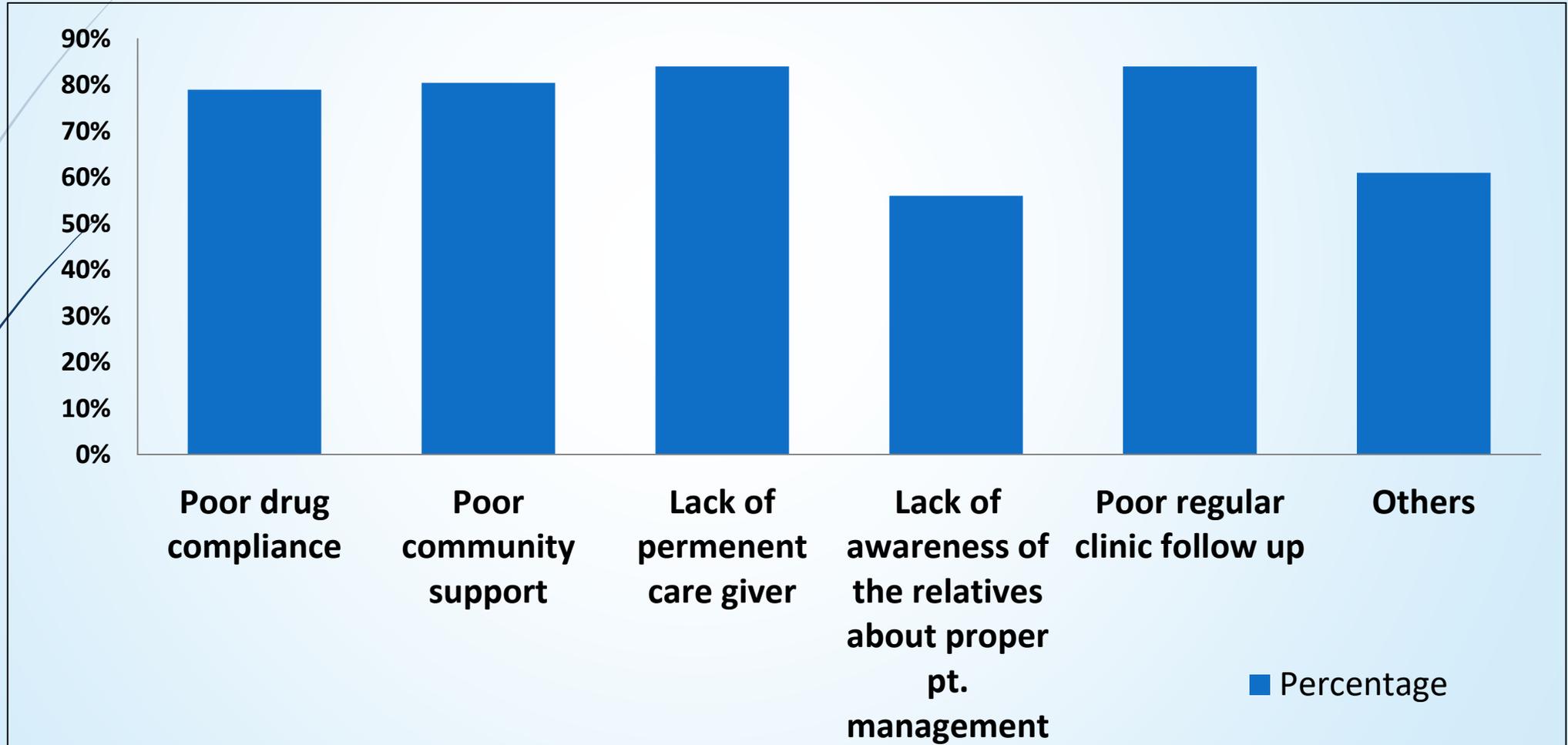


Figure 1.4 - Associated factors for readmission

Results: Factors significantly associated with psychiatric readmission

Associate Factors	P Value	Conclusion
Age Vs Lack of Community Support	P- 0.001*	Statistically significant association
Age Vs Medication non compliance	P-0.003*	Statistically significant association
Diagnosis Vs Medication Non Compliance	P-0.001*	Statistically significant association

*0.05

Table 2.1 – Factors associated with readmission



Discussion

- ▶ According to the results of this study, majority of the patients are included in 30-45 age group (38%)
- ▶ The mean age of patients included in the study was 40 years. Male represent 64% of sample, while 36% were female among 200 readmitted patients with psychiatric disorders
- ▶ The most frequent encountered diagnosis was schizophrenia 40% followed by 36% bipolar affective disorders, 10.5%



Discussion Cont..

- ▶ Similar study was carried out using 181 readmitted patients to AMH and psychiatric ward in SQUH in Oman and found the results:
 - ▶ The mean age of the patients included in the study was 35.6+ or - 12.65 years
 - ▶ Females represented 45.7% of the sample, while 54.3% were males
 - ▶ The most frequently encountered diagnosis was Schizophrenia 37.1%, followed by Bipolar affective disorder 19.3%
 - ▶ Depression 11.6% was the third majority of cause in this study



Discussion Cont..

- ▶ Mean prevalence of the three principle need clusters for:
- ▶ Assistance with patient care
- ▶ Societal support, and access to relevant information was 77.6%, 66.1% and 68.2% (Yeh, Hwu, Chen and wu,2008) problems related to housing (63%), and transportation (14%) were founded out of 202 sample



Conclusion

- Most of the readmitted patients were male and majority of them were 30 - 45 years age group
 - Readmission rates were high among Schizophrenia patients, Bipolar affective disorders, Depression, Psychosis
- 



Conclusion Cont...

Factors related to readmission as explained by the relatives,

- Lack of permanent care giver
- Poor drug compliance
- Lack of awareness related to the proper patient management of the relative
- Medical comorbidities
- Unplanned discharge, substance abuse, etc.



Recommendations

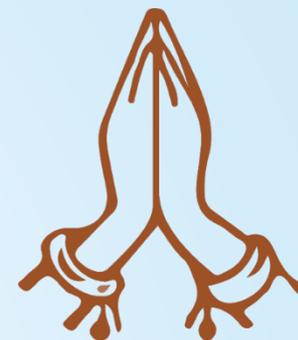
- ▶ The authors recommend that policy makers in ministry of health should explore specific forms of after care community service, community psychiatric services to ensure that patient remain in the community
- ▶ Health care providers need to develop strategies to overcome reversible risk factors such as poor regular drug compliance and closely monitor patient with fixed risk factors such as age, sex, that are difficult to reverse



References



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Thank You...

Email: lasniabesekara1987@gmail.com & rnettasinghe@yahoo.com