

P02-200

PRELIMINARY STUDY OF MENTAL HEALTH CONSULTATION-LIAISON ACTIVITIES WITH PRIMARY HEALTH CARE TEAMS IN UNIVERSITY COMMUNITY HEALTH CARE CENTER IN BRAZIL

J. Azevedo-Marques¹, A.C.G. Zanetti², S.A.F. Galera², A.W. Zuardi³

¹Department of Neurology, Psychiatry and Medical Psychology, Ribeirão Preto Medical School, HCFMRP-USP, ²Escola de Enfermagem de Ribeirão Preto da Universidade de São Paulo- EERP/USP, ³Department of Neurology, Psychiatry and Medical Psychology, Ribeirão Preto Medical School, Ribeirão Preto, Brazil

Aims: This preliminary study describe the experience of mental health consultation-liaison activities delivered by a psychiatric community nurse and a psychiatrist with Primary Health Care (PHC) teams in a university community health center in city of Ribeirao Preto, State of Sao Paulo, Brazil.

Method: This is a descriptive exploratory study, carried out from March to May 2008, from the record of the activities in weekly consultation meetings with four PHC teams.

Results: The activities developed including discussions of issues and cases, joint consultations and home visits with PHC teams. Fifty-one joint consultations/home visits and twenty-six discussions of cases/issues were made. The clients were predominantly female and aged over 18 years; diagnoses of major depressive episode, generalized anxiety disorder and alcohol unhealthy use was common. Psychotic and bipolar disorders were also discussed and evaluated. The main complaints were related to: changes in sleep, appetite and energy; difficulty in relationships (including family and work); aggression and violence (including physical and sexual abuse); difficulty of adherence to treatment, and other psychiatric symptoms. The referrals were made mostly for ambulatory psychotherapy and ambulatory adult and child mental health specialized care.

Conclusion: The joint activities between the specialized and PHC teams to enable full attention to health of patients and the development of interdisciplinary work. This work is challenging because it put on the agenda of health the borders between the levels of assistance, knowledge, practices and goals of different professional groups.