

HONG KONG EAST CLUSTER

港島東醫院聯絡



Pamela Youde Nethersole Eastern Hospital



Department of Psychiatry

The road ahead – follow-up on the 72 re-admitted patients after

"A randomized controlled trial of a novel Telephone Nursing Support Service (TNSS) for psychiatric patients discharged from an acute psychiatric unit in Pamela Youde Nethersole Eastern Hospital"

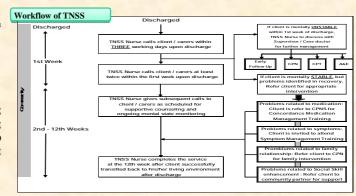
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Introduction

The randomized controlled trial study on TNSS was conducted from December 2009 to 31st November 2010 with the aims to

- 1. Enhance patient's knowledge in mental health;
- 2. Enhance patient's life skills and quality;
- 3. Support patients / caregivers in detecting early relapse, and
- 4. Reduce serious consequences of deteriorated mental condition.

Although the study results showed that TNSS was effective in enhancing symptom management and social functioning as well as reducing hospitalization, there were still 72 out of 279 patients readmitted. Follow-up study on these 72 cases was considered helpful to further improve the context of existing post-discharged support service in future.



Objectives:

1.To understand on the profile of the patients with readmissions during the study period of TNSS.

2.To explore factors that can predict early relapse of psychiatric illness

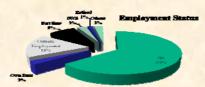
Methodology:

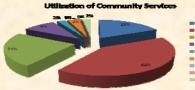
Analysis of these 72 patients with another 72 patients who successfully sustained in the community for 12 weeks after discharge from psychiatric hospital in relation to their parameters such as socio-demographic background, diagnosis, clinical features and re-admission profile, family history of mental illness, group allocation to Intervention Group (IG) or Control Group (CG) of TNSS, contact with community psychiatric nursing services (CPNS) or recovery support service (RSP).

Results and Data Analysis:

The characteristics of all re-admitted patients, 43% were coming from IG compared with 57% of CG. Majority (58.3%) of them were suffering from Schizophrenia and 29.4% were suffering from Mood Disorder. The gender differences among these 72 patients are not remarkable (Male 51.4%, Female 48.6%). The socio-demographic information and community services utilizations were showed in following diagrams.







CPHS
Cam Gare
Rar
Rar
Ban
SHS
OTC
CP
CBises

In view of the differences on socio-demographic information, further exploration was sought by comparing same number of patients who were successfully maintained in the community for at least 12 weeks post-discharge. The results highlighted some socio-demographic information that may be considered as factors for prediction of re-admission.

Table 1. Comparison of socio-demographic parameters between readmitted patients and patients successfully sustained in community for more than 12 weeks after discharge.

		Readmission Group (n=72)		Treatment Completed Group (n=72)		Levene's Test for Equality of Variances	
Socio-Demographic Parameters		No. of Patients	%	No. of Patients	%	F	р
Living Status	Alone	12	16.7	8	11.1	4.41	0.037
	With Friend	2	2.8	1	1.4		
	With Relatives	58	80.6	63	87.5		
Employment Status	Unemployed	47	65.3	43	59.7	6.32	0.013
	Own Business	2	2.8	1	1.4		
	Outside Employ.	13	18.1	12	16.7		
	Part Time Job	6	8.3	6	8.3		
	Sheltered Workshop	2	2.8	1	1.4		
	Retired	1	1.4	2	2.8		
	Others	2	2.8	7	9.7		
Previous Admission	No	19	26.4	30	41.7	6.99	0.009
	1 - 2	14	19.4	21	29.2		
	3 – 4	8	11.1	8	11.1		
	> 5	31	43.1	13	18.1		
Criminal Record	No	63	87.5	67	93.1	5.197	0.024
	Yes	9	12.5	5	6.9		
History of Substances Misuse	No	57	79.2	65	90.3	14.953	0.000
	Yes	15	20.8	7	9.7		

Table 1:

By comparing 18 numbers of socio-demographic parameters of 72 readmitted patients and 72 patients successfully maintained in the community for more than 12 weeks after discharged from psychiatric hospital; only 5 parameters were found significantly different between 2 groups. The findings indicated that family support and day time work related engagement were the favorable factors to maintain discharged patients in the community.

On the contrary, previous psychiatric hospitalization, history of criminal involvement and substances misuse could be considered as predictors for early relapse leading to re-hospitalization.

Results & Outcome:

Telephone Nursing Support Service (TNSS) model provides integrated care management for post-discharged mental patients and their caregivers, which acts as a link between primary and secondary care in the community. The results of this study supplement the quality of service provision by suggesting some factors that can facilitate our clients to improve their length of stay in the community as well as some factors that could alert the health care providers in the prediction of re-hospitalization. It is recommended that a study with bigger sample size should be conducted to affirm our findings. It is also worthy of exploring more favorable factors to sustain the post-discharged patients in the community with more predictors in understanding re-hospitalization.