

Expectations towards day-treatment among substance-abusing people

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Psychiatric Clinics Basel



- 260 beds, 22 wards, 800 members of staff
- Three different core areas:
 - General psychiatry (acute-, long-term- and rehabilitative psychiatry)
 - Specific psychiatry (unit for depression,...)
 - Substance-related disorders
- Area for substance-related disorders
 - In-patient ward for legal drugs (U3)
 - In-patient ward for illegal drugs (U2)
 - In-patient ward, day-treatment and after care (U1)

Therapeutic concept of U1

- 13 in-patients
- 6 patients in day-treatment
- Varying number of patients in after-care
- Main focus:
 - Primary nursing
 - Regaining a structured day
 - Recovering from substance disorder
 - Individual treatment plan to achieve goals

Status quo of literature research

- Almost no research done in German-speaking countries!!
- Day-hospitals are as effective as in-patient treatment
(Weithmann & Hoffmann 2005; Finney, Hahn et al. 1996; Mattick & Jarvis 1994; Cornwall & Blood 1998)
- Day-hospitals more cost effective
(Mattick & Jarvis 1994; Cornwall & Blood 1998; MacLachlan & Stein, 1982)
- Day-patients rather finish treatment (McKay et al. 1994)
- Day-patients stay in familiar environment, less dependent on institutions, day-treatment rather accepted in earlier stages (Wagner 1996)

Status quo of literature research

Day treatment compared in German speaking countries and in the USA:

- USA: predominantly day-hospital and out-patient treatment
(Wagner 1996; Dlabal 2001)
- GER, SUI, AUT: mainly in-patient treatment
(Dlabal 2001; Zemlin, Dornbusch et al. 2002)

Main aims

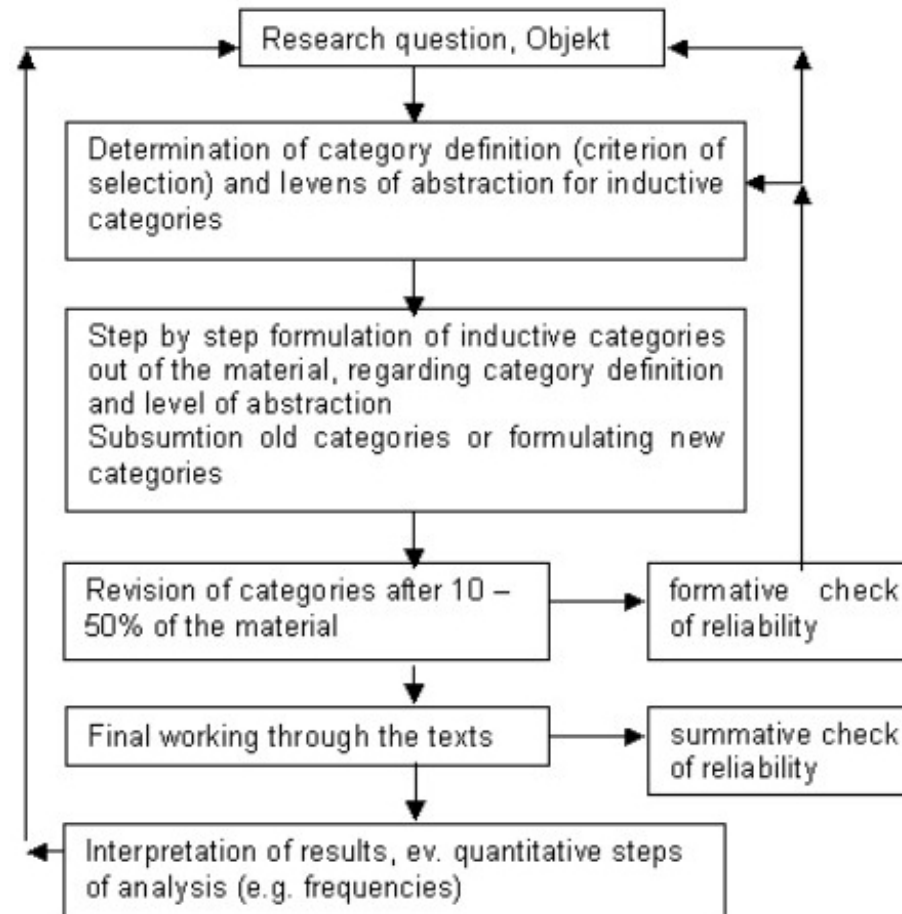
What expectations towards day-treatment do substance-abusing patients have?

What benefits get substance-abusing patients from day-treatment?

Approach

- Qualitative research design
 - Unknown phenomenon, holistic perspective (Strauss & Corbin 1996; Holloway & Wheeler 1998)
- Semi-structured interviews
 - One-on-one, focus groups
- Sample
 - Actual- and former day-patients, in-patients, patients who refuse day-treatment, carers

Qualitative content analysis (Mayring 2007)



Step model of inductive category development (Mayring 2000)

Results

- 12 one-on-one interviews
 - 6 men, 6 women
 - mean age 45 years
 - majority of day-patients > 8 weeks in day-treatment
 - average duration 26 minutes
- 2 focus group interviews
 - with 13 patients from ward U1
 - with interdisciplinary staff from ward U1 (7 nurses, 1 physician)

Results – most important categories

- Personal development (mentioned in 13 interviews / in total counted 91 times)
- Professional support (13/65)
- Individualized treatment (12/49)
- Preparation for everyday life/future (11/42)

Results - further categories

- Structured day (10/18)
- Desire of protection and monitoring (9/24)
- Stabilization (9/20)
- Intimacy (9/16)
- Extension of therapy (8/26)
- Shelter/asylum if troubles occur (8/25)
- Help by other patients (8/20)
- Relief of carers (4/12)
- Physical and mental well-being (4/8)

- Personal development

„Ich hab mich da entwickeln können, öffnen können. Das ist eigentlich ein positiver Verlauf gewesen für mich“ (03_12).

- Professional support

„Wenn es mal Komplikationen gibt kann man reden mit dem Personal. Sie machen alles möglich“ (04_113).

- Individualized treatment

„Und was ich super find, die Freiheiten die man eigentlich hat. (...) Es spielt sich dann im Kopf ab welchen Weg man geht“ (02_198).

- Preparation for everyday life/future

„...vorbereiten wieder aufs Leben, wieder aufs Normale und auch vorbereiten auf eventuelle Rückschläge“ (02_17).

Additional findings

- Positive attitude
- Very few critical statements
- Different conception/opinion among staff and patients
- Lack of treatment during night time
- Difficulties in changing from in-patient to day-hospital setting

Conclusion

- Expansion of day-treatment
 - Nurses
 - Patients
 - Cost effective
 - Is avoiding in-patient re-admission?

Thank you for your attention!

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