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P120 Needs of Patients with Mental Illness in a Community Context

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Background: Taking into account the different circumstances that make the community, this becomes a privileged context for the development of interventions in the scope of health. It is expected that the person with mental illness, who is integrated in his community, develop skills that allow him/her an effective recovery, taking into account the importance of its promotion.

Materials and methods: Aims: explore and describe the perspective of health professionals on the needs of a person with mental illness. Qualitative and exploratory study, based on symbolic interactionism. It was constituted a convenience sample of 7 health professionals from different areas of intervention. A semi-structured interview was chosen as a data collection instrument. Data analysis was performed using content analysis according to Blumer (1986). All ethical procedures were guaranteed.

Results: From the analysis of the narratives emerged four dimensions, namely, social relations, disease, environment and health services. Twelve subdimensions also emerged: relation with the family, relation with the environment, therapeutic intervention with the family, therapeutic with the person, therapeutic regimen, stigma, difficulties caused by the disease, knowledge about resources in the community and accessibility, social integration and resources in the community, continuity of care, articulation between health services and communication between health technicians/teams.

Conclusions: We can conclude that the needs detected are related to different domains, being the difficulties demonstrated in terms of family dynamics, work environment and social relations; the difficulties in the management of the therapeutic regime is also highlighted, as well as difficulties in accessing support networks, or the inability of the person to mobilize means of access them.

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P121 InterComuniCare: a Research Project in Recovery and Community Intervention

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Background: To achieve the goals associated to the implicit values in the portuguese National Mental Health Plan, in particular the recovery, is necessary a cooperation between the health and educational institutions, in order to fulfill the deinstitutionalization of the patients. It is widely accepted today that the current mental health policies advocate the implementation of continued and integrated care in mental health, where the home care support teams take part.

Materials and methods: This research project has as a study object the recovery of individuals with mental illness and presents as general aim the development of an intervention program in the range of recovery, and it is developed by two institutions placed in the north of Portugal. The presented project intends to respond to the aim through an action research, with community home intervention, and a sample constituted by patients with mental illness.

Results: This research intends to contribute to the increase of knowledge in the scope of the recovery intervention, in particular in the context of action of the community health teams, through the construction of a guide for health, which will be completed in 2019.

Conclusions: The synergies between the two institutions are promoters of a research philosophy which it is presented as an asset to the development of this project in a relevant area such as mental health. This research project will also contribute to the promotion of the quality of life and well-being of the people who will be submitted to the intervention, producing indicators that will demonstrate effective outcomes in health.

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