A community project: Assessing needs in people with mental illness

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The community, that is essential in the construction and maintenance of well-being and quality of life, has become a focus of attention of health professionals (Parker, Dark, Newman, Korman, Rasmussen & Meurk, 2017) that work with people with mental illness.

**Recovery** is developed in this space and it is a priority to assess the needs of people who go through this process.
Aims

Assess the needs of people with mental illness after hospital discharge in the scope of recovery.
**Methods**

This is a **quantitative, descriptive** and **exploratory** study, inserted in a broader investigation with people with mental illness, subjected to an **individualized intervention program** with 3 evaluation moments:

- **M0** - initial;
- **M1** - intermediate (2 months after onset of intervention);
- **M2** - final (4 months after the start of the intervention).
The sample, at this moment, consists of 29 individuals.

This study intends to present results related to M0. Was applied a needs assessment instrument, developed by the research team; it was made a descriptive analysis of the data.

The study was approved by the Ethic Commission of the institution where the sample was selected.
Results

N = 29
12 are employed
12 are unemployed
4 are retired
1 is studying

The mean of ages is 48.6 years, with a predominance of mood disorders, psychoses and personality disorders.
The needs assessment instrument evaluates 6 dimensions:

- Social relationships;
- Illness;
- Economic;
- Access to health services and professionals;
- Psychological;
- Environment.
The higher is the score obtained, the lower is the need presented in that dimension.

By the descriptive analysis of the dimensions of the instrument, the **mean values** for each one are:

- Social relations – 53.8
- Disease – 61.4
- Economic – 47.6
- Access to health and professional services – 67.0
- Psychological – 52.3
- Environment – 74.0
Conclusions

The people evaluated present more needs in the economic and psychological scope. These data suggest to researchers an necessity of attention to these dimensions.

For each person an intervention program was designed, taking into account his/her needs. The data should be read with caution, because the sample is not yet closed.
¡Gracias por su atención!

Obrigada pela sua atenção!

Thank you for your attention!