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PSYCHOSOCIAL REHABILITATION IN MENTAL HEALTH

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Recovery and research: Presentation of the Project *InterComuniCare*

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Taking into account the importance of community life for people with mental illness (Slade, 2009), the investment in recovery becomes a priority, regarding the international health policies.

Recovery research becomes a necessity, and the development of transdisciplinary knowledge is essential to the scientific evidence that is consolidated in this area of intervention.
Aims

- Evaluate the needs of people with mental illness after hospital discharge;
- Develop an individual intervention program, establishing as a purpose the recovery;
- Approach the caregiving through a close community service;
- Develop a Recovery Intervention Guide for people with mental illness.
Methods

InterComuniCare is a research project that is being developed by University of Minho - School of Nursing, in collaboration with the Instituto das Irmãs Hospitaleiras do Sagrado Coração de Jesus – Casa de Saúde do Bom Jesus, with a period of execution of 18 months.
Methods

An action research is being developed, with a transdisciplinary team.

The project was approved by the Ethic Commission of Casa de Saúde do Bom Jesus. Participants of the sample sign free informed consent.

The sample is composed by people with mental illness, with whom it is possible to develop an intervention program at their homes.
Instruments applied:

- Mini Mental State Examination;
- Socio-demographic instrument (developed by the research team);
- Needs Assessment Instrument (developed by the research team);
- EuroQol Eq-5D;
- Graffar Index;
- Social Support Scale.
Results

At the moment, the sample is constituted by 29 individuals with an initial evaluation.

Of these, 18 are being submitted to an individual intervention program, which contemplates 16 sessions, during 4 months, addressed to the demonstrated needs.

It will be made an intermediate evaluation at 2 months of intervention, and a final one at 4 months.
Conclusions

It is expected that this project will contribute to the development of scientific knowledge in mental health, specifically in the scope of recovery.

It is also expected that it will contribute to the identification and comprehension of the needs of the people with mental illness who live in the community, and to the scientific support of health professionals that work in this area, through the development of an intervention guide, that intends to be available in 2019.
Thank you for your attention!
¡Gracias por su atención!
Obrigada pela sua atenção!

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