

P-594 - PATIENTS' NEEDS AND CARERS' CONSEQUENCES IN POLISH MENTAL HEALTH CARE SERVICES

M.Cialkowska-Kuzminska, A.Kiejna

Psychiatry Department, Wroclaw Medical University, Wroclaw, Poland

Introduction: The assessment of patients' needs and also of carers' burden is an essential element of psychiatric healthcare planning and evaluation. In Poland not much interest has been put to studies of psychiatric patients' needs and carers' burden so far.

Objectives: The general objective was to draw attention to the area of needs of currently hospitalised psychiatric patients in relation to the level of carers' burden and their general health state.

Methods: The studies were conducted within a two-year period on 4 in-patient in Wroclaw, Poland. A total of 120 individuals were examined by questionnaires, including 60 patients and 60 key caregivers indicated by them.

The patients were examined with the use of CANSAS, BPRS, CSCHI. The key caregivers (relatives/friends) were examined by following questionnaires: CANSAS, IEQ, GHQ-12.

Results: Carers systematically perceive more needs of their charges, in all areas, than patients. There are several relationships between needs identified by a patient and those perceived by his carer. The carers' burden is related to his perception of patient's needs. The carer's general health can also act as an important indicator of his burden in all aspects.

Conclusions: In the process of preparing and evaluating an individual therapeutic plan, apart from the analysis of needs indicated by patients themselves, one should take into consideration a key carer's perception of a patient's needs. A psychiatric therapeutic process should not only focus on a patient's treatment but also incorporate intervention aimed at caregivers.