

CHILD-ADOLESCENT REHABILITATION TREATMENT. DAY HOSPITAL

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This study focuses on the rehabilitation treatment in a Day Hospital of Children and Adolescents. This Hospital consists of a psychiatrist, three nurses, five nursing assistants, an occupational therapist, a schoolteacher, a part-time endocrine, a social worker and an administrative assistant, who are responsible for carrying out the therapeutic process whose notable aspects consist of psychosocial treatment aimed at the reintegration of child-adolescent to the social and/or labour normalized circuit through discussion groups and workshops.

As a working example, we are talking about a patient who starts treatment at the age of 15. He was referred to this unit to assess the benefit of a psychopharmacological treatment, from his USMC of reference, where he had been going two years. It 's in the Day Hospital where he was diagnosed as bipolar affective disorder, requiring adequate control of his psychopharmacological treatment and a socio-familiar situation as stable as possible. This is due to the family dysfunction detected which may influence the evolution of the underlying pathology. After two years of monitoring, manic disorder appears requiring hospitalization, which when stabilized returns to be referred to the Day Hospital to continue rehabilitation process. This unit has tried to integrate him in his area and to get awareness of illness and treatment adherence, proposed objectives of the individual treatment plan.

Today is euthymic, following the treatment properly, has regained his school activities and has adapted best to the family dynamics. All this was possible thanks to the multidisciplinary approach undertaken in the Day Hospital.