

## Psychoeducation in Multiprofessional Psychiatric Care

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**Introduction.** Traditionally, in Ukraine as in the other countries of the former USSR, psychosocial rehabilitation was based on the medical model aimed at eliminating the manifestations of a disease and preventing relapses. Psychoeducation is a new area for Ukraine.

**Methods.** SQL-36, HARS, HDRS

**Results.** To find the most optimal for Ukraine forms and methods of psychoeducation for different mental diseases we used a three-step algorithm: Patients' and their relatives' informational needs analysis; Collecting evidence-based data and developing psychoeducational modules.

The most effective model of psychoeducation in Ukraine has proved to be the one integrative bifocal, which included a successively realized system of such exposures as information, psychocorrection and sociocorrection given to the patient and the members of his family.

The most effective form of psychoeducation is a multidisciplinary brigade: a physician-psychiatrist, a clinical psychologist; a nurse; a social worker and a volunteer.

The criteria of effectiveness were as follows: stability of remission, frequency of hospitalization, quality of life, level of anxiety and improvement of mental condition.

**Conclusions.** Psychoeducation not only broadens the knowledge about the disease and increases confidence in the fight against the disease, but also helps achieve indirect care tasks: giving opportunities for confident behavior; improving communication skills and some other skills of everyday life; educating new strategies to solve problems; increasing the level of social success. We consider the implementation of psychoeducational programs at professional, volunteer, individual and family levels to be a perspective for further development of psychoeducation.