

Clinical Criteria Predicting Discharge From a University Psychiatry Hospital in Tunisia

N. Halouani¹, J. Boudabous¹, M. Turki¹, R. Feki¹, R. Masmoudi¹, J. Aloulou¹, O. Amami¹

¹psychiatry, Hédi Chaker University Hospital, Sfax, Tunisia

Introduction

The disturbance in the care of the patient with mental disorder after discharge is considered as one of the most significant obstacles to establishing a stable recovery. So that discharge criteria must be well studied and standardized.

Objective

To determine the kinds of criteria being used in discharging patients from a psychiatry hospital.

Methods

We conducted a retrospective study in 60 patients (mean age : 34 years \pm 10,8) how have been admitted in the university mental hospital B in Sfax, Tunisia on the first 7 months of this year. Data was collected from patient files.

Results

Patients were admitted for psychotic disorders in 67,8% of cases, mood disorders in 11%, personality disorders in 11,7% and mental retardation in 6,7% of cases.

Fourteen criteria were identified. Those criteria were dominated by the stop of agitation and decreased of aggressivity in 68.3% of cases, acceptance of treatment in 46.7% of cases, self-criticism of his disorder in 31.7% of cases, the disappearance delirium in 13.3% of cases. 10% of these patients escaped from the hospital and 8.3% came out after against medical advice.

Conclusion

There seems that exit psychiatric hospital criteria are subjectives and diversifies. Those criteria take into consideration as well as clinical features, social conditions of the patient, making it necessary to develop a standardized list of discharge criteria and discuss uses for such criteria.