

P02-120 - "THE OTHER SHORE OF MENTAL ILLNES": IMPROVING ADHERENCE AND INSIGHT IN AN ACUTE PSYCHIATRIC UNIT OF A GENERAL HOSPITAL

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Objective: Improving adherence in mental patients, growing up insight and reducing stigmatization.

Giving simple and clear messages to families and patients for learning about symptoms and the management of daily difficulties.

Methods: Three were the main pillars of our work: patients' opinion, professional knowledge and families contributions. First, patients were questioned about "What is for you mental illness?" "May you explain your illness?" and the answers were completed with a collage/picture. Those opinions were evaluated by the group and the therapist. We already made reunions with a mental patients association and family groups to expose their opinions and daily life difficulties.

Results: Analyzing drawing-collage characteristics, medical histories and reflections from patients and families, we achieved an individual management for patients. Families could expose doubts and suggestions about patients care. We offered a multidisciplinary management to develop insight and adherence.

"The other shore of mental illness" is a book with a psicoeducative propose about useful concepts of mental illness. It emerges from the professional need to approach to the other shore, families and patients' opinions and feelings.

Conclusions: Drawing has been used as worktherapy, becoming a benefit for diagnosis and evolution in mental illness. In this book we used them as a means in the improvement of insight and adherence.

The work with families, patients and caregivers let therapists to attend the real difficulties in their daily lives.

The book would be not only a vehicle to reduce stigma, but also a reflection on avoiding discriminatory politicals in mental patients assistance.