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SOMATOFORM DISORDERS PSYCHOTHERAPY CORRECTION

O.I. Kudinova

Kharkiv Clinical Hospital of Emergency and Immediate Care Named after A.I. Meshchaninov, Kharkiv, Ukraine

At the present time in Ukraine the special priority has the problem of somatoform disorders. A prevalence of clinical somatization neurotic disturbances and necessity of differential diagnostics with somatic diseases were the precondition for studying this area. At the same time, in Ukraine the diagnosis "Vegetative-vascular dystonia" which is ciphered G 90.8, according to ICD-10 instead of "Somatoform disorders" F40.0-F48 is used. It leads unreasonable treatment significant contingents of neurotic patients in neurological departments. On the basis of complex study 300 patients with somatoform disorders and 200 patients with chronic psychosomatic disease are conducted determination of structure and dynamic of somatoform disorders in general practice in Kharkiv-city. Clinic-epidemiological and clinic-statistical research allowed to define the structure of somatoform disorders in ambulatory-policlinic practice. Somatoform dysfunction of cardiovascular system has 60%, of gastrointestinal system 25%, urinal system 8,0%, other - 7%. On that ground has been developed complex differential system of medical- psychological and psychotherapy correction of somatoform disorders with the - 80% high efficacy. Our experience showed the necessity of the integrative models of psychotherapy provided, parted on stage. On the first stage - sedative-adapting the receptions of cognitive and suggestive psychotherapy are used. There is groupe therapy on second-main-stage. On the third stage-supportive-elements of the autogenic training mastered.