

## **P-606 - CHARACTERIZATION OF FOREIGN POPULATION ADMITTED TO PSYCHIATRIC INPATIENT CLINIC IN CENTRO HOSPITALAR PSIQUIATRICO DE LISBOA**

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**Objectives and aims:** The authors intend to characterize the population of foreign patients admitted to Department L of Centro Hospitalar Psiquiátrico de Lisboa, Portuguese biggest Psychiatric hospital, and compare it with published data on the subject.

**Methods:** The authors identified all foreigner patients hospitalized in the Inpatient Clinic from 01/01/2010 to 30/06/2011. Clinical information was obtained from the case notes and statistically treated. Relevant literature collected from PubMed was reviewed.

**Results:** A great heterogeneity of nationalities was found including 21 countries, the majority of which are a part of CPLP (Community of Portuguese Language Countries). Nearly all of the patients (91%) were in Portugal as immigrants, most being single and unemployed. Housing conditions are unstable. Psychiatric diagnoses show that schizophrenia is the pathology with more expression (27%), followed by major depression (16%) and bipolar disorder (15%). A significant number of patients have disorders due to psychoactive substance use (19%). After discharged from the hospital 77% were referred to outpatient services, but only half of those are still being followed-up.

**Discussion:** Social and familial stability is an important factor influencing mental health. Most patients covered by this study experience familiar, professional and housing instability, making them a risk group. Schizophrenia and affective disorders are the most prevalent pathologies, which agrees with the prevailing idea that social distress is a risk factor to them.

**Conclusions:** Further studies should be held in order to characterise foreigner populations admitted to psychiatric clinics so that better therapeutic and follow-up measures can be carried out.