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People with mental health disorder, implementing individual treatment goals and long-term follow-up in psychiatric rehabilitation

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Persons with mental health disorders have difficulties of living independent every day life. Occupational therapists working in mental health organisations is requested to document the patients individually goal directed interventions. The goals should be measurable and clearly formulated leading to increased life satisfaction for the patient. The overall aim was to implement and evaluate a treatment concept with individualized measurable methodology of treatment and structured long-term follow-up. Intervention: In "Goal Attainment Scaling" (GAS) the measurable goals are worded in mutual understanding between therapist, patients. "Structured long-term follow-up" imply that for every client is established a long-term plan covering at least two years. The patient and occupational therapist make a comparison of how the goals are attained and formulate new goals at one month, six, twelve and after 24 months. The staff was taught the GAS methodology and structured long-term follow-up.

Method: a total of 20 patients/clients was included in the study, as well as the patients occupational therapists (n=12). The patients were asked to answer four questionnaires covering background characteristics, subjective occupational performance, satisfaction to perform daily occupations, questions about quality of life and ratings of how the patient perceived participation in mutual planning of interventions.

Since the methodology was new the staff's work satisfaction was also measured and constitute a part of the evaluation. Data was also collected through focus-groups interview with the participating occupational therapists. The purpose of the interviews were to collect data of how the occupational therapists perceived implementation of a new method in their work.

The project is expected to lead to a guarantee of the care quality for these patients.

Data collection is currently on-going and preliminary results of the analyses will be presented at the congress in Santiago.