

# The effect of an occupational therapy mental health day treatment centre on the use of in-patient services in the Western Cape, South Africa.

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# Background

- Increased use of in-patient services
  - Numerous users needing care
  - Premature discharge
  - Scarcity of community-based services

Occupational therapy-led day treatment centre

-2 staff

-daily therapeutic programme

-100 clients

-20-35 per day

## The aim

To determine whether attendance at an occupational therapy-led community day treatment centre for mental health care users affects the use of in-patient services in the Western Cape

# Therapeutic programme

Year	2009	2010	2011	2012
Groups per day	2	4	4	4
Days per week centre was open	3	4	4	4
Type of groups	Orientation	Orientation	Cognitive Stimulation	Cognitive Stimulation
	Art and craft	Art and craft	Art and craft	Art and craft
	Life skills	Life skills	Life skills	Life skills
		Gardening	Psycho-education	Psycho-education
			Nutritional	Nutritional
			Drumming	Drumming
				Individual sessions

# Study method

- A pretest-posttest quasi-experimental study design
- Pre-existing data
- Total population sampling (N=44)
- Non-parametric tests used for data analysis



Number of admissions



Days spent in hospital

For 24 months before and after interventions was compared for the whole group



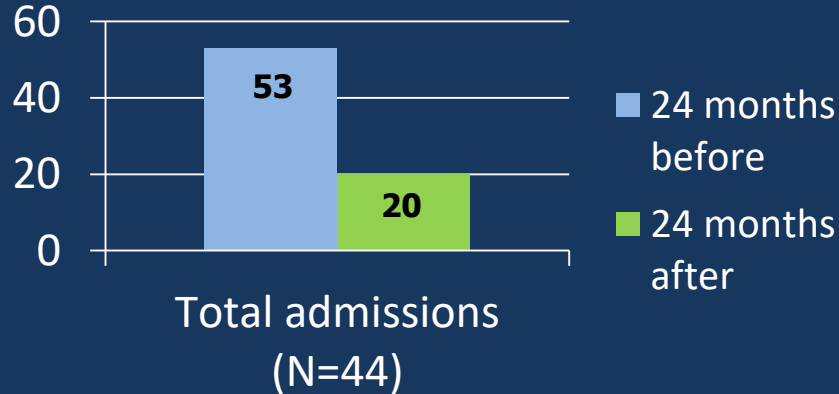
and individual participants



# Results



## Number of admissions to hospital



62.3%

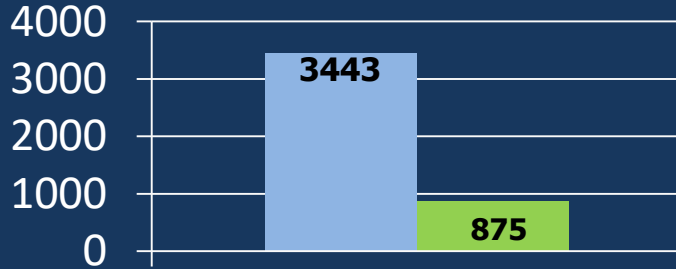


25 participants (56.8%) had less admissions

# Results



Number of days spent in hospital



Total days spent in hospital (N=44)

■ 24 months before

■ 24 months after



74.6%



Up to 7 months less in hospital

# Discussion



# Conclusion

- Effective way to alleviate pressure on in-patient services
- Decreased admissions
- Decreased days spent in hospital
- Community day treatment centre at tertiary hospital is possible
- Meaningful participation