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Early Rehabilitation in a Psychiatric Ward for Acute Patients: the Experience of the S.C. Psichiatria, Aou Maggiore Della Carità, Novara, Italy

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Introduction

Our Psychiatry Ward (SC Psichiatria, Maggiore della Carità Hospital, Novara) has a longstanding tradition in the training of clinicians (psychiatrists, but also non-psychiatrists) about the importance of the approach in helping relationships. This tradition reflects itself in the organization of the assistance to the acute psychiatric inpatients admitted to the Ward. In addition to treatment as usual, patients have the opportunity of being involved in several group activities. The activities are proposed to them, with an approach that varies according to the patient's lifetime diagnosis, current conditions, relational difficulties, etc. In other words, different activities may be proposed to different patients, in different ways.

Aims

To describe the integrated treatment approach we use in our Psychiatry Ward.

Methods

Group activities are guided by a group leader who is supported by one or two assistants whose role is to facilitate discussion. Activities include: Newspaper Reading (everyday in the morning, 1 hour); Music Listening Group (once a week; 1 hour); Cinema Group (once a week; 2 hours and a half); Fairytale Group (on alternating days in the evening, 1 hour).

Results

More details will be supplied regarding the theoretical background for the group, the group features/implementation, and its specific objectives.

Conclusions

All the group activities integrate themselves in an early rehabilitation project tailored to each patients' characteristics and needs. Briefly, their main objectives include: 1) to help patients endorse their cognitive, emotional and relational skills; 2) to offer support to the crisis they are experiencing, which led them to admission to the Ward.