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Editorial Group: a Long-term Rehabilitation Approach Developed at SC Psichiatria, Maggiore Della Carita Hospital in Novara.

M. Antona¹, P. Zeppegno¹, C. Delicato¹, P. Bergamasco², F. Fuliano², N. Chieppa², A. Feggi¹, C. Gramaglia¹, E. Torre¹

¹Department of Translational Medicine, Institute of Psychiatry University of Eastern Piedmont, Novara, Italy ;

²S.C. Psichiatria, AOU Maggiore della Carità di Novara, Novara, Italy

Introduction

Our Psychiatry Ward offers several group activities to both inpatients and outpatients. Among these, the Editorial Group involves only outpatients (who had been previously admitted to the Psychiatry Ward as inpatients) in fair psychopathological compensation, carefully selected for this long-term rehabilitation approach.

Aims

To describe the Editorial Group activity.

Methods

The Editorial Group meets once a week at the Psychiatry Ward. It involves patients, nurses and a group leader who is a Psychiatrist. The psychiatrists' and nurses' role is to facilitate the group process and the exploration of the topics discussed. Members are encouraged to discuss their opinions about tales, movies and books; to share poems, paintings, photographs. The aim of this process is to eventually develop a Ward magazine which is published quarterly.

Results

Members' commitment is extended beyond the weekly meeting hour of the group; indeed, we have observed that patients in their free time spontaneously decide to spend time collecting material to share and drawing up the articles, which are assigned according to patients' aptitudes and preferences. A continued commitment to share daily life experiences and to express creativity, helps patients get involved in the Group, and eventually leads to something concrete and valuable to share with others, also beyond the Group. Both the leader and the other equipe members help patients listening to each others' opinions, ideas and personal experiences.

Conclusions

The Editorial Group helps patients improving emotional and relational skills, and stimulates cognitive resources. Moreover, it enhances creativity, promotes collaboration and stimulates curiosity.