

Dual Disorder in a Subacute Psychiatric Hospitalization Unit

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Introduction

In Spain there are two circuits that work separately, the Mental Health and the Drug Addiction, so that a patient with dual pathology must perform double track, on one side of his mental disorder and the other side of substance use disorder. The short-term hospital admissions are also separated. However, there are few resources for medium-long hospitalization addictions network, so that, when an income of these features is required, usually is admitted to the circuit of Mental Health.

On June 1st 2014, the Institut de Neuropsiquiatria i Addiccions (INAD) created a Subacute Psychiatric Hospitalization Unit. This Unit takes care of patients from Sant Martí sector (Barcelona) and works as a medium-term hospitalization program.

Aim

The aim of this study is to describe the profile of inpatients admitted to the subacute unit since its inauguration.

Method

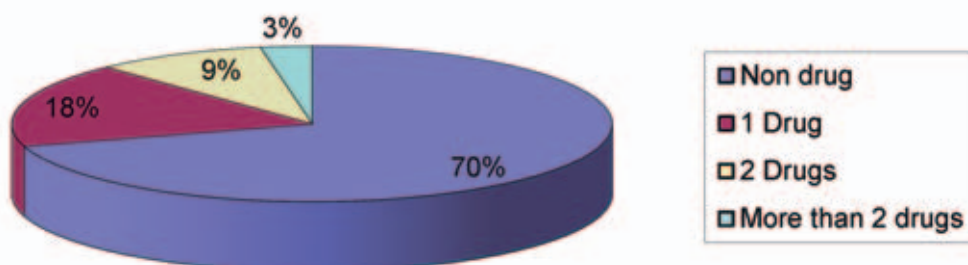
This is a transversal study. All patients admitted for a medium-term psychiatric treatment since 01/06/2104 to 30/03/2016 were included. Data about sociodemographical status, drug misuse and clinical situation was obtained and compiled in a database. Descriptive statistics were performed using SPSS Software.

Results

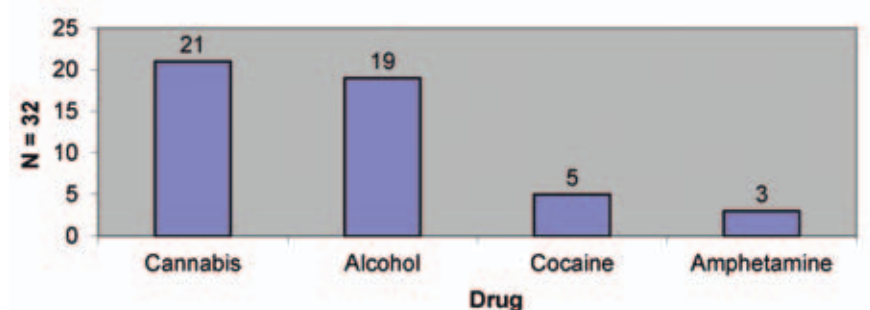
108 patients were admitted to the medium-term hospitalization unit (52.8% Male; 47.2% Female). Mean age was 47.3 years-old; with regard to marital status, 71.3% were single, 12% married, 11.1% divorced and 5.5% widowed.

More than a quarter of the sample, reported ever having used drugs (39.8%). Nowadays, 32 inpatients had a comorbid substance abuse disorder and reported current drugs problems. 84.4% came from Acute Brief Hospitalization and just 15.6% from Dual Disorder Unit. Cannabis (21 inpatients), Alcohol (19), Cocaine (5) and Amphetamines (3) were the drugs misused. Over half of the sample reported two different drug misuses. Schizophrenia was the diagnose motivating the admission in 37% of the cases.

Substance Abuse



Current drug misuse



The sociodemographic characteristics of the sample of active dual disorder inpatients (32) were the following: male (62.5%), single (87.5%), with a mean age of 36.9 years-old. 59,4% of these sample consumed only a toxic (9 inpatients cannabis, 8 alcohol, 1 cocaine, 1 amphetamine), 10 inpatients consumed two substances (alcohol and cannabis mainly) and only 3% consumed three or more drugs. Schizophrenia was also the most common diagnose motivating the admission.

Conclusions

It has been estimated that more than half of the adults suffering from mental illnesses, are also affected by substance use disorders. These people often find it difficult to obtain an appropriate service for their dual disorders, due to barriers in both the mental health and substance abuse fields. In light of these issues, there is a growing demand for integrated treatment for this population.