

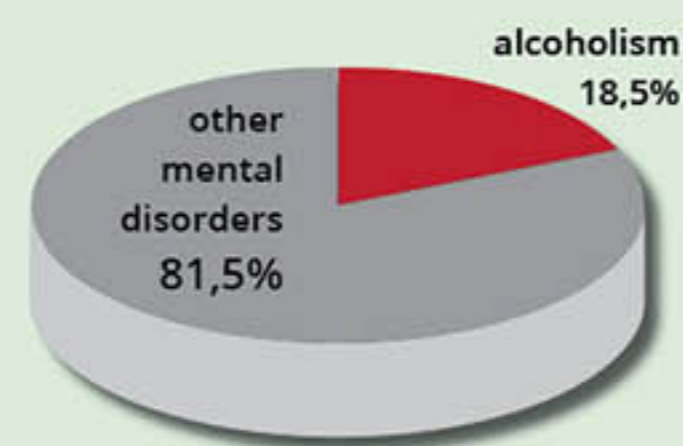
THE NEED FOR A MULTIDISCIPLINARY APPROACH AND INDIVIDUAL SCOPE IN FOCUS



FACTS

- Mental and neurological disorders are on the 3rd place among leading diseases in Croatia
- Most frequent cause of hospitalisation due to mental disorders is alcoholism (18.5%)
- Due to alcoholism's high comorbidity all medical disciplines should be involved if necessary
- Every 5th patient at the department for alcoholism is female
- Alcohol is a threat not just to the individual but to family as well

CAUSE OF HOSPITALISATION IN CROATIA



EFFECTIVE CLINICAL PRACTICE

- Psycho + bio + social model
- Multidisciplinary team: Psychiatrist - Med. nurse - Clinical psychologist - Neurologist - Internal MD - Social worker - Work and occ therapist
- Individual approach
- Evaluation of carried out treatments

BAD OUTCOMES INCREASED DUE TO ALCOHOLISM

- Violence in family
- Divorces
- Depression
- Number of female alcoholics
- Adolescence alcoholism (starting with 11yo)
- Every 4th alcoholic is sent on mandatory treatment by the court after committed violence

TREATMENT IN POPOVAČA

DEPARTMENT FOR ALCOHOLISM WITH DAILY HOSPITAL (LOCATIONS IN POPOVAČA AND SISAK)

- Screening by multidisciplinary team
- Education in alcoholism
- Therapeutic community meetings
- Group, individual and family therapy
- Female support group
- Socio-therapeutic club (engaging in social and practical activities)
- Group for spiritual support
- Education in Protocol for sexual assault
- Healthy stiles of life, increasing self competence, '5 minutes today we write'



FOCUS ON INDIVIDUAL NEEDS - PATIENT SPECIFIC - INDIVIDUAL TREATMENT PLAN

USEFUL STEPS

EARLY DETECTION OF ALCOHOLISM - COOPERATION (WITH GP, FAMILY, FRIENDS, COWORKERS) - ACHIEVE PATIENTS'S WILLINGNESS TO BE HOSPITALISED - REGULAR FOLLOW-UP AFTER DISCHARGE (CONTROL EXAMS, DAILY HOSPITAL, CLUB FOR TREATED ALCOHOLICS) - READAPTATION AND SOCIO-THERAPEUTIC ACTIVITIES - ACCESSIBLE MOBILE TEAM FOR ADDICTS WITH HIGH RISK OF RECIDIVISM



MENTAL HEALTH IN RISK

- Lack of professionals and communication with GP
- Lack of investments (government, local community...)
- Lack of family and social cohesion
- Lack of education in alcoholism
- Medication is not a full treatment
- mass-media aggressive propaganda for alcoholism not against

RESULTS

STABLE REMISSION • SELF CONFIDENCE • COPING SKILLS • ANTI-STIGMATISM

TREATMENT REQUEST BY COURT AFTER VIOLENT BEHAVIOR IN DAILY HOSPITAL			TOTAL	RECIDIVISM	INDIVIDUAL THERAPY FAMILY THERAPY IN DAILY HOSPITAL	
Popovaca	2018 Jul-Dec	7 patients	34 patients	9 patients	Popovaca	6 pairs
	2019 by end Apr	2 patients			4 patients	Sisak
Sisak	2018 Jul-Dec	5 patients	39 patients	12 patients		
	2019 by end Apr	7 patients			23 patients	6 patients

Alcohol is a threat not just to the individual but to family and society



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