

## P02-282 - PSYCHIATRIC CARE FOR PATIENTS OF SOMATIC PRIMARY CARE UNIT

V. Lebedeva<sup>1</sup>, V. Semke<sup>2</sup>

<sup>1</sup>Clinics, <sup>2</sup>Borderline States Department, Mental Health Research Institute, Tomsk, Russia

Purpose was complex epidemiological, clinical, psychopathological, clinical and dynamic study of mental disorders co-morbid with somatic pathology, development of differentiated rehabilitation programs and evaluating their effectiveness.

**Materials and methods:** The study involved 2.010 people. General characteristics of the patients of a specialized mental health office in the identification of somatic clinic were determined according to seeking help. Main groups of patients: patients with somatogenic in need of psychiatric counseling and treatment in specialized somatic facilities, requiring course of therapy followed by observation at a psychiatric clinic, requiring systemic therapy, and dynamic observation in psychiatric clinic. Number of group 1 was 14.8 per 1000 population, group 2 - 20, in group 3 - 30. Basic principles of combined therapy of mental disorders in patients in somatic network are: gradual character, complexity, availability, individually-differentiated approach, continuity.

Main functions of a specialized psychiatric room of general medical primary care unit are as follows:

1. Organization accessible and focused on needs of patients of psychiatric care in somatic network
2. Educational programs
3. Consultative-diagnostic function
4. Therapeutic and diagnostic assistance.
5. Organizing-regulatory function
6. Expert function.
7. Preventive and prophylactic function.
8. Standardization of diagnosis and differential therapy of disorders identified
9. Dynamic monitoring and counseling patients with mental disorders

Using developed by us prevention and rehabilitation programs on basis of somatic clinics in unity with mental health services has resulted in improved quality of life, high clinical and cost effectiveness in patients with combined mental and somatic pathology.