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Primary health care for inhabitants with mental disorders in state social care center

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Background & Aim: There are many stigmas in Latvia surrounding people with mental disorders. Patients of State social care centres (hereinafter - SSCC) are highly dependent of the care centres health care policy. The aim of our study was to find, whether the principles and tasks of Primary health care in SSCC are being fulfilled.

Method: In a retrospective cross-sectional and analytic, epidemiological study 122 mentally ill individuals of the SSCC "Zemgale" branch "Lielberze" were included [admitted to the centre between January 1, 2000 and October 1, 2013]. An exclusion criterion was patients, who had more than one clinical diagnosis of mental disease. Available patient medical records were gathered and thereafter analysed with the SPSS 21.0 program. Pearson Chi-Square and One-way ANOVA tests were used to compare the data.

Results: Family physicians visited patients to SSCC ~10.86 times a year. The mean age of study entrants was 49.47 years. The study participants with severe mental retardation were visited by family physician ~8.75 times per year, with moderate-8.70 times, with mild-13.33 times and with schizophrenia-13.68 times ($p < 0.05$). Overall, in a two-year period none of the patients did a faecal occult blood test for colorectal cancer, meanwhile screening for breast cancer was performed in 56% of females, aged 50-69 years. The issue of absence of colorectal cancer screening should be addressed in the context of limited adherence of patients with mental disease due to various levels of understanding and cognition, still, should be explored further.

Conclusions: The amount of family physician visits in SSCC is high; however there is a statistically significant difference in the number of visits among different mental disorder diagnoses. State organised screening program has been realized partly in SSCC. Multidisciplinary approach and increase in the staff resources are needed to better completion of colorectal cancer screening programs.