The effect of an occupational therapy mental health day treatment centre on the use of in-patient services in the Western Cape, South Africa.

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Background

• Increased use of in-patient services
  – Numerous users needing care
  – Premature discharge
  – Scarcity of community-based services

Occupational therapy-led day treatment centre
-2 staff
-daily therapeutic programme
-100 clients
-20-35 per day

The aim
To determine whether attendance at an occupational therapy-led community day treatment centre for mental health care users affects the use of in-patient services in the Western Cape
# Therapeutic programme

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<th>Year</th>
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<th>2010</th>
<th>2011</th>
<th>2012</th>
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<tbody>
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<td>Groups per day</td>
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<td>4</td>
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<td>Days per week centre was open</td>
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<td>4</td>
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<td>Type of groups</td>
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<td>Cognitive Stimulation</td>
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<td>Drumming</td>
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<td>Individual sessions</td>
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Study method

- A pretest-posttest quasi-experimental study design
- Pre-existing data
- Total population sampling (N=44)
- Non-parametric tests used for data analysis

For 24 months before and after interventions was compared for the whole group and individual participants.
Results

Number of admissions to hospital

25 participants (56.8%) had less admissions

Total admissions (N=44)

- 53 admissions before 24 months
- 20 admissions after 24 months

62.3% decrease in admissions
Results

Number of days spent in hospital

Total days spent in hospital (N=44)

- 24 months before: 3443
- 24 months after: 875

Up to 7 months less in hospital

74.6%
Discussion

- Providing food, transport and safety
- Occupation-as-means
- Shared similarities
- Occupational Spin-off Model

Meeting basic needs of the participants

- Continuity of care and staff
- Positive experience

Improve case management

- Participating in meaningful activities
- Providing a support network and facilitating social inclusion

Providing food, transport and safety

Meeting basic needs of the participants

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Providing a support network and facilitating social inclusion

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Providing a support network and facilitating social inclusion
Conclusion

- Effective way to alleviate pressure on in-patient services
- Decreased admissions
- Decreased days spent in hospital
- Community day treatment centre at tertiary hospital is possible
- Meaningful participation