

QUALITY OF OCCUPATIONAL THERAPY SERVICES IN THE ERGOTHERAPY DEPARTMENT OF THE “DR. GH. PREDA” PSYCHIATRIC HOSPITAL OF SIBIU

CLAUDIA ANGHEL¹, CIPRIAN BĂCILĂ²

^{1,2} “Dr. Gh. Preda” Psychiatric Hospital of Sibiu, ² “Lucian Blaga” University of Sibiu

Keywords: occupational therapy, patients, psychiatric pathology, quality of the services

Abstract: The patients with psychiatric pathology, during the hospitalization in the “Dr. Gh. Preda” Psychiatric Hospital of Sibiu attend to the activities carried out in the ergotherapy department. The complementary therapies are designed to help the patient to integrate socially and professionally easier. To make this possible, the quality of the services provided to the patients is important. We conducted this study in order to evaluate the quality of these services and to find solutions for possible problems. Occupational therapy has had an important place in the history of our hospital, being a department with tradition in which the quality of the services offered has always been emphasized.

INTRODUCTION

The “Dr. Gh. Preda” Psychiatric Hospital was built between the years 1860-1863, being at that time, one of the first hospitals of its kind in Europe. It started to provide neuropsychiatric medical care on November 1st 1863, having a number of 200 beds for patients, being named “The Asylum of Alienated”.⁽¹⁾ The decision to build this hospital belonged to the Higher Health Council of Vienna, and very interesting it was the main aspect of the hospital. The Higher Health Council of Vienna said that “The appearance should be friendly, without inscriptions that could remind the patient that they are in a hospice whose doors are closed forever. Let it be a family atmosphere, avoid the inner courtyards, the windows be without prison grates, except for those from halls on the ground floor, used for agitated patients. It has to provide the appearance of residential houses from the city”.⁽²⁾

Figure no. 1. “The Asylum of Alienated” -1863 (2)



Since the beginning of the hospital, the occupational therapy department existed being of a great interest. In the hospital's archives, there were found some documents that certified the concept of this field. So, near the hospital, it was necessary to...“be a greenhouse, a summer garden, an agricultural land organized as a model farm, having as a school for the patients”.⁽³⁾

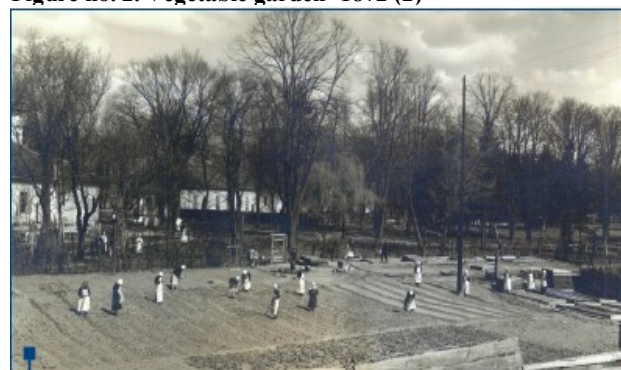
This is a testimony that, starting from the beginning, they were interested in the patient's well-being. They used complementary therapies in order to improve the psychiatric condition. In those times they had employed in the personal therapeutic hospital aide like: teachers, music and physical education teachers. The teachers had a mission: to learn the patients how to read and write. Also, under the leadership of these personnel, shows could be organized, with the help of artists from the city, patients being able to take part in these celebrations as active participants.

In a rudimentary way, it seemed to be the beginning of melotherapy attributed to the attempt to use this type of therapy as a complementary one to the medical care in this hospital.

Later, in 1872, Dr. Szabo initiated the introduction of patients into the so-called “administrative-household activities”.⁽¹⁾

We can, thus, consider the conceptual view of occupational therapy as described today. Starting with 1897, these “colonies” ⁽²⁾ were developed, managing to build a farm for horses and cows, a pig farm, also to cultivate large agricultural areas, which belonged to the hospital, so that, with the help of these activities they managed to establish the hospital's own kitchen.

Figure no. 2. Vegetable garden -1872 (2)



²Corresponding author: Ciprian Băcilă, Str. Morilor, Nr. 43, Sibiu, România, E-mail: bacila_c@yahoo.com, Phone: +40723 000227
Article received on 20.01.2020 and accepted for publication on 02.03.2020

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In 1921, Dr. Preda set up “The Society for the Protection of Alienated and Mental Abnormalities, as Well as Their Families” (4) with the main purpose to give medical and social assistance to patients at their homes. Also, attempted to realize a reintegration of the patients, who were admitted in the psychiatric hospital, into work.

Figure no. 3. Beneficiaries of the “Family Patronage” program- 1921 (2)



In the same year, to continue the activities of guidance and professional retraining of hospitalized patients, they founded within the hospital “The Medical-Pedagogical School Around the Hospital of Mental and Nervous Diseases of Sibiu”(2) having the main purpose to supervise the hospitalized patients’ occupation, “with a better understanding of the lower mental capacity of the sick by the employer”.(2)

In 1933, Dr. Liviu Ionașiu extended the activity level of the patients and their involvement according to their mental state, sometimes trying to change the profession of these patients, when the mental illness was an impediment to continue their activity. These reorientations were made during the hospital admission, obviously, after the patient’s mental state improved and he was able to allow them to do so. We can say that this is how scientific ergotherapy appeared.(1) The occupational therapy department was made up of existing workshops up to that year, to which were added the factories for the manufacture of carpets, rugs and braided baskets. These workshops were inside the hospital.

Since then, they have emphasized the quality of services provided to the psychiatric patients. That was a vision about the medical approach in the psychiatric care and about the importance of occupational therapy in this field.

Nowadays, the occupational therapy department within the “Dr. Ghe. Preda” Psychiatric Hospital of Sibiu includes the section for adults and section for children. The activities carried out within the occupational therapy section are as follows: tailoring workshop, embroidery, painting workshop, sculpture, ceramic modeling, textile braids, floral decorations, computer workshop.(5)

Figure no. 4. Occupational therapy department-2017 (2)

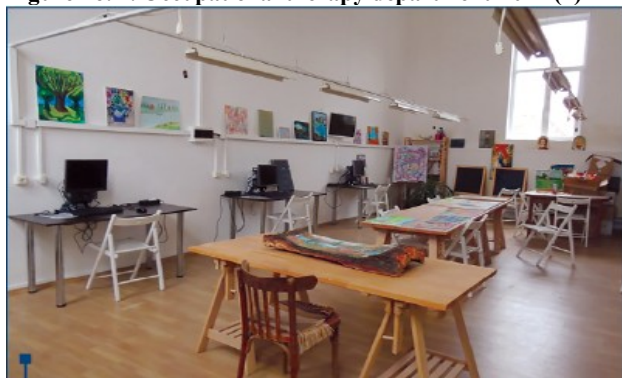


Figure no. 5. Occupational therapy department -2016 (2)



The activity program of the department is 5 days per week, from Monday to Friday, from 07.00-15.00. Between 09.00-13.00, the activity is performed with patients. During the period 07.00-09.00 the personnel prepares the materials, plans the activities of the current day and the activity spaces. Between 13:00 and 15:00, patient-centered therapy programs are developed/re-evaluated, namely: analysis of observations, establishment and reassessment of therapeutic objectives, analysis of activities and their adaptation to the needs of patients, evaluation of therapeutic efficiency, completion of patient records, finishing the products made in the activity with patients.(5)

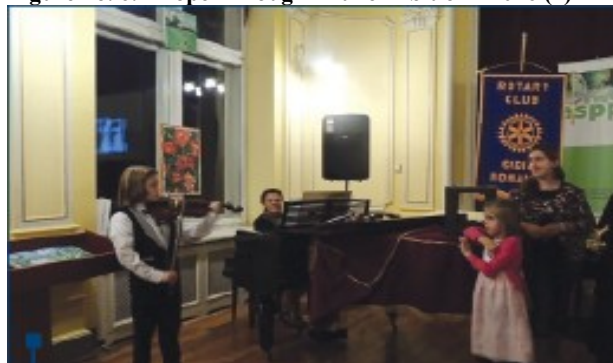
The beneficiaries of the occupational therapy department are the patients admitted to the psychiatric hospital, presenting the following pathologies: schizophrenia, affective disorders, persistent delusional disorders, organic personality disorders, personality disorders, dementia (mild types), addiction disorders of different etiologies.

The number of participants in occupational therapy activities is variable, depending on the pathology, the disease evolution, the patient’s desire, as well as the doctor’s recommendation.

The staff involved in the development of adult occupational therapy activities is made up of: a specialist doctor, with a coordinating role and two instructor-occupational therapists (training level 3). In order to raise the quality standard of the services provided in the occupational therapy laboratory, its staff participated in training courses (Psychiatric Hospital in Rennes, France) as well as in post-secondary courses - Frederich Muller School.(5)

The products made by the patients were exhibited at the hospital, on the occasion of organizing two exhibitions during the religious holidays important for the Orthodox spirit, namely Easter and Christmas, as well as during the annual “Hope Through Art” exhibition with sale. All these activities have the role of raising awareness for psychiatric disorder and also reducing stigmatization in the community.

Figure no. 6. “Hope Through Art” exhibition - 2016 (2)



During the year 2019, in the department for the adults,

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a number of 469 patients were present in the occupational therapy unit, as follows: in January there were 54 patients, in February 64, in March 64, in April 53, in May 28, in June 29, in July 27, in August 21, in September 29, in October 38, in November 39, in December 23.(6)

In 2019, within the department, a study was conducted to evaluate the satisfaction of the psychiatric patients admitted to the “Dr.Gh.Preda” Hospital in Sibiu and how the complementary therapies had an impact on their quality of life.

Some of the patients present within the department did not wish to participate in the study or were discharged on request. So, at the end, in the study 52% female patients and 48% male patients participated; patients ranged in age from 24 to 65 years. In the study 55.47% of the subjects were diagnosed with depressive disorder, 17.12% with psychosis, 12.67% with personality disorder and 14, 74% with memory disorder.

The objectives of this study were to evaluate the quality and diversity of services offered to people suffering from mental illnesses through occupational therapy activities, at European standards, with qualified and dedicated staff, to increase the capacity to serve the people from the local community with the facilities for complementary therapies for the persons belonging to the target group.

We opted for a questionnaire with closed and open questions (the subjects received the questionnaire, recorded the answers and returned it to the research team).

It was an exploratory study, designed to better understand the level of satisfaction of the patients. It was important to evaluate the level of patient satisfaction due to the fact that is directly proportional to the quality of the services offered within the department.

The quality of the services provided in this department plays an important role in the effect of complementary therapies. Thus, we tried to evaluate how patients perceive the quality of the space in which ergotherapy is conducted, the quality of the materials and the way of carrying out the activities, the educator attitude, the quality of the services offered by the educator, and whether they were satisfied with the services provided. Most of them answered positively, in a large percentage to all questions, demonstrating the quality of the services offered. On the whole, it was clear that 97.60% were always satisfied with the services of the occupational therapy department and 2.40% were sometimes satisfied. There was a reduced percentage of the questions regarding the space of the department, because, in this place, rehabilitation works were carried out every three –four years.

An efficient solution to this matter would be to move the department to a newly built building.

CONCLUSIONS

Occupational therapy have occupied an important place in the history of our hospital, being the space in which professionals from this field have activated, with the aim of improving the quality of the activity performed in this department.

We started this study with the desire to try to certify the quality of the services offered by the staff, due to its beneficial influence on the therapeutic outcome of the patients admitted to this hospital. We thought that, by conducting such a study, patients would be aware of the importance and need for such complementary therapy. We think it is relevant to carry out an occasional evaluation of the activities within the department, in order to highlight certain aspects that could contribute to the diversification of complementary therapies.

Following the study on the group of patients who participated in occupational therapy programs, good results were recorded.

These patients were considered satisfied or very satisfied with the services offered by the occupational therapist within this department. Also, the quality of the services offered was correlated with the degree of patient satisfaction.

However, there is always room for improvement. So, in order to improve the quality of services within this department, we think the following is needed: employing two other authorized occupational therapists, involving volunteers with work experience in the field of persons with mental disabilities, diversification of activities (methods of Eastern inspiration like yoga), creation of an online shop for the commercialization of objects and art products made within these occupational therapy activities, increasing the accessibility to these products, and, at the same time being a form of advertising and destigmatization of patients with psychiatric disorders.

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