



Joint Workshop

European: Joint Workshop GAMIAN Europe and EPA: Psychiatrists and Patients in Partnership: Obstacles and Solutions

JW001

The Project on patient and clinician experience: State of the Art

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Mental health care can only be effective if patients and mental health staff develop trust that will enable the establishment of a therapeutic relationship. This requires an understanding of each others' expectations, abilities and limitations. There has been little exploration of the mutual experiences of patients and clinicians and how these interact throughout the care process, based on personal narratives. Mental health care would benefit from a better understanding of hopes and objectives, decision making processes, successes and frustrations from both the patient and the mental health worker's perspective of the care process.

GAMIAN, in partnership with the EPA, is coordinating a project that identifies the care experience of patients with depression, complemented by the perspective of the psychiatrist. The two experiences will be brought together in a dialogue, leading to conclusions about desirable actions. After an exploratory survey, in 5 countries (Finland, France, Italy, Romania, the Netherlands) GAMIAN and EPA will each identify 2 pairs of patients and psychiatrists who will be interviewed. Results will be analysed and findings discussed in focus groups.

The questions this process will raise include:

- What have been good and what have been negative experiences?
- Is the interaction between patients and mental health workers lacking a foundation of trust, leading to a cycle of fear?
- What interventions might have facilitated a positive process?
- Does psychiatric care have the tools and resources to offer adequate care for many of its patients, or does their absence result in a demoralised workforce?

- Is there sufficient system support for the psychiatric workforce from other sectors?
- Has training and education prepared the mental health workforce adequately?
- What interventions would support patients to gain optimal benefit from treatment and care?

GAMIAN and EPA intend to build on this project with future joint activities.

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JW002

My expectations of a therapeutic care pathway

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'Optimal care' for me, as a Clinical psychologist and experience expert with a bipolar disorder type 2, means having a restorative vision of psychiatric disorders and making use of care standards per specific psychiatric disorder. The care standards include concepts such as self-management, involvement of close relatives, use of preventive tools, joint drafting of care plans, shared decision making, early/accurate diagnosis, maximising participation in society and cooperation between professionals.

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