**To the 3rd International Conference on Addiction and Psychiatry**

Abstract for oral presentation - speaker

**Presentation title:** Discharge from specialized behavioral addiction clinic and referral to the primary health care: insights from a prospective study.

**Corresponding author name:** Ciro Blujus dos Santos Rohde

**Affiliation:** Department of Psychiatry of the School of Medicine of The University of São Paulo

**Ph. No:** +55 11 98837-6849

**Email ID’s:** cirobsr@gmail.com

**Whatsapp No:** +55 11 98837-6849

**Any alternative No:** ciro.rohde@usp.br

**Other Authors:** Márcio Fernandes da Silva, Hermano Tavares

**Presentation type:** Oral presentation

**Abstract:**

Introduction: The discharge of patients from specialized psychiatric clinics and referral to the primary health care system (PHCS) is often difficult. When noticed about the discharge, the patients currently react with resistance, and the reappearance of already controlled symptoms is frequent. Objective: This study aimed to understand the limitations of patients in being discharged from specialized mental health care to primary care support. Methodology: We carried out a prospective, analytical, quantitative and qualitative study with patients who underwent treatment for impulse control disorders and related conditions. Data collection was carried out through the application of two questionnaires, the first being a brief sociodemographic survey and the second a questionnaire constructed by the authors with descriptive questions about the treatment. The descriptive questions were analyzed using the Collective Subject Discourse (CSD) technique. Results: The group consisted of 14 participants, 8 women (57.1%) and 6 men (42.9%), aged 37 to 77 years. About access to PHCS, only 5 used to frequent attend the PHCS of their reference. When questioned about how comfortable they feel to follow up their treatment on the PHCS, 8 patients answered that they were not at all comfortable and only 1 felt totally comfortable about it. When asked about the experience of the treatment at the specialized clinic, the patients referred being well assisted and that they trust the professionals. When asked why they were resistant about being referred to the PHCS, the answers included the long wait to be assisted at PHCS, the preoccupation about the quality of assistance and lack of familiarity with the PHCS. Discussion: discharge of patients from specialized psychiatric centers is a challenge, the development of continuous education for PHCS workers and patient support are strategies that may improve the follow up of these patients without relapses and patient suffering.

**Biography:** Dr Ciro Rohde is a medical doctor specialized on Impulse Control disorders and Autism Spectrum Disorder. As a PhD student of the Department of Psychiatry of the School of Medicine of the University of São Paulo, his research focus on cultural psychiatry, behavioral addictions, and social psychiatry. The presented data is the result of a study used to develop a program of discharge of treated and stabilized patients from a specialized impulse control disorders clinic and referral of these patients to the primary health care with safety and patient follow-up.