

CHARACTERISTICS OF PATIENTS AND FACTORS ASSOCIATED TO DISCHARGE FROM RESIDENTIAL FACILITIES: A PROSPECTIVE COHORT STUDY IN ITALY

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Introduction: PERDOVE study is a prospective observational cohort study, which providing follow-up at one year, aims to investigate the socio-demographic and clinical characteristics of patients in in the 23 medium-long term RFs of the St John of God Order.

Objectives:

- (1) To describe the sociodemographic, clinical, and treatment-related characteristics of RF-patients during an index period in 2010;
- (2) to identify predictors and characteristics associated with discharge at 1-year follow-up;
- (3) to evaluate clinicians' predictions about each patient's likelihood of Home Discharge (HD).

Methods: All patients staying in September 2010 with a primary psychiatric diagnosis received a set of standardized assessment instruments, including a "Patient Schedule", BPRS, HONOS, PSP, PHI, and SLOF. Detailed socio-demographic and clinical data were also collected. Logistic regression analyses were run to identify independent discharge predictors.

Results: The study involved 403 patients. 66,7% is male, mean age is 49 (± 10). 70.7% is unmarried. The average duration of illness of these patients is 23 years. Primary diagnosis is represented by schizophrenic spectrum disorders (67.5%). At 1 year follow-up, 104 patients (25.8%) were discharged: 13.6% to home, 8.2% to other RFs, 2.2% to supported housing, and 1.5% to prison.

Conclusions: The main variables associated with a higher likelihood of being discharge to home were: to have an illness duration of less than 15 years and to have an available and effective social support in the last year. Lower severity of psychopathology, and higher working skills were also associated with a significantly higher likelihood to be discharged to home.