

# A Pre-discharge Rehab Programme (伴您同航) to psychiatric clients of acute admission

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## Introduction

The bridging between hospital and community resources is not fully integrated into clinical care that imposes transitional difficulties to service users at time of discharge. Challenges range from inadequate knowledge to hesitation to make use community resources are common that is crucial to keep ex-mentally ill staying at community for rehabilitation.

A Pre-discharge Rehab Programme (伴您同航) had been formulated and pilot in two phases over 15 months to a group of psychiatric clients with acute admission. The outcomes in terms of clients' satisfaction and readmission rate are encouraging. This paper is to (1) share our distilled thoughts and feelings over such community partnership program & (2) provide a grain of salt to people who are interested to integrate community partners into inpatient rehabilitation.

## Purpose of the Project

- To enable client acquire basic knowledge of mental health;
- To enable client develop basic coping skill of community adaptation;
- To enable clients develop networking with community health service;

## Material & Methods

It piloted in two phase and integrates a wide range of disciplines within our department and east cluster.

## Priority Client Groups

1. Acute onset and mentally stabilized;
2. High risk of relapse;
3. History of poor engagement in mental health services;
4. Little contact with other service providers.

## Results

Table 1: Clinical Outcomes of Pre-discharge Rehabilitation Program (伴您同航)

	Number
1. Total number of inpatients attended the programme	N = 170
2. Number of discharged after programme	133
3. Not yet discharged cases after the programme	37
4. Readmitted	17
5. Readmitted < 6 months	4
6. Readmitted < 3 months	11
7. Readmitted > 6 months	2
8. Number of discharged cases join NGOs	Not available