

PATIENT PARTICIPATION IN MTM'S IN RESIDENTIAL MENTAL HEALTH SERVICES: AN EXPLORATIVE STUDY OF PATIENTS' PERCEPTION

Background

There is a global tendency in mental healthcare towards a more active involvement of patients in their care process. As a result, patients participate more often in multidisciplinary team meetings (MTMs). Knowledge about the perception of mental health patients on patient participation in MTM's is limited.

Aim(s)

The aim of this study was to explore the perception of mental health patients on patient participation in multidisciplinary team meetings (MTMs) and to determine which factors are associated with this perception.

Methods

A cross-sectional study with 127 former and 109 admitted mental health patients was performed between 25 May and 28 June, 2020 and 16 and 23 October, 2020. For measuring the perception, the Patient Participation during Multidisciplinary Team Meetings Questionnaire (PaPaT-Q) was used.

Results

This study found that gender, educational level, nature of psychological complaints, and experience, are associated with the patients' perception. Women are more willing to participate in MTMs and have a more positive perception of the effects and the organizational preconditions. Higher educated and patients with psychological complaints related to depression, anxiety, or psychosis choose more often for an autonomous role for a patient in medical decision-making. Patients with experience in participation in MTMs feel more competent and choose more often for an active role for a patient in MTMs. Further, our analyses showed differences between former and admitted patients, whereby former patients are more willing to participate in MTMs and consider participation as more important. Further, they also feel more competent. Additionally, former patients prefer an autonomous role for a patient in medical decision-making where admitted patients choose more often for a semi-passive role.

Discussion

Our study found that currently admitted patients have a lower estimation level regarding to patient participation in MTMs than former patients. Nevertheless, there is a great willingness on the part of both groups to participate in MTMs and a large number of them also consider it important to participate.

Implications and future perspectives

The results can be used by mental healthcare workers to motivate patients in an even more tailor-made basis to participate in MTMs when admitted in a hospital. The findings of this study can be complemented with qualitative research data of mental health patients' experiences of patient participation in MTMs. For example, future research could focus on how admitted patients experience participating in a MTM and what is meaningful to them. Additionally, the focus can also go to those patients who do not wish to participate in a MTM and the motives that determine this. Research must also focus on the effectiveness of patient participation in MTMs. In particular, the focus should be on the effect on variables such as self-efficacy, therapy adherence, empowerment, sense of involvement, trust, and communication dynamics.

References

The references below are not mentioned in the abstract, but are a reference for the research topic:

1. Bangsbo et al, 14:1-11, 2014.
2. Lindberg et al, 2013.
3. Van Dongen et al, 20:724-733, 2016.
4. Van Dongen et al, 10:429-438, 2017.
5. Wittenberg-Lyles et al, 28(2):110-118, 2013.