Project for improving standard of care and human rights in a psychiatric hospital in Iran

Maryam Tabatabaee MD., MPH.
Associate Professor of Psychiatry
Tehran University of Medical Sciences
5000 emergency presentations per year

1800 admissions per year
The main treatment options were

- Long hospitalization
- Pharmacotherapy
Community programs:

Day center
Home visit program
Community mental health centers
Inpatient care

• Low standard of living in the hospital
• Use of chemical and physical restraint
• Long duration of stay (average 34 days)
• Involuntary hospitalization
• Low participation of patients and families in the course of treatment
Facility based assessment

WHO QualityRights Tool Kit
Assessing and improving quality and human rights in mental health and social care facilities
Partially or Fully Achieved

- The Hygiene, food, safe drinking-water
- Building physical condition
Partially or Fully Achieved

- Psychotropic medication is available, affordable and used appropriately,
- Adequate services for general health.
- Confidentiality
- Electroconvulsive therapy can be administered only with the free and informed consent,
- Scientific experimentation with informed consent.
Achievement Initiated

- No choice for clothing,
- Restricted communication,
- Not enough Privacy,
- Involuntary treatment,
- Nurses are not skilled to use alternative methods in place of seclusion and restraints
PLAN

A multicomponent campaign for improving quality care and human rights.

Two main strategies:

• Developing personal skills
• Reorienting health services.
Stakeholder analysis
Stakeholder engagement
Attitude & Behavior change

• Use of physical and chemical restraint (nursing staff)

• Involuntary hospitalization/treatment (doctors)
System reform/service change

Providing lockers for more privacy, clothing choice, free communication with outside (management team)
Barriers & challenges

• Low human and financial resources
• Paternalistic culture
• Defensive attitude of the management team
Thank you