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**Mental health, recovery and resilience in Burundi: What happens in under-served communities****N Nkengurutse and P Bitangumutwenzi**

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**Background & Aim:** The resilience approach is in keeping with the World Health Organizations conceptualization of mental health as a positive state of psychological well-being going beyond the absence of disease (World Health Organization, 2005). Accumulating evidence indicates the beneficial effects of a psychosocial support on general well-being in patients with mental health impairments. Less evidence is available on benefits of social-economic reinsertion in mental health resilience. This study examined the association between social rehabilitation and recovery status for one year in persons with mental illness.

**Method:** A longitudinal study using information from mental health database within psychiatric clinic included 120 inpatients aged between 15-55 years in 2017; we collected data during stay and approximately 1 year after they were discharged. WHODAS tool was used to gather information.

**Result:** The mean age of sample was 22.4. Patients were women (61.5%), men (48.5%); married (43%); rural (89, 4%), under-educated (75%); refugees (93%); from large families (74%); without land (83%), job (87%) or access to health system (47%). They used traditional (92%) or faith care (35%). Screening was made by family (50%), neighbors (35%), community workers (10%) or care providers (5%). GP diagnosed 100% of people: with depression (57%), psychotic features (20%), bipolar disorders (13%), schizophrenia (8 %). 65 % was trauma patients. Average length of stay was 20.1 days. After one year, home visits (12%), Psychological support (25%), medical treatment (14%) was provided. stigmatization (60%) and poor economic reinsertion (90%) undermined improvement. Full recovery (30%) and relapse (42%) of patients were noticed 12 months later.

**Conclusion:** This study shows how people struggle to recover from a mental illness despite challenge of access to medical services and poor social reinsertion which jeopardizes resilience.

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