



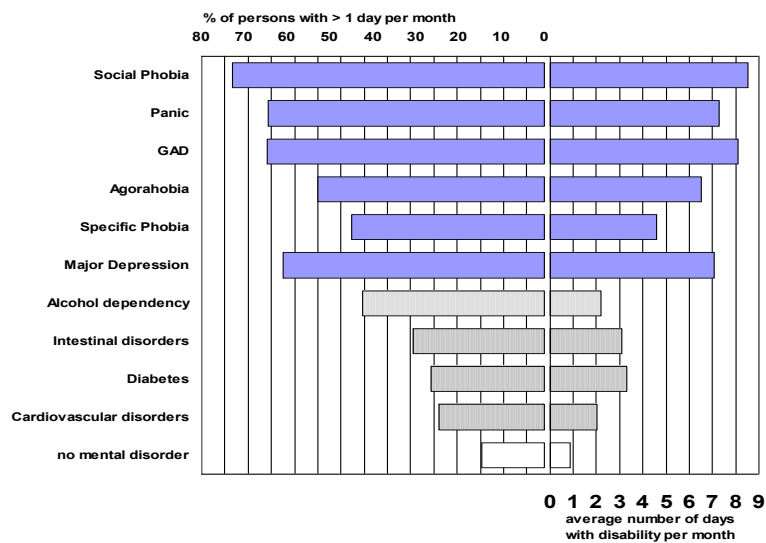
# Mental Health, Disability and Work: Inpatient Medical Rehabilitation

**Prof. Michael Linden**

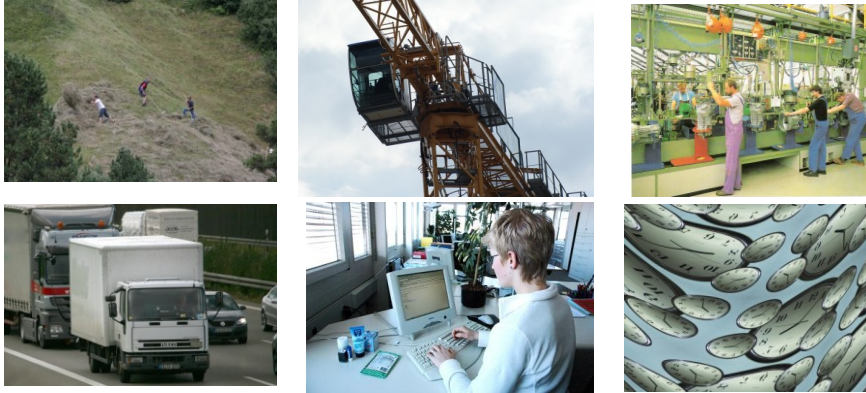
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## Disability in relation to different disorders (Bundesgesundheitsurvey 98)



# Type and meaning of work

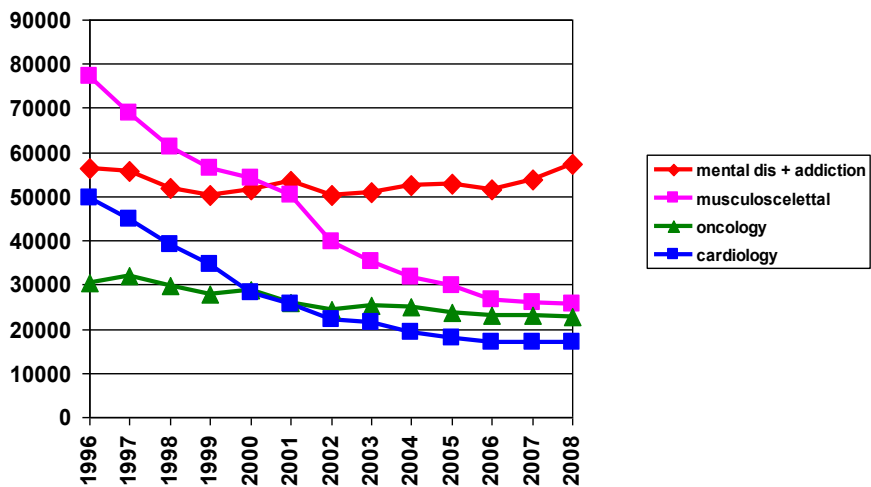


**Hand – Head – Haste !**

**you work to live ? - you live to work !**

## Early retirement by diagnosis

Deutsche Rentenversicherung, 1996–2008



## Health Care for Mental Disorders in Germany

(80 Mio. inhabitants)

individual outpatient practice

- 14.986 ambulatory psychological psychotherapists
- 2.985 ambulatory specialists for psychosomatic medicine and psychotherapy
- 2.724 ambulatory specialists for neurology and psychiatry
- 2.207 ambulatory specialists for psychiatry and psychotherapy
- 60.000 ambulatory physicians with special training in basic psychosomatic care (mostly general practitioners)
- 14.173 non-medical practitioners (Heilpraktiker)

outpatient clinics

- appr. 300 outpatient clinics (appr. 1.200 physicians and psychologists)
- 12.487 psychosocial counselling institutions (60.000 counsellors)
- 155 outpatient psychotherapy training institutes (appr. 4.000 psychotherapists)

= 162275 therapists/counsellors = 1 / 493 inhabitants

= 28.102 psychiatric-psychotherapeutic specialists = 1 / 2847

hospital care (pts per year)

- 638.538 pts. in psychiatric hospitals
- 23.220 pts. in psychosomatic hospitals
- 30.273 pts. in child and adolescent psychiatry hospitals
- appr. 160.000 pts. in general hospitals
- **appr. 200.000 pts. in inpatient rehabilitation hospitals**

## Forms of Rehabilitation

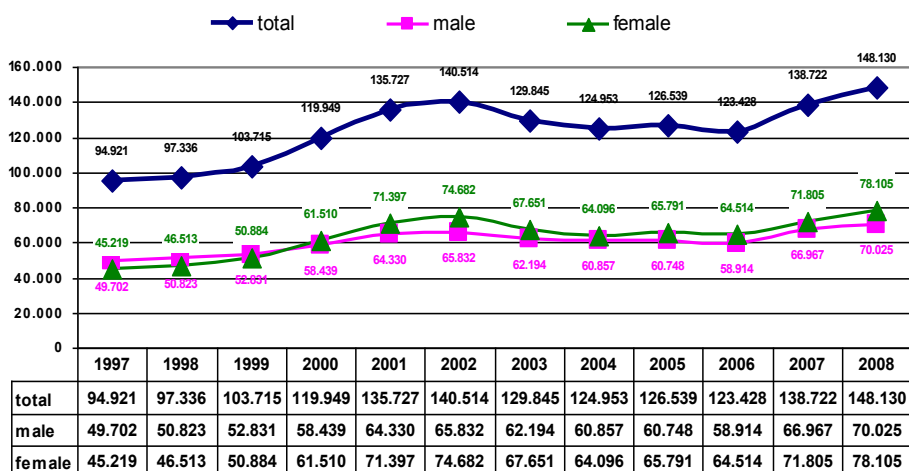
- Participation Rehabilitation
  - prothesis
  - barrier free architecture
- Job Rehabilitation
  - education in jobs which can be done in spite of existing impairment
  - formation of special jobs for persons with impairment
- Medical Rehabilitation
  - diagnosis and treatment of chronic illnesses (> ½ year)
  - treatment of illness course
  - support for self-management of chronic illnesses

## Medical Rehabilitation: Medical specialty for the diagnosis and treatment of disability and chronic illnesses

SGB IX, § 26

- **Goals:**
  - prevention of chronicity
  - treatment of chronic illnesses
  - compensation of chronic illnesses
  - prevention of illness deterioration
  - prevention of negative illness consequences
- **Interventions:**
  - care by physicians
  - medication
  - psychotherapy
  - etc.

### Inpatient medical rehabilitation for mental disorders German federal pension agency, 1997– 2008:



## Inpatient Psychosomatic Rehabilitation in Germany

- 25.000 beds (0,3 beds per 1000 inhabitants)
- 200.000 patients per year (0,25%)
- costs are payed by the pension or health insurance
- patients and their physicians can send applications together with case reports to the insurance which are then reviewed by physicians
- patients with prolonged times of sick leave are seen by physicians of the insurance and then send involuntarily to inpatient rehabilitation
- patients who ask for early pensions are first send to inpatient rehabilitation (rehab first!)
- there is a fixed number of days admitted by insurance, which can be changed if necessary
- patients are send by the insurance to rehabilitation centres nationwide which are specialised for the problem at hand

## Why Inpatient Treatment: Therapeutic Milieu

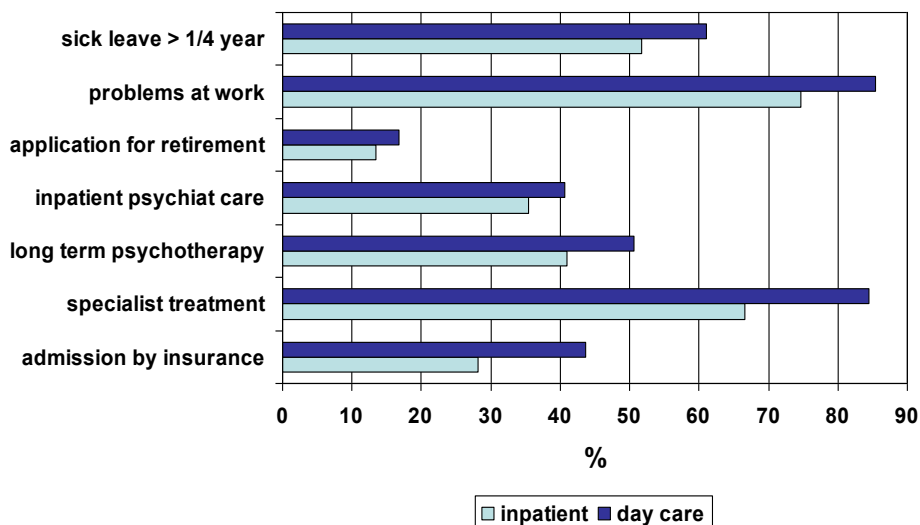
- **Intensified diagnosis**
- **Intensified treatment**
- **Shelter**
- **Relieve of demands**
- **Structuring of the day**
- **Therapeutic demands**
- **Practice field**
- **Motivation**
- **Model-Learning**
- **Contact with others**
- **More reliabel observation and sociomedical judgements on illness state, prognosis and ability to work**

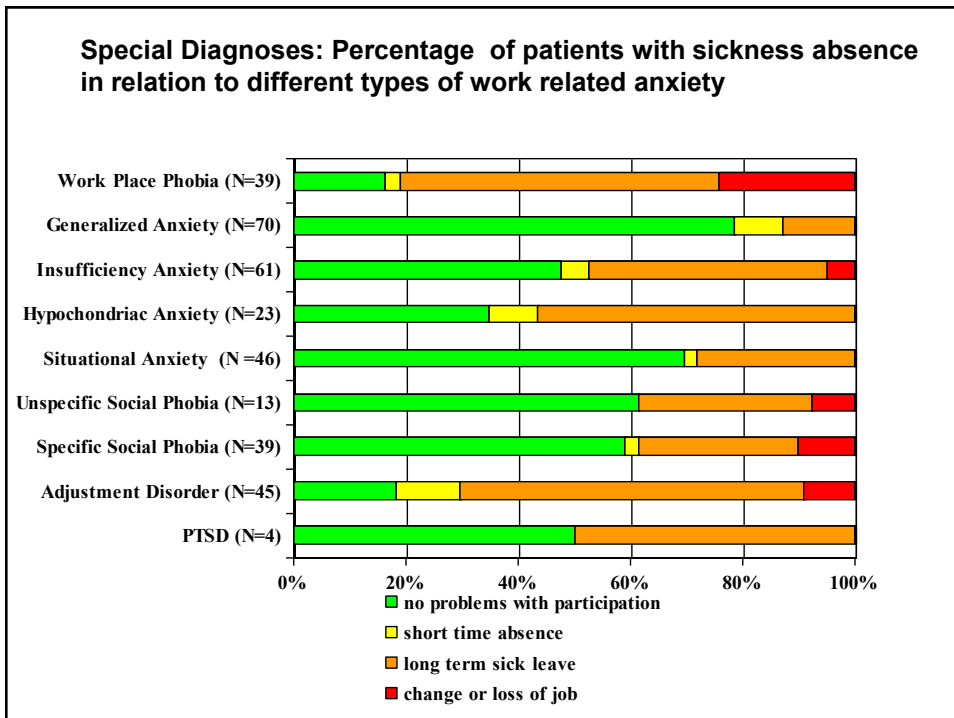
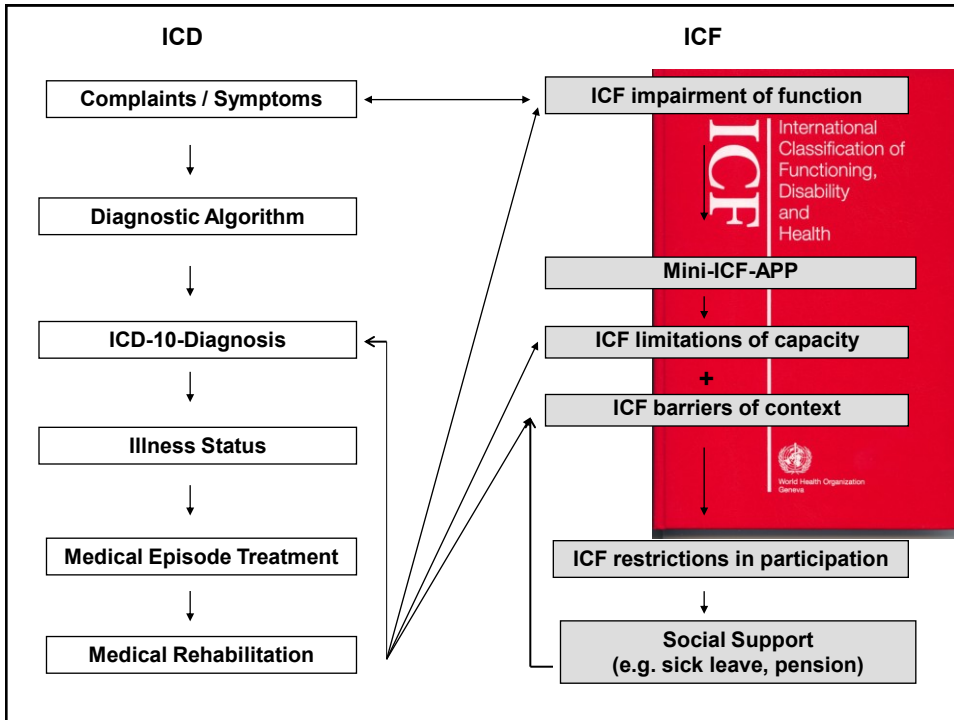
## Diagnoses in Inpatient Psychosomatic Rehabilitation

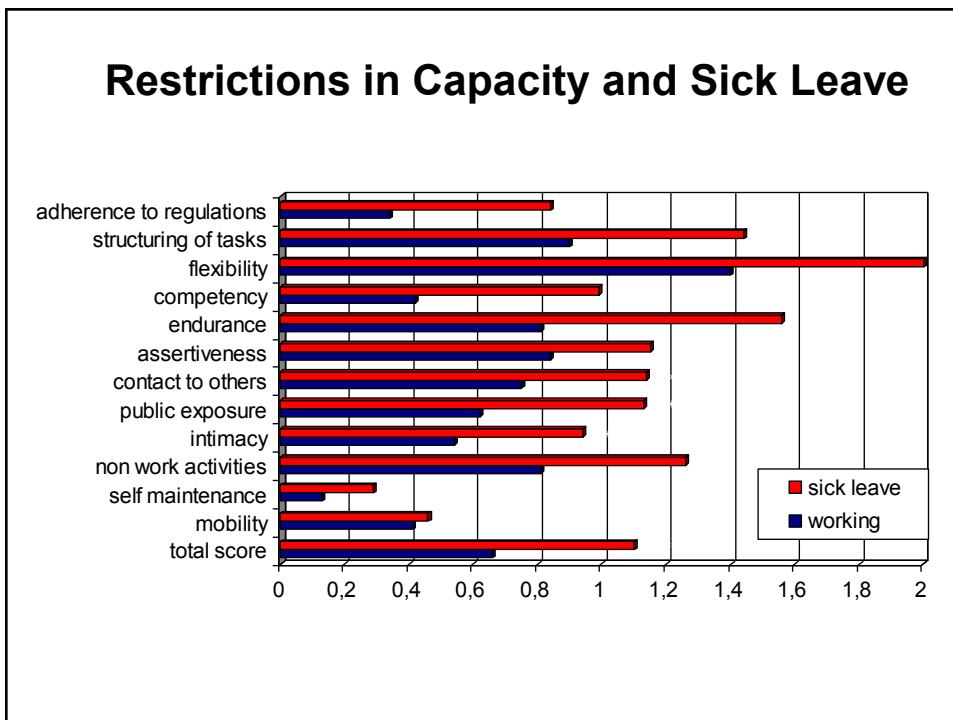
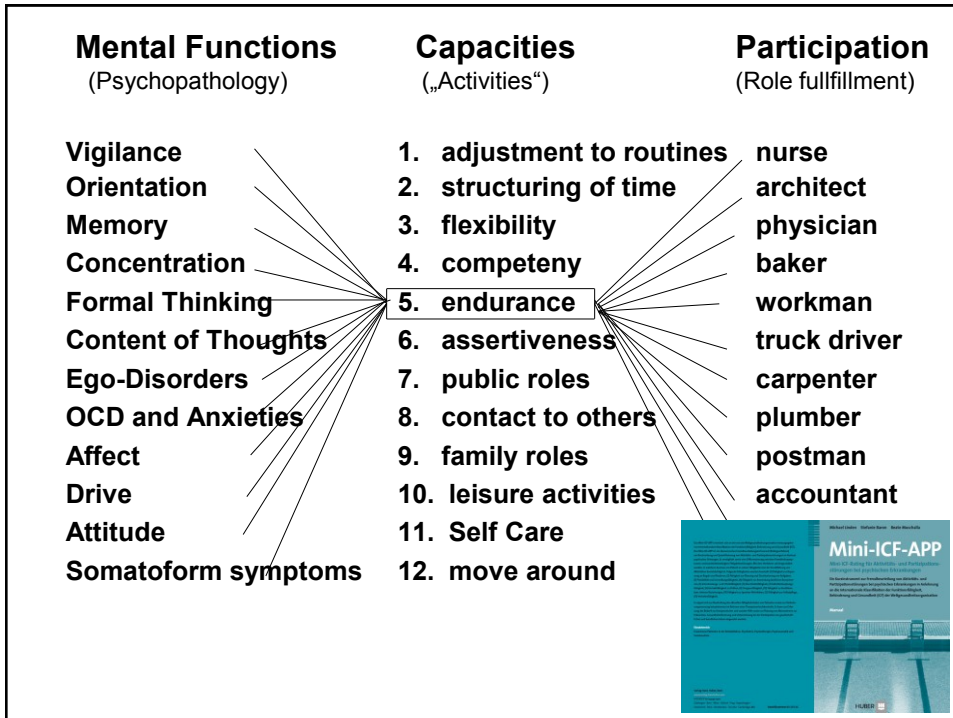
Dep. of Behavioral Medicine, Rehabilitation Centre Seehof Teltow/Berlin

ICD10-Diagnoses		%
F0	Organic Disorders	3,1
F1	Abuse of Psychotropic Substances	1,3
F2	Schizophrenia	0,4
F31	Bipolar Depression	2,2
F32	Depressive Episode	11,9
F33	Recurrent Depressive Episode	9,2
F34	Chronic Depressive Episode	3,8
F40	Phobic Disorder	15,3
F41	Panic, GAD	10,1
F42	OCD	2,0
F43	Adjustment Disorders	29,2
F45	Somatoforme Disorders	9,7
F48	Neurasthenia etc.	2,2
F50	Eating Disorders	0,7
F51	Sleep Disorders	0,7
F54	Psychological Reactions to Somatic Disorders	0,2
F60/61	Personality Disorders	8,1
F8	Developmental Disorders	0,2

### Patients of the Department of Behavioral and Psychosomatic Rehabilitation at the Rehab Center Seehof of the German Federal Pension Agency







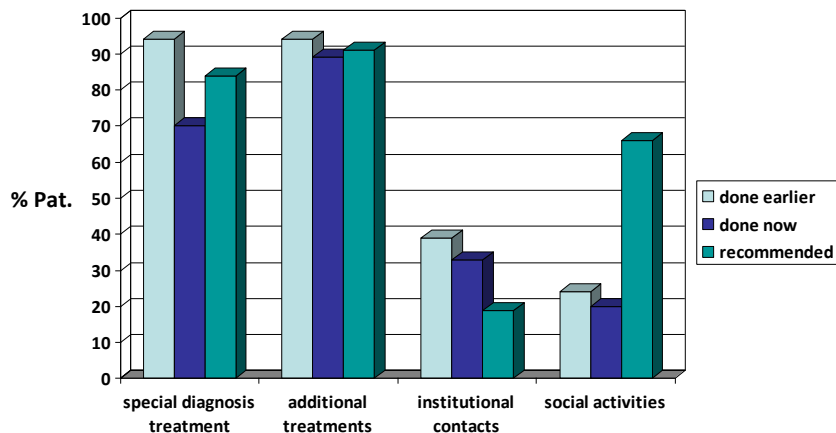


## Special Treatments:

### Therapeutic Interventions for work related problems

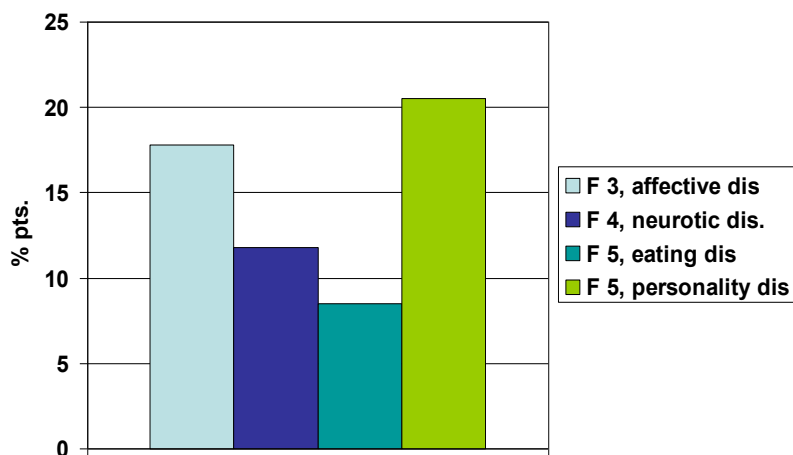
- Individual psychotherapy for the improvement of self efficacy, reduction in anxiety etc.
- Group psychotherapy for the improvement of self efficacy, decrease of anxiety etc.
- Competency training by occupational therapists (concentration, endurance, functional training)
- Group therapy: management of conflicts at the work place
- Group therapy: management of time at the work place
- Group therapy: Work an self-development
- Internet search
- application for jobs with support
- Counseling for occupational rehabilitation
- Individual counseling for work related problems
- Contacts with the employer
- Work exposure
- Follow up counseling

### Medical rehabilitation by general practitioners



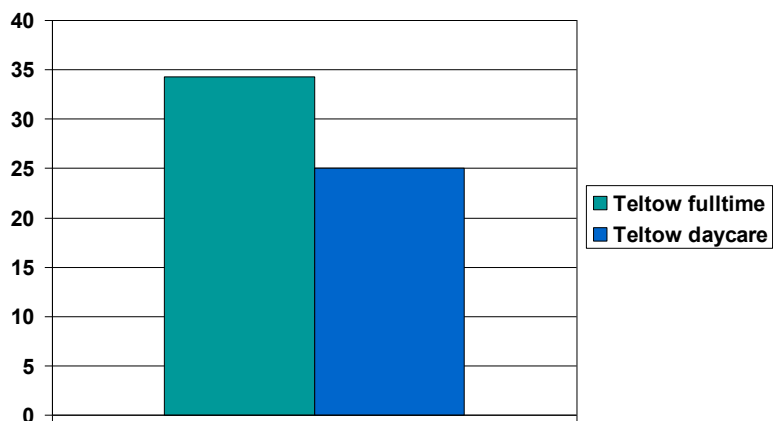
### Percentage of patients on early retirement 2 years after inpatient rehabilitation

German Federal Pension Agency, 2005



### Percentage of patients who have been on sick leave longer than 1/2 year and who have not been on early retirement during the next two years

German Federal Pension Agency



## Summary and Conclusions

- *Chronic (mental) disorders have special characteristics in respect to functions, capacities and participation in work or life in general*
- *Chronic (mental) disorders pose special problems in respect to diagnosis and treatment and need special medical care (medical rehabilitation, social psychiatry)*
- *Specialized centers for medical rehabilitation can help to identify problems and offer targeted treatment in the course of chronic illnesses*
- *Additional to the diagnosis of syndromes diagnoses of course are needed and especially of criteria for course dependent interventions*
- *Assessment, prediction, and treatment of chronic (mental) disorders has to focus on the relation between capacity and context*