

Assessment Of The Demands And Strategies Of Care On Mental Health In A Unit With “Family Health Strategy”

Abstract

Mental health care, expected in the Psychiatric reform, emphasizes citizens' rights and 'health actions' in the territory where they live, including the participation of the family health care teams (FHC). This study aims at producing a report on the demands of mental health by patients in a health care team in Porto Alegre. The sample corresponds to patients attended by a local family health clinic to renew their prescription of psychotropics in 2010. Data extracted from the sociodemographic profile, treatment and referrals by the local health care team. The results identified a total of 319 patients, 61,1% above 50 years of age and 71,2 % of them are women. The least used procedure-strategy was participation in therapeutic groups (6,3%) while 29,2% only came to the clinic to renew their prescriptions in 2010 with an average of 2,05 medical appointments during the period. In conclusion, the strategies used by the health care team may be away from the recommendations of comprehensive mental health care.

Key words: mental health care; family health care; primary health care; comprehensiveness in health care; use of psychotropics.