

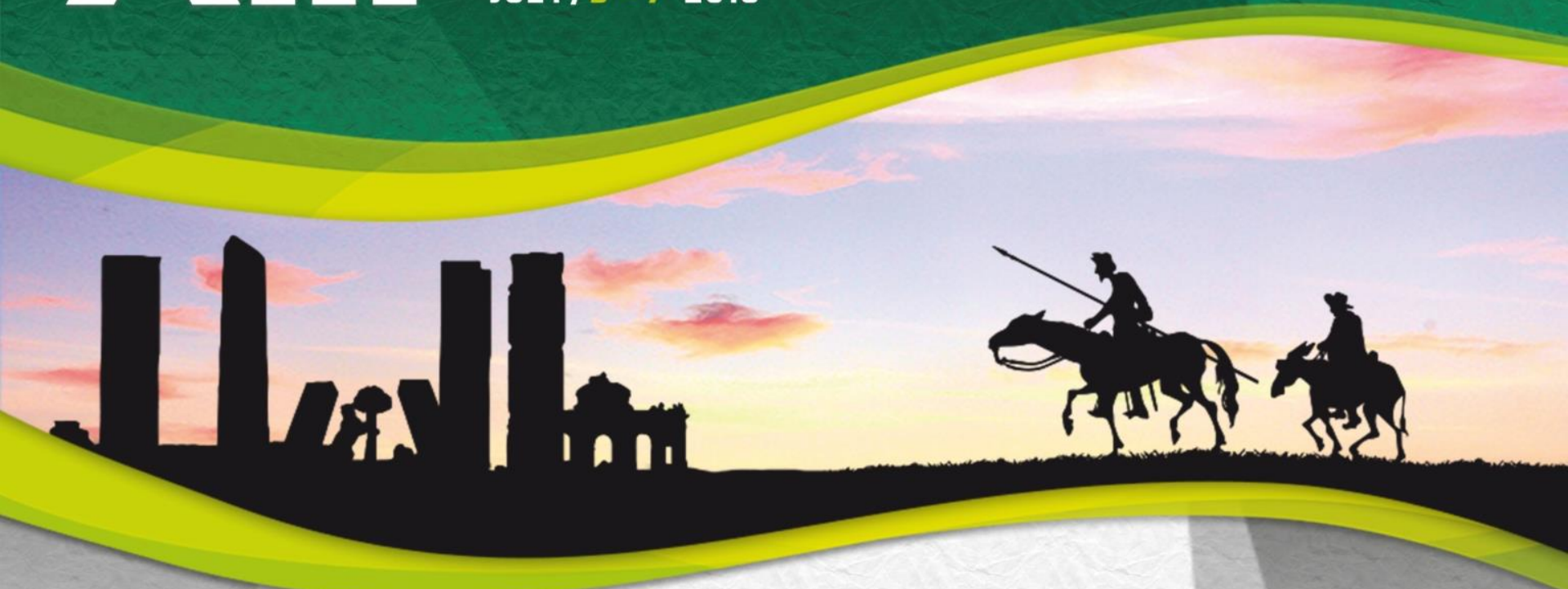
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# Recovery and research: Presentation of the Project *InterComuniCare*

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Taking into account the importance of **community life** for people with mental illness (Slade, 2009), the **investment in recovery** becomes a priority, regarding the international health policies.

Recovery research becomes a **necessity**, and the development of transdisciplinary knowledge is essential to the scientific evidence that is consolidated in this area of intervention.



## Aims

- ◇ Evaluate the needs of people with mental illness after hospital discharge;
- ◇ Develop an individual intervention program, establishing as a purpose the recovery;
- ◇ Approach the caregiving through a close community service;
- ◇ Develop a Recovery Intervention Guide for people with mental illness.



## Methods

InterComuniCare it's a research project that is being developed by University of Minho - School of Nursing, in collaboration with the Instituto das Irmãs Hospitaleiras do Sagrado Coração de Jesus – Casa de Saúde do Bom Jesus, with a **period of execution of 18 months.**

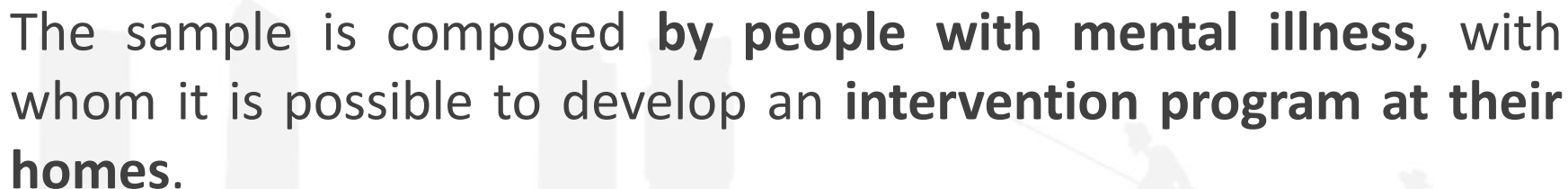


## Methods

An action research is being developed, with a **transdisciplinary team**.

The project was approved by the Ethic Commission of Casa de Saúde do Bom Jesus. Participants of the sample sign free informed consent.

The sample is composed **by people with mental illness**, with whom it is possible to develop an **intervention program at their homes**.



## Instruments applied:

- ◇ Mini Mental State Examination;
- ◇ Socio-demographic instrument (developed by the research team);
- ◇ Needs Assessment Instrument (developed by the research team);
- ◇ EuroQol Eq-5D;
- ◇ Graffar Index;
- ◇ Social Support Scale.



## Results

At the moment, the sample is constituted by **29 individuals** with an initial evaluation.

Of these, **18** are being submitted to an individual intervention program, which contemplates **16 sessions, during 4 months, addressed to the demonstrated needs.**

It will be made an intermediate evaluation at 2 months of intervention, and a final one at 4 months.



## Conclusions

It is expected that this project will contribute to the **development of scientific knowledge** in mental health, specifically in the scope of recovery.

It is also expected that it will contribute to the identification and comprehension of the **needs of the people with mental illness who live in the community**, and to the scientific support of **health professionals** that work in this area, through the development of an intervention guide, that intends to be available in **2019**.



# InterComuniCaRe



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Thank you for your attention!  
¡Gracias por su atención!  
Obrigada pela sua atenção!



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