

Efficiency of Hospital Expenses Projects Funded Through Partnership with an NGO Case Study

Nicoara (Ana) Florentina Denisa
Doctoral School, "Lucian Blaga" University of Sibiu
denicoara@yahoo.com

Abstract

In the context of limited resources of a public hospital, constrained by rigid regulations and low capacity to invest in the purpose of satisfying the raising needs of the patients, the health facility embraced the solutions to partner with an NGO.

In partnership with Association of Psychiatric Hospital Dr. Gheorghe Preda Sibiu (ASPPS) a large number of projects have been developed. The projects aimed to create new means and methods for complementary and occupational therapy and to ensure a friendly and supportive environment for the patients.

With rather modest financial resources but maximum efficiency and voluntary work, many modern facilities were created, some even in premiere.

Key words: efficiency, partnership with NGO, complementary therapies

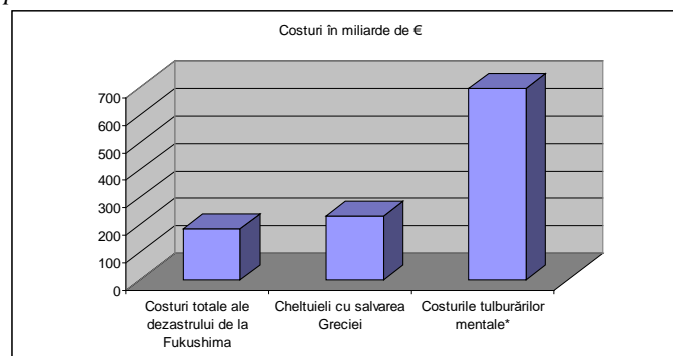
J.E.L. Classification: D61, I15, L31

1. Introduction

The issue of mental health is extremely present in modern society. Mental and behavioral disorders are broad categories of pathologies, almost one third of all illnesses. Mental health is important for both people and society. Its impact on economic performance due to productivity losses and rising social costs to support people with disabilities has become a burden, even for the education system and the justice system.

The economic impact of mental disorders in the European Union is very high. Direct and indirect costs were estimated at 692,5 billion euros annually, excluding dementia and comorbidities. These comparisons are illustrated in Figure 1.

Figure no. 1 Cost perspective



* The costs of mental disorders with the exception of dementia, in the countries of the EU, annually
Source: ROAMER - A Roadmap for Mental Health and Well-being Research in Europe, 16

World Health Organization (WHO) statistics show that in Romania the number of beds per 100,000 inhabitants, acute and psychiatric places is above the European average, while the number of hospitals, including those for acute ill patients, per 100,000 inhabitants, is below the average of EU countries. The number of doctors and nurses per 100,000 inhabitants, as well as the percentage of doctors working in the hospital, is lower for Romania.

Table no. 1 Resources Romania compared to the average of the European Union

Country	Hosp./ 100.000 inhab.	Acute / 100.000 inhab	Beds /100.000 inhab	Beds/ 100.000 inhab	Beds psychiatry / 100.000 inhab	Doctors /100.000 inhab	% doctors Working in hospit	Nurses/ 100.000 inhab
Romania	2,35	1,16	596,40	402,61	73,97	236,26	49,75	552,42
Average EU	2,95	1,89	524,43	396,50	73,20	346,27	56,86	856,44

Source: <http://data.euro.who.int/hfad/>, data available for 2013

Currently, in Romania there are 37 psychiatric hospitals. The classification according to the number of existing beds in the specialized hospitals, based on the data published by the statistics of the Ministry of Health for the year 2014, places the psychiatric hospital in Sibiu on the 6th place:

Table no. 2 Top 10 psychiatric hospitals by number of beds

No.	Health unit	Beds in hospitals without attendants	Total psychiatry	din care:		
				PSYCHIATRY	psychiatry acute	psychiatry chronic
1	Psychiatric Clinic Hospital Obregia	1.229	1.149	1.001	-	148
2	Clinical Psychiatric Hospital Socola	870	870	0	482	388
3	Hospital for Psychiatry and Safety Measures Sapoca	765	765	30	310	425
4	Psychiatric Hospital Poiana Mare	500	500	-	-	500
5	Hospital for Psychiatry and Neurology Brasov	468	468	153	0	315
6	Psychiatric Hospital Dr. Gheorghe Preda Sibiu	453	388	0	230	158
7	Psychiatric Hospital Voila	450	450	-	390	60
8	Psychiatric Hospital Gataia	445	445	-	71	374
9	Psychiatric Hospital Sf. Pantelimon Braila	410	410	-	170	240
10	Hospital for Psychiatry and Safety Measures Jebel	405	405	-	15	390

Source: <http://data.gov.ro/dataset/unitati-sanitare-si-paturi-in-unitati-sanitare>

453 beds, with three basic specialties: psychiatry, neurology and neuropsychotic recovery. The structure of the hospital includes 7 sections with beds in the specialties: acute and chronic adult psychiatry, a pediatric psychiatric department, a neurology section and a neuropsychotic recovery section, two mental health centers (adults and children) with two stationary Day, integrated ambulatory with cabinets - adult and child psychiatry specialties, neurology and recovery, physical medicine and balneology, pharmacy, occupational occupation and occupational therapy.

The medical activity of the hospital in the period 2012-2016 is synthetically reflected by:

- 255 beds for acute and 198 beds pentru chronic
- average of cases discharged - 7.300 patients annually: 5.076 adults and 2.224 children
- 27.200 Ambulatory consultations/year: 21.430 adults and 5.770 children
- 2.571 emergency unit consultations/ year : 2.236 adults and 335 children
- 858 day time hospitalization cases/ year: 411 adults and 447 children

2. Needs identified

Beneficiaries of mental health care are a special category of patients with complex medical-social needs. The concept of "best health care" is found in an integrated service package, both medical treatment and psychosocial recovery and reintegration. These services are theoretically in charge of the community. But patients and caregivers are confronted with inadequacy or even lack of community-based services outside the hospital setting. Emphasizing the role of extra-hospital services can increase the subjective satisfaction of the beneficiaries' lives by improving the sphere of social functioning. Thus, the patient manages to fulfill adequate social roles within daily social relations: the family plan, the professional, the household, in the sense of belonging to a group. Poor social functioning is a constant of disease phenomenology and seems to be an area that is independent of negative and positive symptomatology (Lenzenweger & Dworkin 1996).

The needs of the patients treated at the Psychiatric Hospital dr. Gheorghe Preda from Sibiu were analyzed by the medical staff both on the basis of their own observations and by consulting the beneficiaries directly through discussions and questionnaires. The classification took into account the two categories of patients by age criterion, namely children (0-18 years) and adult patients. According to the criterion of diagnosis, severity and permanence of the health impairment, specific needs were identified for groups: acute patients and chronic patients, institutionalized, outpatients, plus outpatients treated by the Mental Health Center. The results of the analysis highlighted the following specific needs

- a) Children patients
 - Diversification of group psychotherapy activities
 - Access to complementary therapies by modern means and techniques (Sensory integration through Special room for Multi-Sensory Stimulation)
 - Leisure and outdoor activities during hospitalization – Secure playground adapted to children with neuro-locomotor disabilities
- b) Adult patients
 - b1. Chronic institutionalized patients
 - leisure, socializing, education, caring and self-care, developing / retaining skills through ergotherapy, support for residual skills (ADL)
 - b2. Patients on acute sectors and the Mental Adult Health Center
 - diversification of occupational therapies, information programs, support of reintegration, engaging in sports activities, counseling - nutrition, lifestyle, hygiene.

The development of complementary therapies and support programs, although they are activities related to the medical act, they do not represent financing priorities, and there are no legal provisions for the allocation of funds for investments in non-medical areas.

The solution identified by the Hospital's management to finance this range of activities and services was a sustainable partnership with a non-governmental organization, the Association of Psychiatric Hospital Dr.Gheorghe Preda Sibiu - ASPPS, through which projects financed from non-reimbursable funds were implemented in order to improve the quality and efficiency of medical services by diversifying treatment methods. In the National Strategic Report on Social Inclusion and Social Protection 2008-2010, published by the Government of Romania, the chapter Priority Policies on Financing of Health Care Services provides "Development of partnerships for the provision of medical and non-medical services by encouraging cooperation and partnerships with the private sector, NGO-s and civil society.

The Association of Psychiatric Hospital Dr.Gh.Preda from Sibiu (ASPPS) is a non-governmental organization established in 2010, whose members are part of the medical and non-medical staff of the Psychiatric Hospital of Sibiu. The association's mission is to promote mental health, destigmatize people suffering from mental disorders and integrate them into the community. ASPPS activities and projects focus on developing complementary therapies and patient support programs.

3. Projects completed 2013-2016

Addressing the specific needs of patients, ASPPS in partnership with the public health unit has applied to obtain private non-reimbursable funding. The projects were implemented in the Hospital, for the benefit of patients, caretakers and medical staff. The total value of completed projects is 539.816 RON.

Projects for adults

ERGOMESTESUGURI – the establishment of the Workroom of wood art at the occupational therapy section *Ergo-Crafts* - development and installation of joinery and wood art workshop

Objectives: Developing occupational therapies and complementary therapies by diversifying thematic workshops: initiating the carpenter's work, restoring wood objects and creating decorative objects from wood and recycled materials

THE THERAPEUTIC GARDEN = planning a garden for patients in the hospital courtyard

Objectives: Increasing the quality of life for patients in surveillance, through the opportunity to spend time outdoors in a safe environment, arranged as a therapeutic garden with beneficial effects on health. Set up a restorative therapeutic garden in the inner yard on an area of 1500 sqm.

Development of the Ergo-therapy department by re-emphasizing the tradition of gardening as an activity suitable for ergo-therapeutic purposes.

Improving the appearance of the Hospital by arranging outdoor spaces in accordance with patients' needs, for rehabilitation and spending time in pleasant and supportive environments

MUVIT

Objective: Developing support programs through thematic groups, focusing on programs that support physical activities in acquiring and maintaining mental health. Providing relaxation and sports therapies, decreasing the negative impact of hospitalization, adherence to and cooperating to the treatment, improving the symptoms specific to the pathologies, reducing the antipsychotic medication and the secondary effects including weight gain.

ERGONET and *INFONET* – provision of computer equipment (computer lab for use by patients) in Mental Health Centers adults and children, in Ergo-therapy Department

Objective: training IT&C

VOLUNTARY SERVICE – '*PRIETENII DIN SPITAL*' (*Friends from Hospital*):

Objectives: Establishment, operation and development of the voluntary hospital service "Friends of the Hospital" at the Sibiu Psychiatric Hospital, on a professional basis, by attracting, training and retaining volunteers in specific programs in order to support the specific needs of psychiatric patients.

Development of voluntary service in Psychiatric Hospital, to support children and adult patients, during hospitalization, by activities of care/personal hygiene, daily activities, support, accompaniment, socialization, information and education, counseling for patients and families, creative and leisure activities.

CAMERA MEMORIEI – *MEMORY ROOM* - Increasing the quality of life of elderly patients and their families experiencing dementia (Alzheimer)

Objectives: The development and application of sensory-rehabilitative therapies in the treatment of dementia patients at the IVth Section of the Sibiu Psychiatric Hospital, by arranging a complex polysensory room (Snoezelen) and its use in stimulating abilities and residual memory in order to preserve functional autonomy. Developing a support service by group therapy, for counseling and psychoeducation to support families in addressing the difficulties associated with Alzheimer.

CULINOTERAPIE – *CULINOTHERAPY*

Objective: Development of supportive services for external patients (the mental health center) for the acquisition / regaining of independent life skills and maintenance of functional autonomy by establishing and maintaining a culinary therapy program and nutrition courses

The program *HOPE THROUGH ART*- annual art exhibit

-to remove the stigma on the patients hospitalized in psychiatric institutions and to develop a strategy to promote the artistic works created by people suffering from psychic diseases.

Projects for children

DREPTUL EGAL LA JOACA – THE EQUAL RIGHT TO PLAYGROUND - to arrange a playground, designed as a platform, for outdoor activities, tailored for children with disabilities, projected and built in such a way as to ensure maximum security and accessibility to disabled children. It should give the chance to children to carry out physical activities outdoor, both as a component of the therapy and as an opportunity for leisure time, socialization, becoming aware of their age of childhood by means of play.

CAMERA DE STIMULARE POLISENZORIALA - POLISENSORY STIMULATION ROOM - Snoozelen Room - to set and equip at the pediatric section a sensory room destined to polisensory stimulation. It supports the recovery of children having difficulties of perception or a dysfunction as regard to the sensory integration, as well as of children with profound disabilities, who are in need of a wheel chair, children without any motor skills.

ÎN LUMEA BASMELOR TERAPEUTICE - THE THERAPEUTIC FAIRYLAND – program for children with psychiatric disorders - emotional therapy and creative techniques

Objective: Direct support for addressing issues of relationship and integration in pre-school and school environment, communication deficits, isolation, aggressive or turbulent behaviors. The project proposes as a solution the organization of group therapy in the medium term through the participation of the beneficiaries in workshops combining therapeutic fairy tales and creative techniques.

SPITALUL CANTATOR – SINGING HOSPITAL

Developing and diversifying group therapies for children aged 7-12 years treated in the Infant-Juvenile Psychiatric Section and dispensarised through the Children's Mental Health Center by introducing music and movement therapy workshops by the Singende Krankenhauesser method. Promoting the benefits of music and movement in therapeutic purposes for caregivers and for health care institutions, especially in the mental health sector (special schools, homes for elderly, hospitals)

CENTRU DE TERAPII ASISTATE DE ECVINE – CENTER OF THERAPIES ASSISTED BY EQUINES

Objectives: Developing and professionalizing the Assisted Animal Therapies as methods of rehabilitation and integration

Establishment and long-term operation of the TAA Center to provide access to effective therapeutic strategies with therapeutic impact for multiple vulnerability beneficiaries

4. Conclusions

Benefits of implemented projects

The positive changes of the environment, by arranging the therapeutic garden and the playground within the hospital, influenced the whole sphere of mental health care in the Sibiu region. This has been highlighted by improving the appearance of treatment facilities by achieving an appropriate standard of the working environment, but in particular by reducing the climate of stigma associated with mental illness and the Psychiatric Hospital. The Psychiatric Hospital has become a pleasant and friendly place with adequate facilities for the needs of mental health care, but also for families and the community. Psychiatric Hospital's integration into the class of European psychiatric facilities is desirable: as a level of endowment and quality of health care, but especially from the perspective of the patient's approach, as the patient is at the center of the medical, therapeutic and social concerns.

The trustworthiness of patients and caregivers has grown, as well as the degree of satisfaction with the quality of service offered.

The range of complementary therapies has been greatly expanded: patients currently benefit from types of therapies that until now were inaccessible (polisensory stimulation) or therapies considered unconventional in Romania but which have been practiced for decades in other countries (animal-assisted therapies). An important step towards the community was made by initiating support groups for patients and caregivers. These support groups have been initiated and

sustained through projects. Thus, an important lack of local community services was covered, namely the support group for Alzheimer-affected families.

With the support of APPS volunteers, important things have been done for all categories of patients with modest or limited financial resources.

Sustainable partnership between a health institution (a public hospital) and a mental health organization has led to the development of constructive relationships in the non-governmental sector, both in the country and abroad (the mental health network *MindResetNet*, the Singing Hospitals).

This type of partnership is a good practice model and it demonstrates the multiple benefits that cooperation can bring in fulfilling the mission of both parties at the service of the patient.

For the public hospital, the expenses were minimal, practically non-quantifiable. They have been done to arrange space and maintain equipment that ASPPS has made available to the Hospital for their use as intended and for the benefit of patients.

5. References

- Guvernul Romaniei, 2008, Raportul national strategic privind incluziunea sociala si protectia sociala 2008-2010, [online]. Available at: <http://www.mmuncii.ro/pub/imagemanager/images/file/Domenii/Incluziune%20si%20asistenta%20sociala/Raportari%20si%20indicatori/170609Raportul%202008%20-%202010%20Final%20octombrie%202008_doc.pdf>, [Accessed 18 April 2017].
- <<http://data.gov.ro/dataset/unitati-sanitare-si-paturi-in-unitati-sanitare>>[Accessed 19 May 2016].
- <<http://www.healing-power-of-music.com/healing-power-of-singing/physical-effects-of-singing/index.html>>, [Accessed 7 January 2017].
- Legea nr. 95/2006 privind reforma in domeniul sanatatii,cu modificarile si completarile ulterioare
- Lenzenweger, M. F., PhD, and Dworkin R. H., 1996, *Origins and Development of Schizophrenia: Advances in Experimental Psychopathology*, Part of the American Psychological Association Science Volume Series
- ROAMER - A Roadmap for Mental Health and Well-being Research in Europe, Priorities for mental health and wellbeing research in Europe , Available at: < <https://www.gamian.eu/wp-content/uploads/2015/01/IG-20150120-Roamer.pdf>>[Accessed 09 June 2016].
- World Health Organization WHO, European Health for all Database, <<http://data.euro.who.int/hfad/>>, [Accessed 27 March 2017].