

ABSTRACT

Background

Little is known about the outcomes of patients conditionally discharged in Hong Kong and the risk factors associated with rehospitalization.

Objectives

To explore the characteristics and short term outcomes of patients conditionally discharged in Hong Kong and to identify factors that associated with risk of readmission in the first year after firstly conditional discharged.

Method

A retrospective case notes review was undertaken. Subjects included all adult patients firstly conditionally discharged before 31st August, 2005 and currently under the care of psychiatric service in New Territories East cluster. Sociodemographic and clinical variables as well as outcomes during the first year after conditional discharge were recorded in data input form. A comparison between patients with or without readmission was made using univariate and logistic regression analyses in order to identify risk factors associated with readmission.

Results

140 subjects were included. The subjects were characterized by diagnosis of psychotic disorder, poor compliance with treatment, and history of committing psychotically based serious dangerous act in the recent past. In the first year after firstly conditionally discharged, ten percent of subjects displayed violent behaviour, less than five percent had forensic contact, and about one percent attempted suicide or deliberate self harm. One fourth of subjects were readmitted and factors associated with readmission were prior psychiatric admissions, younger age on index date, persistently misused substance and brought up by social welfare.

Conclusions

The characteristics of patients conditionally discharged in Hong Kong were consistent with western findings. Majority of them did not display violent behaviour one year after conditional discharged. Amendable risk factors of readmission such as persistent substance misuse shed light on possible problems in existing service. This study had implications on clinical practice, service provision, and future research.