



**BORDERLINE PERSONALITY DISORDER IN THE ACUTE  
INPATIENT PSYCHIATRIC ASSESSMENT UNIT OF  
HELEN JOSEPH HOSPITAL**

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A research report submitted to the Faculty of Health Sciences, University of  
Witwatersrand, in partial fulfilment of the requirements for the degree of

Master of Medicine in the branch of Psychiatry

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## DECLARATION

I, Dr. Laila Paruk, declare that this research report is my own work. It is being submitted in partial fulfilment of the requirements for the degree of Master of Medicine in the branch of Psychiatry. It has not been submitted before for any degree or examination at this or any other University.

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\_\_\_\_\_ day of \_\_\_\_\_ 2013

## **DEDICATION**

This work is dedicated to my three boys - Sharif, Ziyad and Mateen - for their unconditional love and support throughout the course of this research report.

## **ACKNOWLEDGEMENTS**

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## **ABSTRACT**

The aim of this report was to establish the profile of all the patients with borderline personality disorder admitted to the Acute Inpatient Psychiatric Assessment Unit at the Helen Joseph Hospital over the course of one year.

A retrospective record review was conducted to investigate the prevalence, demographics, reasons for admission, treatment and length of stay of the group of patients that was selected based on discharge diagnosis and DSM-IV-TR criteria, that were admitted throughout the course of 2010. The follow-up plan upon discharge was also reviewed.

Statistical data analysis revealed findings mainly in keeping with international norms. The length of stay of patients with borderline personality disorder exceeded the average length of stay of all the patients in the ward in 2010, which illustrates that these patients are above-average users of resources.

Patients with borderline personality disorder were shown in the review to be extremely inconsistent with regards to scheduled follow up plans, however significantly used emergency services at the hospital. Implementation of targeted prevention and early intervention strategies, based on systematised programs such as dialectical behavioural therapy and mentalisation-based therapy, may be useful in addressing this.

This report supports further research into the utilisation of services available for patients with borderline personality disorder in the wider context of both psychiatric and psychological interventions in Southern Gauteng.

## DOCUMENT OVERVIEW

Declaration	ii
Dedication	iii
Acknowledgments	iv
Abstract	v
Document overview	vi
Table of contents	vii
Table of figures	ix
List of tables	xi
Table of appendices	xii

## TABLE OF CONTENTS

	Page
Chapter 1 <u>Introduction</u>	
1.1 Literature review .....	1
1.2 Study objectives .....	15
Chapter 2 <u>Methods</u>	
2.1 Study design.....	17
2.2 Study population.....	17
2.3 Data collection.....	17
2.4 Data analysis.....	18
2.5 Ethics .....	19
Chapter 3 <u>Results</u>	
3.1 Age.....	20
3.2 Gender .....	21
3.3 Ethnicity.....	22
3.4 Number of previous admissions .....	22
3.5 Reasons for admission.....	23
3.6 DSM IV criteria .....	25
3.7 Co-morbidities .....	27
3.8 Treatment on discharge.....	28
3.9 Length of stay.....	30
3.10 Discharge plan .....	30
Chapter 4    Discussion .....	33
Chapter 5    Conclusion.....	39
References.....	44

Appendices.....

1. Appendix A. Management of Personality Disordered Patients on Ward 2
2. Appendix B. Data sheet
3. Appendix C. Letter of approval of protocol
4. Appendix D. Ethics clearance by the Human Research Ethics Committee of the University of the Witwatersrand (M110210).



## TABLE OF FIGURES

Figure 1: Proportion of patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010. ....	20
Figure 2: Age categories of patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010. ....	21
Figure 3: Gender of patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010.....	21
Figure 4: Race of patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010.....	22
Figure 5: Number of previous admissions of patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010. ....	23
Figure 6: Reasons for admission of patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010. ....	24
Figure 7: Multiple reasons for admission of patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010. ....	24
Figure 8: Number of patients fulfilling DSM-IV-TR criteria for borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010.....	25
Figure 9: Number of classes of medication on discharge of patients with borderline personality disorder at HJH during 2010.....	28
Figure 10: Type of medication on discharge of patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010. ....	29

Figure 11: Length of stay of patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010. ....30

Figure 12: Discharge plans for patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010..... 31

Figure 13: Tracking of patients after being discharged with a diagnosis of borderline personality disorder ..... 32

## LIST OF TABLES

Table 1: Diagnosis given by treating doctor to patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010. ....	26
Table 2: Comparison of BPD diagnosis per clinical data and per DSM IV-TR diagnostic criteria. ....	26
Table 3 : Co-morbidities of patients with borderline personality disorder admitted to the acute psychiatric unit at HJH during 2010 .....	27

## 5. TABLE OF APPENDICES

Appendix A. Management of Personality Disordered Patients on Ward 2

Appendix B. Data sheet

Appendix C. Letter of approval of protocol

Appendix D. Ethics clearance by the Human Research Ethics Committee of the University of the Witwatersrand (M110210).