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Borderline personality disorder in the acute inpatient psychiatric assessment unit of Helen Joseph Hospital.

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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

Supervisor: Adj. Prof. ABR Janse van Rensburg

Johannesburg, 2013

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.

_____

_____ 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

I would like to acknowledge:

- My supervisor, Adj.Prof. Bernard Janse van Rensburg, for his support and guidance.
- Ass.Prof. Elena Libhaber, for her assistance with the planning of the statistical analysis of the data.
- Dr. Alison Bentley, for assisting with the interpretation of processed data.

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.

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