



Service Priorities and Programmes Electronic Presentations

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A Review on the Management of Common Mental Health Problems in GOPC - the Current Practice, Perceived Limitations and Competency of Doctors

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Keywords:

Common Mental health problems

GOPC

Perceived limitations

Competency

Current practice

Introduction

Introduction: Mental health problems are commonly encountered in primary care setting and family doctors play an important role in providing continuity of care

Objectives

Objective: This study aims to review the current practice, perceived limitations and competency of family doctors working in GOPCs in the Kowloon West cluster, and to guide future service planning and doctor empowerment program.

Methodology

Method: A questionnaire was developed based on review of relevant literatures and input from colleagues in our department. The questionnaire was validated by six specialists in family medicine and sent to doctors working in general out-patient clinics in the Kowloon West cluster.

Result

Results and outcome: A response rate of 80% was achieved. The three most frequently encountered mental health disorders in GOPC are depressive disorders, anxiety disorders and insomnia. All respondents agreed that continuity of care is important in managing common mental health problems and more than 85% agreed that a significant proportion of patients could be well managed by primary care physicians. However, only 15% of them arranged follow up for more than half of their patients with stable mental conditions. The main limitations were inadequate consultation time (97.4%), insufficient early follow up appointment slot (86.8%) and inadequate knowledge on social resources (60.5%). Colleagues feel that they are less confident in providing information on social resources, offering basic counselling and deciding when to stop drug treatment. Conclusions: A flexible appointment system, reasonable consultation time and doctor empowerment program guided by regular training need analysis will enhance the role of family doctors in managing patients with common mental health problems.