Title: Factors that impede the discharge of long-term schizophrenic inpatients

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Major Finding: Factors that delay discharge from inpatient stay in persons with schizophrenia include age, severe mental symptoms, and higher rating of one's abilities in daily living.

Participants:
- 73 individuals currently receiving inpatient treatment at a psychiatric hospital for schizophrenia for ≥ 1 year
  - 54 males and 19 females, with a mean age of 57.8 ± 9.15 years.
- 24 individuals currently receiving day care services following discharge from ≥ 1 year of inpatient stay at a psychiatric hospital for schizophrenia
  - 19 males and 5 females, with a mean age of 45.5 ± 12.0 years.

Method: A series of semi-structured interviews were conducted by the authors during which each participant filled out a questionnaire. These interviews were conducted in spaces that were familiar to the clients. The questionnaire consisted of a section on background information, the Positive and Negative Syndrome Scale (PANSS), and the Occupational Self Assessment (OSA).

Analysis: The Mann-Whitney U-test and the chi-square test were used to analyze the data in order to compare backgrounds and mental symptoms between the two participant groups as well as to identify factors that impeded discharge of these long-term patients. The Statistical Package for the Social Sciences (SPSS) version 14.0 was used for all statistical analyses.

Findings:
- Use of the OSA results to compare the inpatient group to the discharge group identified age and mental symptoms as factors that delay discharge from inpatient stay in schizophrenic individuals.
- The OSA results also revealed a higher satisfaction with environment as well as a higher competence in performing daily activities in inpatients than in discharged patients. The discharged individuals tended to be dissatisfied with their environments and they rated themselves lower in competence for performing daily activities.

Conclusion: Long-term schizophrenic inpatients tend to be satisfied with life in the hospital and feel competent in performing daily activities within this setting. Along with age and severity of mental symptoms, this satisfaction with inpatient stay impedes discharge of these inpatients.

Implications for future research: This study only investigated the factors impeding discharge of long-term schizophrenic inpatients from psychiatric hospitals. Future studies should investigate these factors across different types of inpatient facilities. Also, future studies focusing on inpatient viewpoints on current status and their relationship to discharge difficulties may allow more precise identification of the factors of interest.

Evidence-based practice implications:
- Inpatient occupational therapy assessments and interventions that focus on obstacles associated with daily life outside of the hospital may increase likelihood of discharge.
- Occupational therapists play an important role in aiding long-term schizophrenic inpatients in resuming social participation within the community following discharge.