Abstract

Aims: to establish the differences in the use of resources and treatment with the people with and without diagnosable mental (Z codes according to CIE 10) in a Community Mental Health Center. Method: Design: comparative descriptive study. Scope: urban area. Population: all patients referred to the mental health service during a year (n=1187). Variables: clinical indication, number of consultations and therapeutic intervention throughout a year of pursuit have been analyzed. Also, were also collected sociodemographic, clinical and health services utilization variables by clinical interview, the test GHQ-28 and a scale of expectations, in order to complete the study. Results: Z codes are discharged to a greater extent, receive one-third of visits over a year, missing more citations and have a nearly 5 times more likely to leave after the first consultation that mental disorders. Patients diagnosed as mental disorder come with more prescribed treatment from primary care, further treatment is added, especially if they come without it to see, if they live alone and if they are referred for normal track than Z codes. At 12 months are also taking psychotropic drugs in greater proportion. Conclusions: The indication of discharge or pursuit in the first interview, the number of consultations and drop-outs discriminates the two populations better than in previous works. Our patients have more medication at the moment of the consultation, mainly in the case of the Z codes, than other studies. However, the pharmacology intervention with Z codes usually goes directed in its majority to suspend the psychotropic drug.

Keywords

Z codes, mental disorder, use of resources, psychotropic drug treatment.