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International Journal of School and Cognitive Psychology

Short Communication

Examining the Impacts of Premature Discharge on Psychiatric Patients in Gabiley, Somaliland: A Comprehensive Analysis of Patient Outcomes, Readmission Rates and Post-Discharge Support Systems

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ABSTRACT

Premature discharge of psychiatric patients poses significant challenges to patient outcomes, leading to increased readmission rates and suboptimal post-discharge support systems. This manuscript explores the impacts of premature discharge on psychiatric patients in Gabiley, Somaliland and proposes strategies to address this issue. Recommendations include enhanced screening and assessment, tailored post-discharge support, continuous monitoring and follow-up, collaboration and coordination among stakeholders and policy development and implementation. By implementing these strategies, healthcare providers can improve patient outcomes, reduce readmission rates and enhance post-discharge support systems.

Keywords: Premature discharge; Psychiatric patients; Gabiley; Somaliland; Patient outcomes; Readmission rates; Post-discharge support

INTRODUCTION

The premature discharge of psychiatric patients from healthcare facilities is a pressing concern that demands attention [1]. Patients discharged prematurely may not have received adequate treatment or stabilization, leading to negative consequences such as increased readmission rates and poorer quality of life. This manuscript aims to address the issue of premature discharge in Gabiley, Somaliland, by examining its impacts on patient outcomes and proposing strategies for improvement [2].

DESCRIPTION

The method of this study is a cross-sectional survey design, which involves collecting data from a specific population at a single point in time. The research focuses on psychiatric patients in Gabiley, Somaliland, who have experienced premature discharge from healthcare facilities [3]. The study population consists of psychiatric patients who were discharged prematurely from Gabiley psychiatric hospital. This group includes individuals with various mental health conditions. Purposive sampling was employed to select participants based on specific criteria, ensuring that only those who had experienced premature discharge were included [4]. This approach enhances the accuracy and reliability of the data collected. A total of 144 participants were included in the study, which is a representative sample derived from a population of 233 patients discharged from the mental health facility during the study period (January to December 2023). The sample size was determined using Krejcie and Morgan's tables, which recommend a sample of 144 for a population of 233 at a 95% confidence level and a 5% margin of error [5]. Data was gathered through structured questionnaires, which served as the primary tool for collecting information on various aspects related to premature discharge, including demographic details, patient outcomes and the availability of post-discharge support systems. The questionnaire was designed to explore social phenomena that cannot be directly observed, allowing for a comprehensive understanding of the participants' experiences. The collected data was analyzed using descriptive statistics, with results presented through charts and graphs created using IBM SPSS software. This analysis aimed to identify patterns and relationships between demographic factors and the incidence of premature discharge [6].

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Received: 06-Aug-2024, Manuscript No. IJSCP-24-33395; **Editor assigned:** 09-Aug-2024, PreQC No. IJSCP-24-33395 (**PQ**); **Reviewed:** 23-Aug-2024, QC No. IJSCP-24-33395; **Revised:** 11-Jan-2025, Manuscript No. IJSCP-24-33395 (R); **Published:** 18-Jan-2025, DOI: 10.35841/2469-9837.25.12.450

Citation: Abdilahi AE, Khalif KG (2025) Examining the Impacts of Premature Discharge on Psychiatric Patients in Gabiley, Somaliland: A Comprehensive Analysis of Patient Outcomes, Readmission Rates and Post-Discharge Support Systems. Int J Sch Cogn Psycho. 12:439.

The findings indicated that a substantial majority of the respondents (73.6%) were male, with the most affected age group being individuals aged 26 to 50 years (34.0%). Furthermore, the study revealed that 56.3% of the respondents were single, suggesting a potential link between marital status and premature discharge. In terms of education, 89.9% of participants had no formal education and 69.4% were unemployed, highlighting the role of socioeconomic factors in the challenges encountered by these patients The analysis revealed that premature discharge of psychiatric patients in Gabiley, Somaliland, has detrimental effects on patient outcomes, leading to increased readmission rates and suboptimal post-discharge support systems. Factors such as limited resources, inadequate infrastructure and cultural beliefs contribute to the problem of premature discharge. However, by implementing enhanced screening and assessment protocols, tailored post-discharge support plans, continuous monitoring and follow-up, collaboration among stakeholders and policy development, healthcare providers can improve patient outcomes and reduce readmission rates [7].

The findings of this study highlight the importance of addressing premature discharge in psychiatric care to ensure that patients receive appropriate treatment, continuity of care and support following their discharge. By implementing the recommended strategies, healthcare providers can enhance the quality of care provided to psychiatric patients in Gabiley, Somaliland and improve overall patient outcomes [8].

CONCLUSION

In conclusion, addressing the issue of premature discharge of psychiatric patients in Gabiley, Somaliland, is crucial for improving patient outcomes and reducing readmission rates. By implementing strategies such as enhanced screening and assessment, tailored post-discharge support, continuous monitoring and follow-up, collaboration among stakeholders and policy development, healthcare providers can mitigate the negative impacts of premature discharge and enhance the quality of care provided to psychiatric patients in the region.

ETHICAL APPROVAL

Prior to the commencement of the study, all participants were asked for their informed consent. The researcher assured them that their data would be kept confidential and that all data collection was strictly for academic purposes. Additionally, the researcher ensured that the data collected was analyzed professionally.

FUNDING

No funding is applicable.

AVAILABILITY OF DATA AND MATERIALS

The data is available upon request by contacting the corresponding author or other authors if the corresponding author is not available.

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