

Psychiatric Clinic Historic overview and projections for future

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Summary – Psychiatric approach should be based on the model of biological psychiatry and modified therapeutic community, with fast and precise diagnostics, taking care of acute psychiatric patients in the frame of intensive monitoring, using the modern psychopharmacological and other medicament therapy and all forms of individual, group and family psychotherapy. The activities and development of the out-patient Clinic and Day-hospital, with short-term hospital treatment should also be intensified, as well as the collaboration with teams of primary health care.

INTRODUCTION

Today, when we celebrate the 168th anniversary of our Hospital, 75th anniversary of the official founding of the Department for Neurology and Psychiatry, 50th anniversary of the modern alcoholology (50 years ago, the first club of treated alcoholics »Maksimir« and the Association of Clubs of Treated Alcoholics of the Republic Croatia were founded), 33rd anniversary of the existence of Clinic for Neurology, Psychiatry, Alcoholism and Other Addictions and 20th anniversary of the independent existence of Clinic for Psychiatry, we should point out its certain advantages and problems and give an overview of its historic role not only in treatment and psycho-education of patients, but also in education of medical staff (professionals) and

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scientific research in the field of medicine. As it is generally known, there is no successful health service nowadays without some professional, educational and scientific investigations programs. It is believed that in medicine, continuous education is required, because every five years, so much new knowledge and discoveries appear, that the medical studies should be otherwise repeated.

Generally, medical science started developing more rapidly in the beginning of the nineteenth century and psychiatry followed that development. French revolution (1789), which proclaimed ideas of freedom, fraternity and equality, played an important role in the development of psychiatry and for the society in general. A part of these ideas concerned psychiatry as well, and so, under their influence, Philippe Pinel (1745–1826), who had been named the father of modern psychiatry, introduced human approach in mental hospitals and freed psychiatric patients from their chains. Only after the beginning of nineteenth century, the first mental hospitals were established and more human approach was applied, not only in taking care of the patients and maintaining their hygiene, but also in scientific studying of the diseases. The person who deserves most credit for that was Emil Krepelin (1855–1926), who was the creator of descriptive psychiatry and the first classification of mental diseases.

All changes in psychiatry appeared during the period of the strong development of medical science. Eighth decade of nineteenth century represented a turning point in the development of Croatian medicine. In the year of 1874 the Medical council was established, the first law concerning medical care for Croatia and Slovenia had been passed and the University of Zagreb was founded. In the end of the nineteenth century, the Foundation hospital on Harmica was finished. Medical faculty opened in 1918. At that time, thanks to the Croatian Medical Council and later, to its journal »Liječnički vjesnik«, medical service of Zagreb and its medical school got ever more mentioned.

FROM THE HISTORY OF CROATIAN PSYCHIATRY

In the times of the most important international and national events in medicine and psychiatry, »Bolnica sestarah milosrdnicah« was established in Zagreb (1846) and it always kept a place for mental patients as well. Besides that, psychiatric patients from Croatia were treated in psychiatric hospitals in Wien and Graz. Psychiatry in Zagreb and Croatia actually starts with building and opening of the Psychiatric Hospital Vrapče in 1879. Foundation Hospital on Jelačić Square was opened at the end of nineteenth century and the first neurologic-psychiatric department was officially opened as late as 1919. It was led by Prim.dr. Ivan Hercog. When the Medical Faculty had be-

gun working, the Clinic for Nerve and Mental Disorders of the Medical Faculty was established in 1921 and its first chairman was Prof.dr.sc. Mihajlo Lapinski. It was believed that Dr. Poljak, renowned expert of that time would lead the Clinic after Lapinski, but he left Croatia in 1928 and went to USA, where he became a well-known university professor in Chicago. After Prof.dr. Mihajlo Lapinski had left, in 1929 and until the arrival of Prof.dr. R. Lopašić in 1931, the Clinic was lead by Prof.dr. Josip Breitenfeld. Until the end of World War II, the Clinic was located in Kukuljevićeva Street.

Between the two world wars, in 1936, another psychiatric ward was established in today's Sveti Duh Hospital and it was lead by Prim.dr. Ivan Hercog.

During the World War II, in 1942, in the newly established Foundation Hospital on Rebro, Neurologic-psychiatric Department was opened and it was lead by Prof.dr. Josip Breitenfeld. Inside the Foundation Hospital on Rebro, the Military Hospital was located as well but, right after the war, they got their own quarters. The Foundation Hospital was transformed in Clinical Hospital of the Medical Faculty. Then, the Clinic for Neurology and Psychiatry of the Medical Faculty was relocated from Kukuljevićeva Street to the Foundation Hospital on Rebro. The department led by Prof.dr. Josip Breitenfeld was closed and he was, by decree, transferred to the Hospital of Sisters of Mercy.

Right after the World War II, some problems concerning drinking of alcoholic beverages occurred and soon became the priority health issue in the entire country. Since all the activities concerning fight against alcoholism had been suspended during the war, those activities were taken over by the Red Cross organization in 1954. The Committee for Fight Against Alcoholism in SR Croatia was established, led by Prof. Vladimir Hudolin. After the war, the activities of Dispensary for Alcoholism in Draškovićeve Street, that had been lead by Prim.dr. Hercog and Dr. Dojč slowly ceased after their departure and the work in the field of alcoholism was taken over by the Department for Neurology and Psychiatry of the Sisters of Mercy Hospital, then called »Dr. Mladen Stojanović« Hospital.

THE HISTORY OF PSYCHIATRY IN THE CLINICAL HOSPITAL »SISTERS OF MERCY«

More significant development of psychiatric service in »Sisters of Mercy« Hospital dates, certainly, from the time of the official opening of the Department for Neurology and Psychiatry in 1939, when it was located on the fourth floor of the building

which now houses the Pediatric Clinic. Due to the suicides of patients by means of jumping from the great height, the Department was moved to the ground floor of the old building that now houses the Endocrinology Ward. During the nationalization of »Sisters of Mercy« Hospital in 1948, it spread also to the building that had contained a special ward for treating nuns. That building was given to the Department for Neurology and Psychiatry in 1949. New spaces enabled a faster development of psychiatry and neurology, so already in 1950, the first Intensive Care Unit for the treatment of psychiatric patients was established. The center for Studying and Control of Alcoholism, with the Department for Alcoholism was built and opened on 01st April 1964. In the same year, the Center began opening the clubs of treated alcoholics (KLA), the first KLA »Maksimir« started working and the Association of Clubs of Treated Alcoholics was established. The journal »Al-klub«, now published under name »Alkoholški glasnik«, was published for the first time. In cooperation with the International Council for Alcoholism in Lausanne, the journal »Alcoholism« was founded, which is still published under the same name nowadays. In the cooperation with the Institute for Public Health of the Republic Croatia, the Clinic established the Republic Register of alcoholics treated as in-patients in 1965. Connected to the Clinic, Socio-therapeutic and Geriatric clubs began their work in 1967. That is how the conditions were met for the Clinic for Psychiatry and Neurology, Alcoholology and Other Addictions to be recognized. From the utmost importance considering that point were also rebuilding and redecorating of the existing building, finishing the new building for the Department for Alcoholism and adding the Department for Drug Addictions in 1972. In the cooperation with the Hospital for Pulmonary Diseases, a department containing 100 beds for the treatment of co-morbid alcoholism and pulmonary diseases was established and the cooperation with penal institutions started, i.e. under the supervision of professionals from the Clinic, programs for treatment of alcoholics and drug-addicts were introduced. In 1979, the Clinic started collaborating with Italy in the fields of treatments and rehabilitation alcohol addicts and in that sense, started opening treatment centers and KLA. The textbook concerning treatment of alcoholics was printed and translated to English language. Further possibilities for the development of Clinic for Psychiatry, after the separation from the Clinic for Neurology, manifested in the improvement of professional, educational and scientific work in the new organization frame (Institutes, Departments, Day Hospital, Outpatient Clinic, Reference centers of Ministry of Health of the Republic Croatia) and the new systematization of jobs. Particularly evident was the need to improve and broaden the activities of the Out-patient Service and Day Hospital, which required building the new quarters. Thus, to develop the Clinic in what it is today, it required a long-lasting pro-

cess of fulfilling not only staff, professional, educational and scientific requirements, but also the spatial needs.

Chiefs of the Department had an important role in developing the Psychiatric Department, and later, the Psychiatric Clinic in »Sisters of mercy« Hospital. The first chief of the Department for Neurology and Psychiatry was Prof. Josip Glaser, who had studied medicine in Zagreb and in Wien. He was also educated in famous psychiatric school of Eugen Bleuler in Burgholzy Hospital in Zurich. And he brought the most modern psychiatric knowledge with him. From 1953 to 1963, he worked as director of Psychiatric Hospital Vrapče.

Josip Breitenfeld finished his medical studies in Graz in 1922. He led the Department for Neurology and Psychiatry from 1945 until his retirement in 1959. He was an excellent neurologist and psychiatrist and the founder of neuroradiology in our country. He shaped the clinical education in the frame of Clinic for Neurology and Psychiatry of the Medical Faculty. Vladimir Hudolin finished his studies in Zagreb, and already as the last year student (1947) began working in the »Sisters of Mercy« Hospital. He was elected head of Department for Neurology and Psychiatry in 1959 and head of Clinic for Neurology, Psychiatry, Alcoholology and Other Addictions in 1971. Professor Hudolin actively participated in establishing the World organization of Social Psychiatry and Mediterranean Organization of Social Psychiatry and acted as their president for a long time. He founded the Mediterranean Journal of Social Psychiatry and worked as its editor-in-chief. Already in 1955, he introduced to psychiatry the system of »open doors«, the bars have been removed from the windows and locking the Department was forbidden. He introduced the technique of the therapeutic community, which lead to numerous obstacles because of the traditionalist approach and resistance to new approaches. Soon after that, he discontinued treatments with insulin and electric shocks. Work with patients was more and more based on group psychotherapeutic procedures and family therapy. When the Clinic for Neurology, Psychiatry, Alcoholology and Other Addictions had been established (1971), the Psychiatry was divided in two parts. The Department of Clinical Psychiatry, which has been lead by Dr. Branko Pražić until his retirement, and then by Danica Koretić, Vlasta Solter and Križo Katinić and the Department of Social Psychiatry, which has been lead by Vanja Jelić and then by Nebojša Lazić and Danijel Buljan, the author of this article. The Department for Alcoholism was lead at first by Branko Lang and then by Darko Breitenfeld and Srđan Marušić and the Department for Drug Addictions was lead by Slavko Sakoman and Zoran Zoričić. Branko Lang, the head of Clinic in the period after the retirement of Hudolin until 1994, with excellent education as psychotherapist, put greater accent on group and family therapy.

Psychiatric Clinic today

Vladko Thaller, who lead the Clinic from 1994–2007, as a neuro-psychiatrist, gave more accent to biological psychiatry and psycho-pharmacotherapy. The Clinic was already an independent institution then. Today, as well as throughout the history, the Clinic for Psychiatry has a great significance as a health service, both for the City of Zagreb and for Republic Croatia. Previous, extensive work of the Clinic needs to be maintained and improved in some sectors, especially considering some preventive, curative, rehabilitation, educational and scientific-research programs. The development plan of the Clinic until 2016 has been described through the professional and scientific activities, education, organization of professional-scientific gatherings and seminars, publishing activities and organizing of the clubs and associations.

Professional work. The basic functions of the Clinic are diagnostics, treatment and rehabilitation of psychiatric patients who, besides the classic psychiatric diseases, suffer also from co-morbid alcoholism and other addictions or the consequences of wartime suffering (Post-traumatic stress disorder, PTSD). Because of this, the level of professional work has a special importance. Work at the Clinic should be based on contemporary professional beliefs, with a humane approach to patients and respecting the moral.-ethical principles both in everyday practice and in scientific work. The Clinic should give an exemplary model for scientific work and research and for the attitude towards patients and towards those who seek their education at the Clinic. The professional work of the suggested psychiatric service should provide answers to all problems that society and individuals place before the modern psychiatry.

It is necessary to reorganize the Clinic for Psychiatry, to be able to answer more successfully to challenges placed before the psychiatric profession by society and the development of medicine.

1. INSTITUTE FOR BIOLOGICAL PSYCHIATRY
2. INSTITUTE FOR DIAGNOSTICS, SOCIAL PSYCHIATRY AND PSYCHOTHERAPY
3. INSTITUTE FOR ALCOHOLISM AND OTHER ADDICTIONS
 - Department for Alcoholism
 - Department for Drug Addictions
4. OUT-PATIENT CLINIC
 - Out-patient Clinic for urgent Psychiatry
 - Out-patient Clinic for Psychotherapy
 - Out.-patient Clinic for Psychology
 - Social Psychiatry

Alcoholism

Dependence to Other Psychoactive Substances

Out.-patient Clinic for Psycho-oncology

Forensic Psychiatry

5. DAY HOSPITAL OF THE CLINIC

6. REFERRAL CENTERS

Referral Center of Ministry of Health and Social Care for Alcoholism

Referral Center of Ministry of Health and Social Care for Drug Addictions

Referral Center of Ministry of Health and Social Care for Consultative Psychiatry

The Institute for Biological Psychiatry is oriented towards more severe psychiatric disturbances, urgent interventions and monitoring of patients, which is, on our Clinic, organized following the most modern principles of the profession. In this Institute, the accent would be given to adopting the new diagnostic, psycho-pharmaceutical and other therapeutic procedures.

The Institute for Diagnostics, Social Psychiatry and Psychotherapy is more oriented towards the consultative-collaborative methods of psychiatry and psycho-somatic medicine, along with application of psycho-therapeutic procedures and the combined therapy with psychopharmacological agents, when necessary. Crisis oriented psychiatry and the prevention of suicides, those important problems of modern society are dealt with through prevention programs, out-patient treatment and short-term hospitalizations. That is the way to maximize the diagnostic-therapeutic efficiency, with minimal material investments. It obtained the recognition as a Referral Center for the Consultative Psychiatry of the Ministry of Health of Republic Croatia, that should represent a scientific and methodological center for studying the correlations between mental and somatic health and provide modern possibilities of treatment of psycho-somatic patients and mental disturbances in patients suffering from somatic diseases, in the collaboration with doctors of primary healthcare and specialists working in the field of somatic medicine.

The Institute for Alcoholism and Other Addictions works today through two departments, Department for Alcoholism and Department for Drug Addictions. The Referral Center for Alcoholism of the Ministry of Health of Republic Croatia was nominated as such in 1998 and confirmed in 2005 and 2010 and presently undergoes the procedure of re-confirmation, as a scientific and methodological center for studying and control of alcohol and drug addiction and provides the modern possibilities of treatment of patients in the frame of intensive monitoring, stationary, day-hospital and out-patient service. Alternative programs and out-patient treatment and rehabili-

tation should be further improved and the Clubs of Treated Alcoholics (KLA) proved to be very useful in that matter. The Department for Drug Addiction applies a specific program for people addicted to the illicit addictive substances and in 2005, it was nominated for a Referral Center for Drug Addictions of the Ministry of Health of Republic Croatia and confirmed as such in 2010 and this year. Damage-controlling programs are developed, with a modern approach to treatment, which implies the application of individual and group psychotherapy and, when necessary, carrying-out the detoxification or substitution pharmacotherapy with buprenorphin or metdaon.

In the Clinic, the principles of group therapy and therapeutic community are applied for already forty years and it had proved very useful and still desirable.

Crisis-intensive psychiatry and intensive monitoring represent an integral and functional part of every institute of the Clinic. The content of work is made of urgent and intensive care, treatment and rehabilitation of all vitally endangered patients, regardless of the etiology of condition (acute aggression, suicidal tendencies, attempted suicide, severe depression, syndrome of acute anxiety, acute intoxication with alcohol without complications, pathological alcohol intoxication, delirium, catatonic states) and providing the additional care and monitoring. With this organization of intensive treatment, the optimal health care is provided to patients with the most rational spending of material resources and distribution of staff, which represents an important contribution to cutting the expenses of the health service itself.

The out-patient-advisory service needs to be given some attention as well, by means of organizing the new sub-specialist services, such as psycho-oncological, psycho-cardiological and psycho-dermatological service, to get institutionally closer to various specialties of medicine and to the general practitioners.

In the frame of Clinic, there is a day-hospital active, with 40 chairs, used to organize the programs of individual, group and family psychotherapy. According to the national plan of health service organization until 2016, the number of chairs should be increased to 60. The present workspace does not suit the actual needs, so the project has been initiated to build a new day-hospital, technically better equipped, that will have more halls adapted to accommodate group psychotherapy and the meetings of the entire therapeutic community.

Scientific activities

It is necessary to provide the Clinic with optimal conditions necessary to maintain the scientific activities, while respecting the ethical and professional principles set by the Rule Books of HLZ, Croatian medical Chamber, Medical Faculty, Stomatological

Faculty and hospital itself. The procedures which improve the patients' treatment, their quality of life and the accuracy of diagnostic procedures the most, should be given priority.

Activities in the field of psychopharmacology should be further intensified, since that branch shows enormous development in last couple of years and provides possibilities for the treatment of patients that had been until now unimagined. Activities in the fields in which the Clinic has potential and tradition should be continued, such as investigating the occurrence of psychoorganic damage, epidemiology of addiction diseases, early diagnostics, treatment and rehabilitation, evaluation of working ability and disability of patients, biological psychiatry and psychiatric-alcoholic software development.

Currently in the frame of Clinic, four studies, parts of multicentre scientific testing of psychopharmacological agents, are being carried out and preparations for some new investigations are also under way. Since the advancement in lecturing positions is dependent on the advancement in scientific positions, improving and extending the scientific activities and the publishing activities should be encouraged as well and these activities represent a duty for every member of the Clinic, being crucial for its survival. Special attention should be given to efforts to achieve a certain percent of persons with scientific and lecturing positions, to fulfill the criteria for verification of the Clinic.

Lecturing activities

Lecturing activities represent an important segment of the entire work at the Clinic, because it helps to create the professionals in the fields for which the Clinic is interested and wider opening of the Clinic for programs of prevention, diagnostics, treatment and rehabilitation. All the employees of the Clinic should be continuously educated and included in the process of education as educators themselves. The teaching is carried out according to the following plan:

1. Psychiatry with medical psychology for the students of Stomatology
2. Gerontostomatology for students of Stomatology
3. Psychostomatology, elective subject for the students of Stomatology
4. Psychology for the students of Philosophy
5. Addiction diseases for the students of Education and Rehabilitation
6. Psychology for students of Croatian Studies of University in Zagreb
7. Alcoholology for high Medical School
8. Music therapy for students of Musical Academy

9. Postgraduate studies
 - Psychostomatology, doctoral postgraduate study
 - Consequences of alcoholism and drug addictions in orofacial region
 - Professional postgraduate study
 - Studies of Biological Psychiatry
 - Studies of School Medicine
 - Studies of General Medicine
 - Postgraduate education of doctors
10. Mentoring the attendants of doctoral studies for their dissertations
11. Mentoring the doctors during the obligatory internship according to the specially adjusted program
12. Mentoring dentistry graduate dissertations
13. Education of doctors residents in psychiatry and other specializations according to the program of Ministry of Health of Republic Croatia
14. Education and mentoring of doctors on subspecializations

Besides the educational activities mentioned, which are already in progress, it is possible to broaden the programs of education according to the interest of the Clinic. It is necessary to provide the best possible conditions for carrying out the lectures, seminars and practice.

Organization of scientific gatherings

The Clinic has so far proved to be a successful organizer of significant national and international gatherings. It has so far organized the 1st Croatian Conference on Alcoholism and Other Addictions and the 3rd Alpe-Adria Conference on Alcoholism, in Opatija, in 1999 and 2nd Croatian Conference on Alcoholism and Other Addictions and 10th Alpe-Adria Conference on Alcoholism, in Opatija, in 2008, in the collaborations with Universities of Trieste and Ljubljana. The 4th Croatian Conference on Alcoholism and Other Addictions and the 14th Alpe-Adria Conference on Alcoholism were organized in 2010 and 2011, under the title Scientific Symposium on Addictive Diseases, which is planned to be repeated each year. In the future, it is necessary to plan similar activities, particularly the gathering on dual diagnoses and alcoholism and other addictions. The employees of the Clinic had participated in numerous national and international gatherings and such practice should be continued.

The practice of continuing the education of employees of the Clinic for Psychiatry by means of weekly professional lectures has been maintained for years. The Zagreb School of Non-smoking should keep getting the maximal support.

Publishing activities

At the Clinic, special attention is given to periodical publications and publishing of educational literature, and that activity should be intensively further pursued. Among the periodical publications, there are: Alcoholism – Journal on Alcoholism and Related Addictions and Alcoholological Newsletter. The first journal is an exceptionally well-profiled publication, written in English, with summaries in Croatian, indexed in Index Medicus and Excerpta Medica, what gives it an additional scientific and professional value. In the frame of educational literature, we have published Thaller V. i sur. Psychiatry, CSCAA 1999., the first edition, Thaller V. et al. Psychiatry, CSCAA 2004., the second edition, Thaller V. et al. Alcoholology, CSCAA 2002., the first edition, and the third edition of Psychiatry and the second edition of Alcoholology are under preparations. Buljan D. Chapter „Psychiatry of Older Age« in the script Čatović A. et al. Selected chapters from Gerontostomatology. Zagreb, 2004. Buljan D. Chapter „Trichotylomania« in the book of editor Šitum M et al. Trichology. Naklada Slap, Zagreb, 2007. Buljan D. Chapter „Urgent and Intensive Psychiatry« in the book of Editor Jukić M. Intensive Medicine. Školska knjiga, Zagreb, 2007. Buljan D, Šitum M, Buljan M i Vurnek M. Psychodermatology, Naklada Slap, Zagreb, 2008. Simeon G, Buljan D et al. Lower back pain, Naklada Slap, Zagreb, 2008., Buljan D. Depression and neurological disturbances, CSCAA 2013., Buljan D. et al. Consultative-colaborative Psychiatry, CSCAA 2013.

Professional associations

The Clinic is the residence of Croatian Association of Clubs of Treated Alcoholics, Association of Clubs of Treated Alcoholics Zagreb and Representative Club of Treated Alcoholics. The activities mentioned should receive further support, since they can provide a significant contribution to prevention in the field of mental health, treatment and rehabilitation. The Committee for Alcoholism of the Ministry of Health of Republic Croatia participates in preparations of the Croatian action plan concerning alcohol in cooperation with the Croatian Institute for Public Health. Croatian Society for Alcoholism and Other Addictions by the Croatian Medical Council is the leading association for taking care of problems connected with addictive diseases.

FINAL CONSIDERATIONS AND PERSPECTIVES FOR DEVELOPMENT

The Clinic should enable a dynamic development in the fields of diagnostics, treatment and rehabilitation of patients, graduate and postgraduate education, scientific

research and collaboration with similar institutions in the country and abroad, with the aim to improve and promote the entire Croatian psychiatry and medicine in general. To make that possible, it is necessary to keep continually supporting the scientific and educational progress of the Clinic employees. Particular attention should be given to the development of urgent, crisis-intensive and consultative-collaborative psychiatry, alcoholology and drug addictions, both in diagnostic and therapeutic and educational and scientific-investigative sense. It is also necessary to bring psychiatry closer to medicine and people, connect functional with primary health care and participate in forming and application of alternative programs, educate professional and paraprofessional staff, to be able carry out the preventive activities in broader spectrum. That is particularly important for the addictive diseases, since it is known that, besides hypertension, tobacco smoking and alcohol consumption represent the leading factors of morbidity and mortality from cardiovascular and cerebrovascular diseases in general population. Addictions are chronic disturbances, connected to the attitudes of men and societies towards alcoholic beverages and psychoactive substances in general. Extensive programs should be planned that would, in near future, be concerned on one hand with health education processes and on the other hand, with treatment and rehabilitation of chronic disturbances. The Clinic should adjust for the necessity of carrying out such extensive programs, and that could be achieved keeping the present staff profile with minimal increase of the number of employees, adequate spatial remodeling of the Clinic, increasing the limits of services and building of new, modernly equipped Day-hospital and Out-patient Clinic. However, without the collaboration with primary health services, psychiatry itself cannot carry out such ambitious plans.

Generally, the approach should be based on the model of biological psychiatry and modified therapeutic community with fast and precise diagnostics, taking care of acute psychiatric patients in the frame of intensive monitoring, using the modern psychopharmacological and other medicament therapy and all forms of individual, group and family psychotherapy. The activities and development of the out-patient Clinic and Day-hospital, with short-term hospital treatment should also be intensified, as well as the collaboration with teams of primary health care.

KLINIKA ZA PSIHIJATRIJU POVIJESNI PREGLED I PROJEKCIJE ZA BUDUĆNOST

Sažetak – Psihijatrijski pristup treba biti utemeljen na modelu biologijske psihijatrije i modificirane terapijske zajednice s brzom i preciznom dijagnostikom, zbrinjavanjem akutnog psi-

hijatrijskog bolesnika u okviru pojačanog nadzora, koristeći suvremenu psihofarmakološku i ostalu medikamentoznu terapiju, te sve oblike individualne, grupne i obiteljske psihoterapije. Dalje treba intenzivirati rad i razvoj poliklinike i dnevne bolnice uz kratka bolnička liječenja i suradnju sa timovima primarne zdravstvene zaštite.

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