

Factors Leading to Re-Admission of Mental Health Care Users at Thabamooop Psychiatric Hospital of Limpopo Province, South Africa

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The purpose of this study was to explore the factors leading to re-admission of mental health care users at Thabamooop Psychiatric Hospital, Limpopo Province. A qualitative, descriptive and exploratory research method was used. The population of the study included all mental health care users who are discharged and re-admitted in Thabamooop Hospital and the relatives taking care of the mental health care users. Non-probability purposive sampling was used to select the twelve participants. A phenomenological research design was applied; and semi-structured interviews were used for collection of data. One-on-one interviews were conducted, of which ten were conducted with mental health care users and two with the relatives of mental health care users. The data was analysed by using Tesch's method of analysis. The results of the study proved that re-admission of mental health care users occurred due to abuse of alcohol and cannabis and the mental health care users did not adhere to the prescribed psychotropic medications. Social problems such as family disorganisation and lack of psychological support from families proved to be factors that can lead to re-admission of mental health users to the hospital. Based on the results of the study mental health professionals should provide mental health care users and relatives with psycho-education on substance abuse and cannabis and on the importance of taking psychotropic medications as prescribed.

Keywords: Readmission, mental health care user.

Biography:

Jermina Kgole is a senior lecturer in the department of Nursing science at the University of Limpopo, South Africa. She has published 29 articles in accredited journals. She was Attended conferences and presented papers provincially, nationally and internationally.