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SOME ASPECTS OF THE ACTUAL SITUATION OF PSYCHOSOMATIC MEDICINE IN GERMANY

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PSYCHOSOMATIC MEDICINE IN GERMANY FOUR STEPS OF HEALTH CARE

- Psychosomatic basic competence
 - 60 000 physicians (68% of all gynecologists and 62% of all GPs)
- Outpatient psychotherapy
 - 15 500 psychotherapists
(3500 are physicians with specialization in „Psychosomatic Medicine and Psychotherapy“, 12 000 psychologists)
- Inpatient psychotherapy/psychosomatic medicine
 - 3200 beds in 25 university departments and 39 other hospitals
>> 25 000 patients in 2002 (45 days/patient, range: 3 to 12 weeks)
- Psychosomatic rehabilitation
 - 15 500 beds in rehabilitation clinics
>> 140 000 patients in 2002 (M=38 days/patient)



BASIC COMPETENCE IN PSYCHOSOMATICS

Medical curriculum

- Obligatory lecture (24 h) and course (12 h) of psychosomatic medicine for all medical students in the 5th year

Continuing education

- 20 h lectures on theoretical know-how
- 30 h practice of doctor-patient-communication
- 30 h Balint group (understanding doctor-patient-relationship)



Mean number of psychotherapeutic sessions of outpatient treatment paid by German health insurances: 78 (2003)



CURRICULUM FOR SPECIALIZATION IN „PSYCHOSOMATIC MEDICINE AND PSYCHOTHERAPY“ IN GERMANY

- 1 year in psychiatry
- 1 year internal medicine (6 month neurology or 6 month gynecology possible)
- 3 years psychosomatic medicine
 - ◆ 2 years of inpatient treatment
 - ◆ 1 year of outpatient treatment and CL-service
 - ◆ 150 h of self-experiences
 - ◆ 1500 h of psychotherapeutic sessions with supervision
 - ◆ diagnostic examinations of 150 (?) patients
 - ◆ Alternative between cognitive-behavioral or psychodynamic focus of the curriculum



SPECTRUM OF DISORDERS TREATED IN PSYCHIATRIC HOSPITALS IN GERMANY

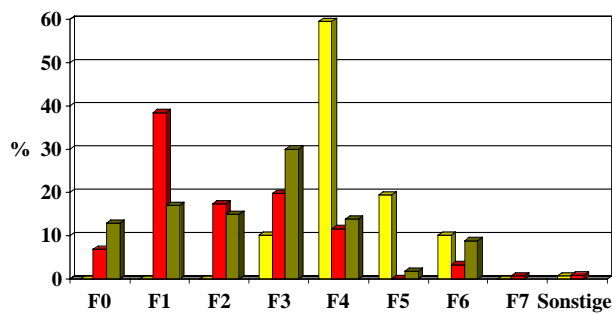
(Deutsche Angestellten Krankenkasse, 2003).
N=22.264 female patients and N=15.474 male patients



DIAGNOSTIC SPECTRUM OF DISORDERS TREATED IN PSYCHIATRIC AND IN PSYCHOSOMATIC DEPARTMENTS



■ Psychosomatik ■ Psychiatrie ■ Referenz-Psychiatrie (Berger 2004)



ICD-10-Erstdiagnosen einer Klinik für Psychosomatische Medizin und einer Klinik für Psychiatrie und Psychotherapie an einem Krankenhaus der Maximalversorgung 2003 (im Vergleich die Häufigkeiten einer Universitätspsychiatrie [Berger 2004]).

Hildenbrand 2005



Target: 5 bed for psychosomatic inpatient treatment
for 100 000 inhabitants > 18 years



SPECTRUM OF DIAGNOSES OF PSYCHOSOMATIC INPATIENT REHABILITATION (2002, N=140 000)



ECONOMIC RESULTS OF
PSYCHOSOMATIC INPATIENT TREATMENT
(DAK/AHG study, Zielke 2004)

- **N=338** members of a large German health insurance company (DAK) treated in 3 psychosomatic hospitals with CBT (from **16.1.99** to **22.2.2000**)
- **N=252** with a sick certificate in the past 2 years
 - ◆ wrote off sick on average for 24,5 weeks (median)
 - ◆ 48% because of psychic problems/disorders
27% because of chronic pain
 - ◆ length of the disorder 7,3 years (median)



ECONOMIC RESULTS OF
PSYCHOSOMATIC INPATIENT TREATMENT
(DAK/AHG study, Zielke 2004)

Health costs for each case (€)	2-yr before	2-yr after
◆ Health insurance (e.g. costs of out- and inpatient treatments, drugs, sick pay)	12 700	6 800
◆ Employer (e.g. statutory sick pay, loss of productivity)	27 100	11 400
◆ Total	39 800	18 200



ECONOMIC RESULTS OF PSYCHOSOMATIC INPATIENT TREATMENT (DAK/AHG study, Zielke 2004)

Costs of inpatient treatment

- ◆ Mean length of treatment 51,6 days
- ◆ Daily rate for inpatient care 110 € each day

>> average costs of treatment for each case: €5676.-



ECONOMIC RESULTS OF PSYCHOSOMATIC INPATIENT TREATMENT (DAK/AHG study, Zielke 2004)

cost-benefit-relation

- reduction of costs for health - 21 550 €
- average costs of treatment 5 680 €

1 : 3,79



ECONOMIC RESULTS OF PSYCHOSOMATIC INPATIENT TREATMENT (DAK/AHG study, Zielke 2004)

- **Analysis of opportunity**

calculation considering productivity of commercial employees
using a formula from buissness mangement

>> Net benefit for each case [€48 224.-](#)

____>> Net benefit of the N=252 patients in the study: > [€12 Mio.](#)