

Status of psychosomatic treatment in Poland and training needs in the scope of psychosomatics

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Assessment of the current situation - I

- ◆ In Poland, *psychosomatics remains unrecognized as a separate clinical discipline*
- ◆ Over the last decade a *fast increase* can be observed in the number of hospital and ambulatory *psychosomatic facilities*
- ◆ In the last few years new departments have been formed at universities or their scope expanded to include psychosomatic issues
- ◆ The Ministry of Health and Medical Chambers (Medical Self-Government), have given preliminary acceptance to a sub-specialty in the scope of psychoncology
- ◆ Application for recognition of psychosomatics as the sub- specialty is in final stage of preparation.

Assessment of the current situation - II

Psychosomatic Health Care Facilities (2005) :

- ◆ *at general hospitals – 25 units*; (for instance: Białogard, Ostrołęka, Elbląg, Rzeszów, Kraków, Gorzów Wlkp., Warszawa – 2 units)
- ◆ *at large psychiatric hospitals – 11 units* ;(for instance: Bolesławiec, Morawica, Dziekanka, Starogard Gdański, Międzyrzecz)
- ◆ *as Independent Public Health Care Facilities – 14 units*; (for instance: Kołobrzeg, Lębork, Jasło, Jarosław, Radom, Suwałki)
- ◆ *as Private Health Care Facilities – 19 units*; (for instance: Warszawa, Poznań, Łódź , Katowice , Białystok, Kielce, Radom, Bydgoszcz)

The best psychiatric centers and units 2004 Ranking by; „Wprost”

1. Instytut Psychiatrii i Neurologii w Warszawie, II Klinika Psychiatryczna, Warszawa – 100,0; ***
2. Instytut Psychiatrii i Neurologii w Warszawie, III Klinika Psychiatryczna, Warszawa – 99,3; ***
3. Instytut Psychiatrii i Neurologii w Warszawie, I Klinika Psychiatryczna Warszawa – 97,0;***
4. Katedra i Klinika Psychiatrii i Psychoterapii ŚAM w Katowicach, Katowice – 86,1;***
5. SP Szpital Kliniczny Nr 5 AM w Poznaniu, Klinika Psychiatrii Dorosłych, Poznań – 84,0; * * *
6. Szpital Uniwersytecki w Krakowie, Oddział Kliniczny Kliniki Psychiatrii Dorosłych – 81,6; ***
7. **Wojewódzki Szpital Zespolony w Elblągu, Oddział Psychiatryczny z Pododdziałem Psychosomatycznym – 74,3;***
8. Klinika Psychiatrii AM w Lublinie, SP Szpital Kliniczny Nr 1 w Lublinie - 65,7;***
9. Centralny Szpital Kliniczny Uniwersytetu Medycznego w Łodzi, SP ZOZ I i II Klinika Psychiatrii – 63,9;***
10. Wojewódzki Szpital Bródnowski w Warszawie, SP ZOZ, II Klinika Psychiatryczna AM w Warszawie – 60,1;***

Ranking - Psychiatrii 2004, cont.

11. Centrum Pediatrii im. Jana Pawła II w Sosnowcu, Oddział Psychiatrii i Psychiatrii Wieku Rozwojowego – 57,2;*
12. Samodzielny Publiczny Zakład Opieki Zdrowotnej im. dr. J. Psarskiego w Ostrołęce, **Oddział Psychosomatyczny – 54,1;***
13. Wojewódzki Szpital Specjalistyczny im. L. Rydygiera w Krakowie, **Oddział Psychiatrii i Psychosomatyki – 49,3;***
14. SP Szpital Kliniczny w Bydgoszczy, Katedra i Klinika Psychiatrii – 47,8;***
15. Wojewódzki Szpital Podkarpacki, Dzienny Oddział Psychiatryczny Krosno – 47,5;*
16. Szpital Wojskowy z Przychodnią SPZOZ w Elblągu, Oddział Psychiatryczny – 45,9;*
17. Szpital Specjalistyczny w Dąbrowie Górniczej, Oddział Psychiatryczny – 44,2;*
18. Szpital Wolski im. dr A. Gostyńskiej SPZOZ w Warszawie, Oddział **Psychiatryczno-Psychosomatyczny – 39,0;***
19. Wojewódzki Szpital Neuropsychiatryczny im. O. Bielawskiego w Kościanie – 36,4; **
20. Samodzielny Publiczny Zespół Zakładów Opieki Zdrowotnej w Nowej Dębie, Oddział Psychiatryczny – 36,2; *

Legend:

*** Medical Academy Clinic / Psychiatric Institute
** Psychiatric Hospital
* Diversified Hospital with psychiatric unit

Assessment of the current situation - III

- ◆ Assessment of Out-Patients Clinics and other ambulant facilities for psychosomatic treatment

There is *no facility category for psychosomatic treatment in classifications of the National Health Fund* (the only health insurance payer in Poland). As a result of the above, a number of ambulatory psychosomatic treatment facilities had to change their names in order to retain financing, without reference to the wording „psychosomatic”. An example is the „ *Psychosomatic and Family Assistance Unit*” at the *Provincial Children’s Hospital* in Warsaw.

In connection thereto the drafting of a *current listing of psychosomatic treatment facilities is very difficult.*

Assessment of the current situation IV

- ◆ In the scope of complex pre-disability rehabilitation financed by the Social Insurance Institute, the category of *psychosomatic rehabilitation* was recently introduced to the catalogue of contract services.
- ◆ In the framework of offers for 2004, specific conditions were defined that applicant's must meet and by a competition procedure service providers were selected, with whom contracts were signed.

Training needs in the scope of psychosomatics

- ◆ Standardization of teaching primary knowledge and skills in the scope of psychosomatic aspects of diagnosis and therapy in the program of medical specializations (European standards)
- ◆ Undertaking a program of teaching clinical psychosomatics (as a sub-specialty / skill)
- ◆ Initiating an accelerated program of teaching clinical psychosomatics for employees working at psychosomatic units and clinics