What patients want from Psychiatrists?

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Abstract

Scientific knowledge has its own pace. It doesn't happen when the scientists want and, in many occasions, when mankind most needs. The advances on mental health science that had a significant translation on patient's care have been very rare in the last decades. It cannot be said that an innovative treatment or a new therapeutic approach has seen the light of the day. Some improvements have occurred in some psychiatric medicines but they still present several side effects that are responsible for dysfunction and are an obstacle to the patient's integration in the community.

Considering the document with the conclusions of the meeting of the EU Ministers of Health, in 2005, Helsinki, has Psychiatry, as a science and a treatment discipline, been able to provide to patients treatment outcomes that allow them to pursue the vision expressed in the document, namely in what concerns the full integration in the society of people with mental health problems?

Were the Psychiatrists in this past ten years opened to accept the changes of its papers and to promote the changes needed in the health care systems? What was the context for the Psychiatrists during this period?

Considering that the complexity of the brain makes the improvements in Psychiatry science even more difficult than for the majority of sciences, the apparent disinterest of the pharmaceutical industry to develop new medicines for CNS and the limitations of health care systems, what can psychiatrists and patient do overtake this difficult situation?