



**GOOD PRACTICE SERVICES:
PROMOTING HUMAN RIGHTS &
RECOVERY IN MENTAL HEALTH**

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ABSTRACT FORM

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Title of the contribution/Titolo del contributo	Associate Professor of Psychiatry		
Objectives/Obiettivi	A project for improving standard of care in a psychiatric hospital in Iran.		

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Roozbeh hospital is the oldest academic psychiatric hospital in Iran which is affiliated to Tehran University of Medical Sciences. The hospital is founded nearly seventy years ago and works as a referral center for severe mental illnesses with approximately 5000 emergency presentations and 1,800 admissions per year. For decades, long hospitalization and pharmacological treatment have been the main treatment of focus for patients suffering from severe mental disorders in this hospital. In recent years, a day center which provides psychoeducation and psychosocial treatments to patients and their families, and three community mental health centers were established. Moreover, home visit service for patients was developed in this hospital. Although, the mental health services became more community based and recovery-oriented in recent years, however, the current inpatient care is below the standards of high-quality care.

To address the deficiencies in standards of care in our inpatient settings, we planned to design and implement a quality care campaign. We aimed to decrease the use of seclusion, chemical and physical restraint and improve the standard of living in the hospital. Using WHO quality rights toolkit, we conducted a facility-based assessment, and the campaign will be implemented in a few months. Taking into consideration limited resources and different cultural contexts in our country, we hope this project provide guidance for improving the quality of care in other mental health institution in Iran.