PRACTICE OBSERVED

Controlled trial of psychiatric nurse therapists in primary care
ISAAC MARKS

Abstract

A controlled trial of psychiatric nurse therapists in primary care was carried out. The study demonstrates that psychiatric nurse therapists in primary care can make as great a contribution as those in secondary care. This suggests that psychiatric nurse therapists should be included in the primary care team.

Method

The therapists were supervised by the consultant psychiatrist. The consultants were aware of the therapeutic relationship and the primary care team. The therapists were trained in general practice and had 1 year of experience in psychiatric nurse therapy.

Results

The therapists were well received by the patients and were able to establish a therapeutic relationship. The improvement in the patients’ symptoms was assessed by a questionnaire and a clinical examination.

Discussion

The results suggest that psychiatric nurse therapists in primary care can make a significant contribution to the management of psychiatric problems. The study also suggests that psychiatric nurse therapists should be included in the primary care team.

Conclusion

Psychiatric nurse therapists in primary care can make a significant contribution to the management of psychiatric problems. The study suggests that psychiatric nurse therapists should be included in the primary care team.