

Mentari@Hospital Universiti Sains Malaysia: A recovery hub for people with mental illness back to community by improving quality and satisfaction of life

Nor Asyikin Fadzil¹, Nuha Naimah Johari²

¹Psychiatry Department, Hospital Universiti Sains Malaysia, Kubang Kerian, Kelantan, Malaysia, ²Psychology Department, Universiti Teknologi Malaysia, Johor, Malaysia

ABSTRACT

Introduction: The latest national health survey showed an increased number of people suffering mental illness. The current Madani government gives priority to the prevention, treatment and recovery of this group of people to prevent serious consequences to the nation. Supporting the government policy, the health care practitioner should provide good quality care and continuous support to help patients strive for recovery. In a mental health setting, recovery is not only emphasised on managing the symptoms but building the resistance and resilience to survive as a mental health patient. In this pilot study, the role of psychiatric rehabilitation is observed to see how it affected the quality of life (QOL) and satisfaction with life (SWL) of psychiatric patients in Mentari@Hospital Universiti Sains Malaysia (Mentari@HUSM). **Materials and Methods:** A total of 20 participants participated in this pilot study and the instruments used are the WHOQOL- BREF and the Satisfaction with Life Scale (SWLS). **Results:** The findings indicate that the QOL in all domains of WHOQOL-BREF among the participants had increased compared to before they joined rehabilitation. **Conclusion:** The improvement in the participants QOL may be explained by the accepting environment that exists within MENTARI HUSM. The patients may also feel a sense of inclusion despite the difference between them which has improved the general social domain. QOL may have also improved due to the facility providing the patients with an opportunity to be trained and earn money which may have increased acceptance by their families and the community. SWL had slight improvement albeit not drastically which could be justified by the participant's personal acceptance and early stage of improvement. The subjective score of SWL differs as some show great improvement in their SWL while others remain constant.