

**EPA GAINING EXPERIENCE PROGRAMME REPORT**  
**On the observership visit at the Department of Biological Psychiatry**  
**Realised 25 April - 6 Mai 2016”**  
**By Oleg Aizberg**

During my visit, I was going to get acquainted with the practical issues of diagnosis and treatment of patients with mental disorders, with a focus on resistant affective disorders, mental disorders in women in the postpartum period and substitution treatment of opioid dependence. The subjects of my scientific work are the treatment of opioid dependence and the barriers to its organization. The focus of research in the Department of Biological Psychiatry in Vienna (Head Professor S. Kasper) are affective disorders, serotonergic system and treatment of opioid dependence in pregnancy. 2 days I spent in the unit 6A (general psychiatry, treatment of patients with various mental illnesses - depression, psychosis, substance addiction) to psychoactive substances, 1 day in the unit 4 C (intensive care unit for psychiatric patients), 3 days in unit 4A (treatment of post-partum mental disorders), 4 days in the outpatient department, 1 day in the medical unit of the remand prison of Vienna.

In the unit 6A psychiatrists apply new methods of management of treatment-resistant depression, such as the use of intravenous ketamine for patients with suicidal intentions. Prof. A. Naderi-Heiden and Prof. Praschak-Rieder told me about management of patients. In unit 4 A for the treatment of postpartum mental disorders used “open dialog” model of treatment, which means the multidisciplinary team discussion (psychiatrist, psychologist, social worker, nurse) patient’s problems in his presence. Head of the unit 6A Professor Brigitte Schmid-Siegel told in detail about organization of treatment of women with postnatal psychiatric disorders. Patients are on the unit with their children; in the organization of treatment strive to ensure that they continue to breast-feeding a baby. The most frequent diagnoses are postpartum depression, postpartum psychosis, personality disorders, post-traumatic stress disorder. Psychopharmacological medication that patients receive are compatible with breastfeeding. In difficult cases, if is not possible to determine whether the mother will be able take care of your child after leaving the department, patients are sent to a special department, which oversees the Social Office. There they are in a period of 2 weeks, and a special staff assess their maternal functions.

Psychiatric outpatient department has special counseling services for genetic counseling for mental disorders, mood disorders, pregnant women with opioid dependence, sleep disorders, memory disorders. Special outpatient service for pregnant women with opioid dependence is coordinated by Professor Gabriele Fischer, an international recognized expert on treatment of drug dependence in pregnant women. Substitution treatment of opioid dependence is carried morphine, methadone and buprenorphine. The preferred drug for substitution for pregnant women is buprenorphine, it is less likely to cause neonatal withdrawal syndrome. Professor Fischer organized a visit to the medical department of detention facility, where I became acquainted with the peculiarities of substitution treatment within the prison system. I visited also the pharmacy, where drug addicts become opioid substitution. I also visited the exhibition in Otto Wagner-Spital in Vienna (great psychiatry clinic) that is dedicated to victims of Nazi Psychiatry.

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