

# Report of the first national survey of Consultation-Liaison Psychiatry in México

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## BACKGROUND

Consultation Liaison Psychiatry (CLP) CL has grown and expanded beyond the United States. In México, C-L Psychiatry is a 1-year fellowship, after the 4-year specialty of general psychiatry. In México, there are only four clinical sites where around in total 10 psychiatrists graduate each year. It is estimated that there are between 150-200 psychiatrists trained in C-L psychiatry in México; however, we do not know the precise number of those who practice in general hospitals, their professional conditions, their expertise areas. This study aims to show the characteristics of the population that practices C-L psychiatry in México.

## METHODOLOGY

This national survey was sent through the digital groups of General Psychiatrists (GP) and Consultation-Liaison Psychiatrists in México (WhatsApp groups, emails). The questions seek to know the activities carried out by Psychiatrists within General Hospitals (GH) what are their main challenges, their main areas of knowledge, their professional difficulties at the CL-Psychiatry practice, how many are certified, how many have undergone formal training in CL-Psychiatry and how many are GP but carry out activities as a CL-psychiatrist. The survey was conducted from September-December 2022. This was an observational, transversal, descriptive, study.

## RESULTS

Responses were obtained from a sample of N=158 psychiatrists, 56.96% (90) of the psychiatrists are working at general hospitals (GH) and do not have specific academic training as CL psychiatry (CLP). The professionals surveyed belong to 27 of the 32 states of México. The three main areas of expertise and knowledge of psychiatrists are **psychiatric emergencies, neurology, and critical medicine**. In GH there are at least one or two psychiatrists 48.92% (68). 77.27% (119), refer to having within their work functions clinical care for the personnel of the same hospital (nursing, resident physicians, attending physicians, and medical students). 1 in 5 CLP supervises psychiatric residents and oversee their teaching. **1 in 3 professionals report experiencing high levels of stress within the hospital.**

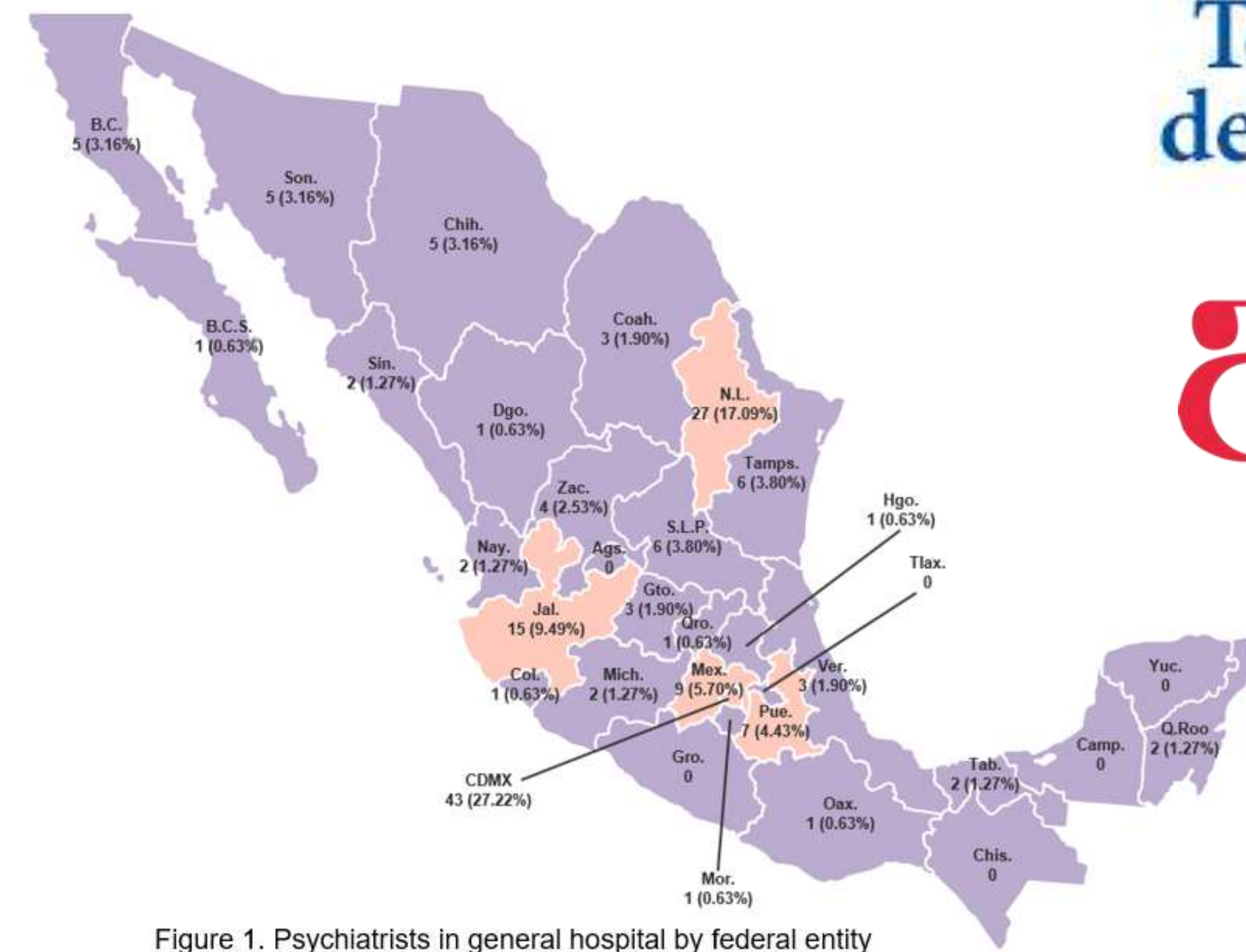
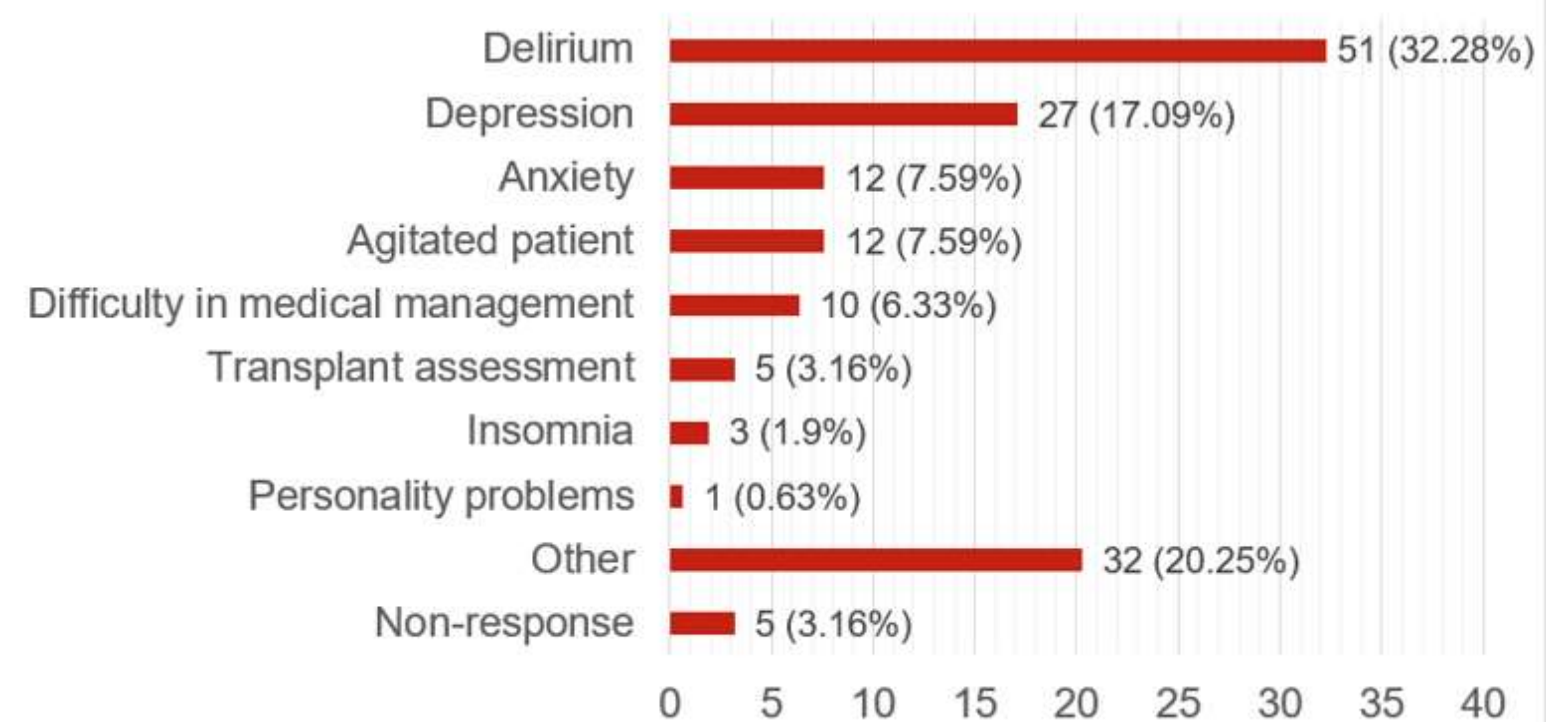
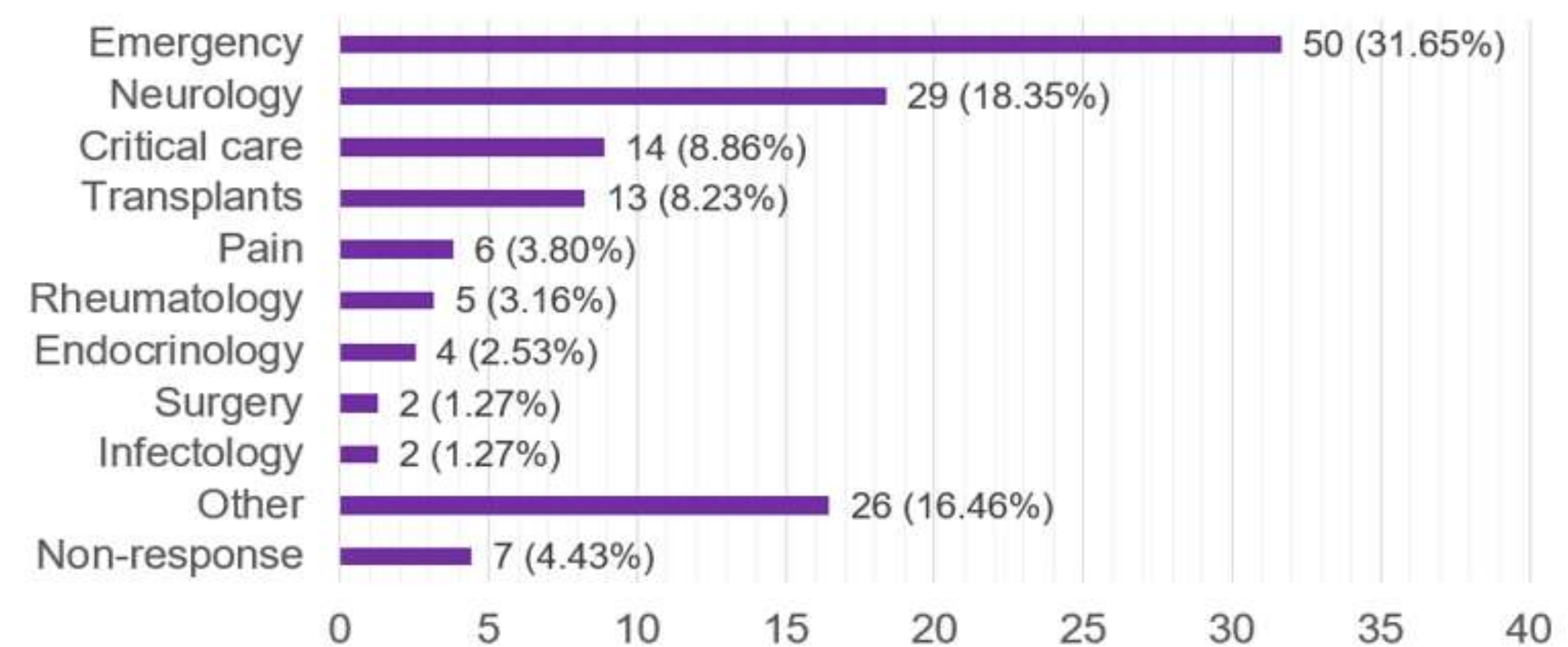


Figure 1. Psychiatrists in general hospital by federal entity

### Reason for consultation in general hospital



### Area of greatest knowledge and experience as Consultation-Liaison Psychiatrist



## DISCUSSION AND CONCLUSIONS

**This is the first survey carried out in México on psychiatrists who are in general hospitals, whether they have training in C-L psychiatry or practice empirically. It is necessary to create more fellowship programs in CL psychiatry in México, to have presence of more psychiatrists specially trained in these areas of medicine and collaborate with the teams in the different specialties to approach the medically ill patient.**

### References:

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- Ho, P. A., Girgis, C., Rustad, J. K., Noordsy, D., & Stern, T. A. (2019). Advancing the Mission of Consultation-Liaison Psychiatry Through Innovation in Teaching. *Psychosomatics*, 60(6), 539-548.

Table 1. General characteristics of psychiatrists

Psychiatrists	158 (100.00%)
Gender	
Male	90 (56.96%)
Female	68 (43.04%)
Age (years)	
25-35	34 (21.52%)
36-45	64 (40.51%)
46-55	25 (15.82%)
56-65	20 (12.66%)
>65	15 (9.49%)
Certified by the Mexican Council of Psychiatry	
Yes	137 (86.71%)
No	21 (13.29%)
Associate to the Mexican Psychiatric Association	
Yes	89 (56.33%)
No	69 (43.67%)
CLP fellowship accomplished	
Yes	68 (43.04%)
No	90 (56.96%)
CLP fellowship program	
INCMNSZ	32 (20.25%)
Hospital Angeles Pedregal	26 (16.46%)
ITESM	5 (3.16%)
ISSSTE	1 (0.63%)
Other	4 (2.53%)
Non-formal course	90 (56.96%)

Results are presented in absolute frequency (percentage)  
Note. CLP = Consultation-Liaison Psychiatry, INCMNSZ = Salvador Zubirán National Institute of Health Sciences and Nutrition, ITESM = Monterrey Institute of Technology and Higher Education, ISSSTE = Institute for Social Security and Services for State Workers

Table 3. Characteristics of psychiatric work practice

Number of psychiatrists in the general hospital where you work		Publications related to CLP in the last 5 years	
1-2	68 (43.04%)	Yes	27 (17.09%)
3-5	32 (20.25%)	No	128 (81.01%)
6-10	23 (14.56%)	Non-response	3 (1.90%)
11-15	6 (3.80%)	Supervises psychiatry residents in general hospital	
>15	10 (6.33%)	Yeah	33 (20.89%)
Non-response	19 (12.03%)	No	122 (77.22%)
General hospital where you work		Non-response	3 (1.90%)
Public	56 (35.44%)	Importance of knowledge of CLP in your clinical practice	
Private	45 (28.48%)	Extremely important	87 (55.06%)
Both	25 (15.82%)	Very important	48 (30.38%)
Not applicable	30 (18.99%)	Important	19 (12.03%)
Non-response	2 (1.27%)	Less important	2 (1.27%)
Professional time as CLP in general hospital		Nothing important	0
1-25%	69 (43.67%)	Non-response	2 (1.27%)
26-40%	25 (15.82%)	Difficulty of CLP exercise in general hospital	
41-60%	20 (12.66%)	Very difficult	15 (9.49%)
61-80%	17 (10.76%)	Difficult	77 (48.73%)
81-100%	20 (12.66%)	Little difficult	54 (34.18%)
Non-response	7 (4.43%)	Nothing difficult	10 (6.33%)
As CLP in a general hospital, performance of mental health interventions in health personnel		Non-response	2 (1.27%)
Yes, very frequently	41 (25.95%)	Frequency of stress in your practice in general hospital	
Yes, frequently	43 (27.22%)	Very often	23 (14.56%)
Yes, infrequent	35 (22.15%)	Frequently	49 (31.01%)
No	35 (22.15%)	Rarely	68 (43.04%)
Non-response	4 (2.53%)	Infrequently	15 (9.49%)
Results are presented in absolute frequency (percentage)		Non-response	3 (1.90%)

Note. CLP = Consultation-Liaison Psychiatrist/Psychiatry