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A Narrative Review on the Key Components of Discharge Intervention for Adolescent Psychiatric Patients: “Paving the Patch to Enhanced Care”

[Malaysian Journal of Medicine and Health Sciences](#) • Review • 2025 •

DOI: 10.47836/mjmhs.21.s6.42

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Abstract

The prevalence of mental health disorders among adolescents is on the rise, leading to an increased need for hospitalisation. Implementing appropriate discharge interventions is crucial to limit the re-hospitalization of adolescents with mental health disorders. However, there is a lack of targeted interventions for the discharge of adolescent psychiatric patients (APP). This review is aimed to investigate and discuss the essential components of discharge interventions for APP. This review employs several keywords from the research question and expert opinions, which have been expanded using medical subject heading (MeSH) tools. This review was further searched via five databases, including SCOPUS, Web of Science, Clinical Key Nursing, ProQuest and PubMed. A screening process involving the evaluation of over 300 articles based on inclusion and exclusion

criteria was performed. A total of fifteen (15) documents were included in the final review. The identified key components of the discharge intervention for this narrative review were categorised into two main groups: pre-discharge (hospital/psychiatric unit) and post-discharge (home, school, and community). In hindsight, there is a noticeable scarcity of studies in this area, particularly in Asian contexts. This review highlights the significance of understanding and implementing key components of discharge interventions for adolescent psychiatric patients as a means to improve the quality of care provided to them. Its implications indicate the need for future pertinent studies in Asian countries in particular. © 2025 Universiti Putra Malaysia Press. All rights reserved.

Author keywords

Adolescent psychiatry; discharge intervention; discharge summary; mental health disorder; narrative review

Funding details

Details about financial support for research, including funding sources and grant numbers as provided in academic publications.

Funding sponsor	Funding number	Acronym
International Islamic University Malaysia See opportunities by IIUM ↗		IIUM
Kuantan Campus, Malaysia		

Funding text

This work is supported by Bench Fees Kulliyah of Nursing (IIUM/313/13/12/8) from the International Islamic University Malaysia (IIUM), Kuantan Campus, Malaysia.

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