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**| RESEARCH ARTICLE**

## **How Are Cutting-Edge Approaches and Established Practices Revolutionizing Mental Health Care for hospitalized patients?**

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**| ABSTRACT**

Particularly in hospitalized patients, the COVID-19 epidemic brought to increased mental health issues all around. This study thus looks at the developing mental health problems experienced by inpatients, best practices for tackling these difficulties, and creative ideas to enhance the delivery of treatment. The study of mental health systems in South America during the epidemic informs the work. The study found some alarming trends like more anxiety, worry, and dread brought on by restricted access to resources and isolation policies. Likewise, recognized as major hurdles to efficient mental health support were challenges including disrupted outpatient care, drug shortages, and poor virtual health systems. The study covers best practices like telemedicine integration, psychosocial support hotlines formation, and capacity-building for medical professionals to assist in delivering mental health treatment under demanding environments. The studies have guided various reform plans for mental health care that stress changing from hospital-centered systems to community-based models, improving legal and policy frameworks, and promoting local and worldwide cooperation. Conversely, virtual platforms and mobile health apps are offered as transforming instruments for providing mental health treatments to underprivileged groups.

**| KEYWORDS**

Mental health, Covid-19 pandemic, South America, Best Practices and Emerging Strategies for Mental health care

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### **1. Introduction**

Hospitalized patients are a particularly susceptible demographic regarding mental health concerns. Suboptimal mental health is aggravated by factors such as physical ailments, social isolation, and inadequate access to mental health resources (Ganesan et al., 2021). Poor mental health impedes recovery, prolongs hospital stays, escalates healthcare expenses, and adversely affects healthcare outcomes (Garverich et al., 2021). Mental health disorders such as depression and anxiety sometimes co-occur with physical ailments. They also hinder treatment adherence, impede healing, and elevate the likelihood of complications (Jalil et al., 2024).

The COVID-19 pandemic exemplifies a factor that intensified these vulnerabilities, revealing deficiencies in healthcare systems (Vanden Bossche et al., 2023). These encompassed stringent isolation protocols, apprehension regarding infection, and heightened anxiety stemming from interruptions in usual care. Moreover, individuals exhibited increased depression and psychological discomfort. During this period, healthcare providers had unparalleled obstacles since they could not meet the mental health requirements of hospitalized populations. They frequently functioned with little resources and had not adjusted to swiftly changing conditions. Consequently, there was an immediate necessity for new and flexible techniques to enhance mental well-being in inpatient environments.

Mental health care in hospital environments is crucial for meeting the psychological requirements of patients who are frequently susceptible owing to acute or chronic conditions (Ganesan et al., 2021). Healthcare practitioners must give comprehensive mental health care by employing a multidisciplinary approach. Consequently, they can enhance patient outcomes, elevate the quality of care provided, and alleviate the strain on healthcare systems. This research investigates the mental health challenges faced by hospitalized patients during the COVID-19 epidemic and evaluates optimal practices and techniques for providing successful care. Healthcare professionals and stakeholders can utilize knowledge from South American mental health systems. The research emphasizes the significance of community-oriented care models, digital platforms, and systemic improvements in tackling mental health emergencies. This study delineates actionable measurements and insights gained. Consequently, it establishes a paradigm for improving mental health outcomes in hospitalized individuals, especially during extensive health crises like Covid-19.

## 2. Literature Review

The study by Antiporta & Buni (2020) outlines the mental health issues encountered by hospitalized individuals. The study underscores the significant incidence of disorders such as anxiety, depression, and stress. The COVID-19 pandemic intensified these problems due to stringent isolation measures, fear of contagion, and interruptions in care continuity. A study in South America found that hospitalized patients predominantly faced mental health issues including worry, tension, and dread during the pandemic (Antiporta & Buni, 2020). Moreover, obstacles including restricted access to mental health services, prescription deficiencies, and inadequate virtual care infrastructure exacerbated the challenges of patient care delivery. Access to mental health specialists was restricted due to staffing shortages. Consequently, patients experienced extended wait times for psychological examinations.

The report subsequently outlines some new solutions to tackle these difficulties. The study by Antiporta and Buni (2020) underscores the significance of community-based mental health systems. These systems are significant as they incorporate mental health treatments within primary healthcare networks, enhancing accessibility and continuity of care. Conversely, it is noteworthy that telemedicine has proven crucial in facilitating patients' access to mental health services. Consequently, telemedicine has effectively met the demands of patients living in both urban and rural areas.

Nevertheless, the study of Antiporta and Buni (2020) reveals that, although these advances, certain systemic issues persist. Insufficient finance, staffing shortages, and fragmented healthcare systems have persistently constrained the efficacy of these solutions. Consequently, mitigating these systemic obstacles is essential to guarantee the sustainability and accessibility of mental health care, particularly for inpatients during public health crises (Kola et al., 2021). Resource allocation can be optimized to enhance mental health care delivery in hospitalized populations. During the COVID-19 epidemic, certain hospitals designated resources to enhance mental health care services in general wards. The units were staffed with interdisciplinary teams of psychiatrists, social workers, and nurse practitioners specialized in mental health care. Hospitals can allocate resources for the acquisition of telehealth technologies. This enables patients to obtain virtual consultations when in-person care is restricted (Haleem et al., 2021).

## 3. Methodology

Using a qualitative methodology, the Antiporta & Buni (2020) study investigated mental health issues, coping mechanisms, and chances to improve hospital patient care during the COVID-19 epidemic. Data for the study were gathered by the researchers from mental health decision-makers all throughout South America. Participants comprised mental health experts, healthcare managers, and legislators. These individuals offered several points of view on the mental terrain throughout the crisis.

The researchers also used a semi-structured online questionnaire to get in-depth understanding of the obstacles, policies, and possible remedies for the delivery of mental health care. Questions centered on common mental health issues, how the epidemic affected healthcare systems, and some of the new approaches clinicians should utilize to be able to raise inpatient mental health results.

Data analysis, applying thematic content analysis, came after the data collecting stage. This thus made it possible to spot repeating motifs and doable solutions. This approach was fundamental since it allowed responses to be categorized into main categories including systematic obstacles, the function of community-based care, and the actual deployment and realization of virtual platforms. To guarantee the validity and credibility of the research results, the study researchers thus carried out thorough cross-valuation. The study was able to offer a better knowledge of the mental health issues experienced by hospitalized patients by means of

synthesis of these observations. It also underlined creative ways to improve the delivery of mental health services

#### **4. Findings**

A multitude of findings were observed from the conducted study. Several developing mental health issues were identified. The study by Antiporta & Brunni (2020) indicated that worry, stress, and panic were the predominant issues observed in hospitalized patients during the pandemic. Contributors included isolation measures, disrupted care pathways, and increased uncertainty. Isolation methods, such as stringent quarantine protocols, resulted in hospitalized patients experiencing disconnection from their support networks. This intensified feelings of worry and depression. Hospitalized patients were not the only ones affected; other vulnerable populations, such as individuals with pre-existing mental health issues and inadequate support networks, were significantly impacted.

Secondly, the researchers of the Antiporta and Buni (2020) study identified several obstacles to care delivery. Access to services was limited. Lockdown measures intensified limits on access to mental health services, resulting in care gaps. Moreover, medication shortages, particularly the lack of psychiatric drugs, hindered treatment continuity, thereby exacerbating mental health conditions. Additional obstacles encompassed technological limitations that resulted in insufficient infrastructure for efficient virtual care provision. Providers needed to develop best practices to tackle the difficulties. They implemented telemedicine, wherein virtual platforms were recognized as essential for facilitating consultations and addressing deficiencies in care delivery. Stakeholders also implemented community-based methods to enhance the accessibility and integration of mental health services. Thirdly, healthcare workers had training in psychological first aid and crisis management, thereby improving their capacity to treat urgent mental health requirements.

Third, some nascent strategies were observed. These encompassed digital initiatives such as the utilization of digital tools, exemplified by Colombia's COVID-19 app, which purportedly facilitate widespread population access to resources. Furthermore, it was seen that collaboration with local and international organizations can improve resource distribution and aid in policy execution. Participants underscored the necessity for legal regulations and augmented funds to institutionalize community-based care models and maintain enhancements in mental health services.

#### **5. Conclusion**

In conclusion, the Antiporta & Brunni (2020) study is an evidence-based analysis that emphasizes best practices and developing techniques for managing mental health disorders. The COVID-19 pandemic significantly contributed to the elevated incidence of mental health disorders, necessitating urgent innovations. This study emphasizes that anxiety, stress, and fear were significant factors contributing to ill health. These were further aggravated by circumstances such as restricted access to services and others. The study identified several emerging techniques, including telemedicine, community-based care networks, and regulatory reforms, to address mental health challenges.

Healthcare practitioners can employ the evidence-based strategies identified in this study, such as utilizing virtual platforms to enhance access to mental healthcare. Healthcare institution administrators can fortify primary care integration and improve provider training in mental healthcare delivery. Community-based methods, in particular, offer sustainable solutions for tackling mental health challenges. Consequently, stakeholders can formalize these strategies and tackle enduring obstacles, like technological inequities and financial constraints. Furthermore, collaboration with teams across global and regional stakeholders helps assure the sustainability of novel care solutions.

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