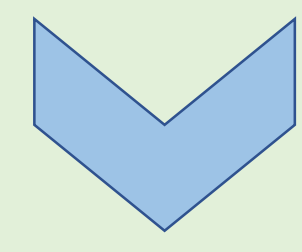
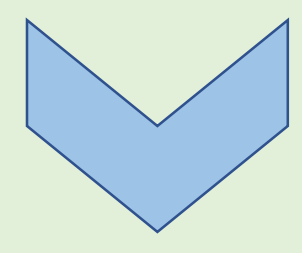


## Background

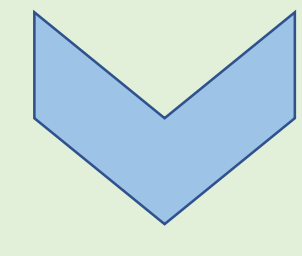
Borderline Personality Disorder (BPD) is a mental health disorder characterized by pervasive and persistent patterns of instability of emotional regulation, self-image, impulse control, and interpersonal relationships<sup>1</sup>



People with BPD have unique needs that are not being met by the healthcare system<sup>2</sup>



As a result, they are frequently presenting to the ED, where they are cared for inadequately<sup>2</sup>



The **purpose** of this study was to explore the subjective experience of persons with BPD and their frequent emergency department (ED) use

## Methods

**Design:** Interpretive description<sup>3</sup>

**Sampling:** Purposeful sampling through TOH using a convenience sample of participants with BPD with 12 or more ED visits for mental-health related concerns in 1 year

**Data collection:** Semi-structured interviews

**Data analysis:** Thematic analysis<sup>4</sup>

**Rigor:** Trustworthiness of the findings was enhanced by using Lincoln and Guba's principles<sup>5</sup>

## The participants

Age	Sex	ED visits (N)	Self-reported Mental Health Concerns
Range: 22-66	F (n=5) M (n=1)	Range: 17-27 Mean: 17.3	Borderline PD (n=6) Substance Use (n=5) Trauma (n=4) Suicidality (n=1)

## Preliminary findings

After analyzing 3 of the 6 interviews, 6 preliminary themes have been identified to describe the subjective experience of persons with PBD and their frequent use of the ED.

## Main themes

### How They Feel About Themselves: (n=3)

A self-reflection on their emotional/situational life state (about themselves by themselves)

#### Wanting to be normal

"I wish I could live like a normal life without feeling like I'm going to whack myself within 2 hours of when they release me."

#### Shame & Guilt

"The next day, the shame and guilt of like having to face... people. That was hard."

"What do you think would help you feel better?"  
"I guess to get rid of some of the shame and guilt just so I don't... to get rid of some of the fear so that I don't get back into that pattern."

#### Tired & Hopeless

"I get tired. I'm tired of being around."  
"Right now I'm at a point that I've gone through this enough in the past 35 almost 40 years. I'm sick of going through the process of being grinded up."

### Stigma and Labels: (n=3)

Negative perception or pre-judgment by self or others

#### Health Care Providers' Stigma

"Anytime that I've come in and I've been intoxicated and I've been like hurting myself, I really get...got treated not very... like kind of like rolled the eyes and like, 'why did you do this to yourself?'. And like, 'You just took yourself apart so that we'd have to put you back together.'"

"They try and say to me, oh well, you know, we don't really have time to deal with the drunken bullshit and people that are here for anxiety. Maybe you should go see a psychiatrist and I think, I just feel they're very judgmental. And it's like treating me like I'm less."

## Conclusions

Better education and training is required for healthcare professionals about BPD, in order to reduce the negative stigma surrounding the disorder and to provide more appropriate care to persons with BPD.

With less stigma coming from healthcare professionals, persons with BPD could have less self-stigma and could have improved feelings about themselves.

## Acknowledgments

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