

Treatment of Schizophrenia in adult patients

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Abstract

Statement of Problem: Adults who suffer schizophrenia disorder are associated with poor quality of life and cultural stigma. These populations have no access to quality care. They are non-compliant with medication and safe treatment therapy. As such, they are not safe in the community. They become danger to self and danger to others. A person suffering from schizophrenia has difficulty understanding the symptoms and perceiving what is happening in the world around them, since they live in an unreal world, rather than the real world. It is also difficult for others who are unaware of the disease to understand, so these individuals tend to be stigmatized.

Purpose of study: To improve access to quality health care, treatment outcomes and quality of life for adults with schizophrenia. Researchers reported that adults who suffer more with schizophrenia disorder are individuals who do not have access to treatment, non-compliant with medications and treatment therapy.

Methodology & Theoretical orientation: Methodology is based on the practices experienced as a mental health nurse, health screening for early intervention. Do a detailed physical and mental assessment. Establishing a therapeutic relationship to engage the client.

Finding: Individuals with schizophrenia value outcomes like attaining life milestones, feeling safe, improved ADLs and physical activity, employment, a positive sense of self and psychosocial outcomes. Improve self-esteem, willing to attend group activities, counselling. And be part of their safety treatment plan.

Conclusion: Adults with schizophrenia needs help and access to health care for a better chance of a good recovery. Reduction of stereotyping and stigmatization can help overcome psychotic symptoms, get back on their feet, social life and stay healthy.

Recommendations: People with schizophrenia disorder do better when they have access to health care, medication and psychological treatment, psychoeducation– not just one time. These population need a supportive partner, family member or friends involved in their care. They should have access to 24-hour crisis support. Have access to case management. Somewhere safe and affordable to live. Support to maintain a healthy lifestyle.



Biography:

Chioma Ahaiwe has passion to help, improve and advocate for the needy, disadvantaged and mentally challenged population. Therapeutic communication, compassion, empathy, energetic has always helped me in my nursing practice as a mental health nurse. Having several experiences in research, teaching, administration, as a mental health nurse both in the hospital and educational setting has shaped me in my clinical practice and as an advocate in the society. She is a traveler and travel across the country to improve and enhance healthcare, especially in psychiatry. She has successfully applied the theory of interpersonal relationship in my clinical practice. She has demonstrated this model in my area of practice where therapeutic relationship is established between the nurse and the patient which helps in the safety treatment plan of an individual. This approach is one of the best pathways to healing.

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