

2028762

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Submission date: 21-Jul-2023 01:59PM (UTC+0100)

Submission ID: 210511824

File name: 30244_Selina_Shafiq_2028762_503804_773500874.docx (854.8K)

Word count: 2543

Character count: 15979

WRITTEN REPORT

SCHIZOPHRENIA

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Module:

Mental Disorders and Psychopathology

Module Code:

BMHP6006_BIRM

Assignment:

Written Report

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CONTENTS PAGE

1) Introduction	Pg. 3
2) Definition & Classification	Pg. 3
a) Mental Disorder	Pg. 3
b) Schizophrenia	Pg. 4-5
3) Diagnosis	Pg. 5-6
4) Treatment	Pg. 7-10
5) Measurement of Rehabilitation	Pg. 10-11
6) Recommendations	Pg. 12
7) Conclusion	Pg. 12
8) References	Pg. 13 –15

INTRODUCTION

This report will be focused on a mental health disorder, namely Schizophrenia. The research in relation to the disorder will be done on using credible sources, including websites, textbooks, articles, ICD-10 and DSM-5. It may be challenging to identify schizophrenia especially initially to confirm the diagnosis and eliminate any potential medical diseases that might also have symptoms of schizophrenia. What medical and therapeutic options are available for the diagnosis. we will look into possible rehabilitation strategies and offer some suggestions for supporting service users whom have schizophrenia. According to the World Health Organisation (2022), about ¹⁸ 24 million people have been identified as having schizophrenia worldwide, in the UK the number is ¹⁰ “over 685,000, or 1% of the population”. Living with schizophrenia (2012) highlights the expense of schizophrenia is significant. Around “30% over all expenditure on adult mental wellbeing in the NHS” was attributed to it in 2012, with 11.8 million GBP spent on it in England.

DEFINITION & CLASSIFICATION

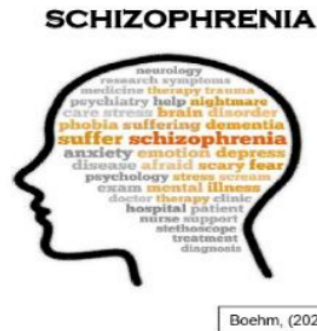
Mental Disorder

² According to World Health Organization (2022), a significant impairment in a person's intellect, emotional control, or behaviour is what is known as a mental disorder. It is typically linked to distress or functional impairment in key areas. Mental disorders come in many different forms. Mental health problems are another name for mental disorders.

Schizophrenia

Schizophrenia is a long-term mental health condition. It causes a range of different psychological symptoms. Doctors often describe schizophrenia as a type of psychosis (NHS, 2023).

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NIMH (2020) highlights schizophrenia is a severe mental condition that has an impact on an individual's thoughts, feelings, and actions. Schizophrenia sufferers may appear to have lost all sense of reality, and this can be upsetting to both them and their loved ones. Schizophrenia is when someone is feeling delusions (false beliefs), hallucinations (observing or hearing things that are not there), strange physical behaviour, and disorganized thinking and speech are typical symptoms of schizophrenia. Schizophrenia patients frequently experience paranoid ideas or voice hearing. For instance, they can think that someone is harming them or manipulating their thoughts. These psychotic episodes are frequently unsettling, confusing, and isolating (samhsa.gov, 2023).

According to Torrey (2020) medical professionals use the International Classification of Diseases (ICD) codes to define illnesses, symptoms, abnormal findings, and other components of a patient's diagnosis in a way that is commonly understood by people working in the medical and insurance industries. ICD-10 is the name of the tenth and most recent edition. WHO (2010) recognises the ICD-10-chapter V classification, category F20 for Schizophrenia disease which covers F0.0 for Paranoid schizophrenia, F20.1 Disorganized schizophrenia, F20.2 Catatonic schizophrenia, F20.3 Undifferentiated schizophrenia, F20.4 Post- schizophrenic depression, F20.5 Residual schizophrenia, F20.6 Simple schizophrenia and F20.8 Other schizophrenia

F20.9 Schizophrenia, unspecified all belong under the category of organic illnesses, which also includes systematic mental disorders and is categorised from F20 to F29.

According to Peterson, (2019) describes all recognised mental disorders, including schizophrenia. The DSM-5 has been used by mental health professionals when determining a person's condition. The data is used by doctors to diagnostic indicators and signs, severity of the impairment, duration of symptoms and additional illnesses with similar characteristics.

For statistics reporting, epidemiology, and reimbursement purposes, the ICD-10 is used globally. It assists in monitoring disease prevalence, fatality rates, and the distribution of medical resources. On the other hand, mental health practitioners largely use the DSM-5 for diagnosing and treating mental disorders (Peterson, 2019).

While the ICD is primarily focused on documenting and evaluating the current characteristics of the illness, the DSM strives to provide a systematic and accurate account of the diagnostic criteria and characteristics of a disorder. In this regard, the former's description of the symptoms is also a little bit more accurate. (warbletoncouncil, no date).

DIAGNOSIS

Schizophrenia would only be diagnosed after being assessed by a mental health specialist, there is not a test or a scan that would diagnose this disorder as there are many forms and symptoms in connection to this disorder, an assessment is mandatory (NHS,2023).In regards to diagnosing children with schizophrenia it is recommended by the NHS that they are referred to children's and young people's mental health services or for younger teens an early intervention service, which includes psychiatrist consultants trained to help youngsters with their mental health issues.

According to Mental Health UK, a patient would have to be suffering from symptoms of the disorder for at least a month prior to diagnosis. An appointment with the GP is necessary, and if there are concerns for the patient, the GP would then refer the patient for a full mental health assessment. It is a psychiatrist who would conduct an intense assessment and diagnose the disorder.

A full physical examination and a psychiatric assessment are the doctor's first steps. They'll examine about recent behaviour, whether the person has ever been hospitalised for a mental illness, and/or any family members who might have these symptoms or have been diagnosed with schizophrenia.

17

According to the DSM-5, a schizophrenia diagnosis requires the following:

- At least two of the five main symptoms which include, Hallucination, Delusions, Disorganised or unusual movement, Disorganised or incoherent speaking, Negative symptoms.
- You've had symptoms for at least one month.
- Your symptoms impact your ability to work or your relationships (friendly, romantic, professional or otherwise).

The doctors and specialists would have to consider the patient's symptoms before they diagnose any sort of mental disorder as many mental health disorders have very similar symptoms, for example schizophrenia bipolar and schizoaffective disorder have similar symptoms, this makes it difficult for the professionals to make the correct diagnosis. To rule out other possible cause the professionals would have to monitor the patients' symptoms (WebMd, 2016). Doctors would also do urine and blood tests in order to confirm if drug usage or alcohol consumption is not a source to the symptoms that are being portrayed.

For those whom are affected by this disorder, there are many professionals involved for the health and safety of the patients and those around them. There will always be a psychiatrist to help with the treatment for the patient and their care, however there may also be psychologists, social workers, psychiatric nurses, case workers, occupational therapists, councillors and pharmacists involved with these patients in order to assist them with their needs whether they are severe or minor there will always be help for them (NHS,2023).

TREATMENT

Schizophrenia is a mental disorder that affects anyone who has it in many different ways, this disorder is not one that is treated so easily. According to the NHS its said that both a combination of talking therapy and medicines help treat individuals with schizophrenia. The Community Mental Health Teams provide support and treatment for those with this disorder by also making sure that patience is independent and comfortable themselves (NHS,2023). ²⁷ Talking therapies include cognitive behavioural therapy, family therapy and arts therapy, these therapies are used to help patients cope with hallucinations and delusions.

Cognitive Behavioural Therapy – this therapy helps with identifying with the way someone portrays their thoughts and supports them to think more realistically.

Family Therapy – this therapy is aimed to help those affected by the disorder as well as their close ones, family and friends. This involves having discussions with the family in relation to helping the patient with the disorder.

Arts Therapy - this therapy allows a person to express their experiences freely without having anyone judge them, this therapy ²⁵ is recommended by the National Institute for Health and Care Excellence.

There are many specialists involved in treating those individuals whom are affected by the disorder. The team includes mental health nurses whom are professionally trained in mental health conditions, psychologists, psychiatrist, psychotherapists.

Those with complex conditions are commonly put forward for a Care Programme Approach (CPA), this is to ensure that patients receive the best treatment available to them for their condition (NHS, 2023). This care plan is made together with the health care team and the patient.

The Care Programme Approach consists of 4 stages which include: -

- ²⁴ An assessment, to assess the health and social needs of the patient.
- A care plan, to look over and keep, track of the care, treatment and specialists supporting the patient.

- Appointed Key Worker, this is a worker, majority of the time a nurse or a social worker whom helps assist with problems and get through to other professionals involved with the patient
- Reviews, these reviews are needed to keep updated with the care plan and if anything needs to be changed to the plan can be agreed (NHS,2023).

Care plans also include dietary information as well as personal activity that is good for the patient. a copy of this care plan is to be kept with all health professional involved.

Those whom are being severely affected by the disorder are bound to get treatment at hospital or a psychiatric clinic. However, there may be times when the patient does not want to be admitted and refuses to attend the appointments. When a situation ⁵like this occurs “the Mental Health Act (2007) does legally allow a person to be compulsorily detained at a hospital or clinic. It must be thought that detention is necessary to protect:

- that person’s health and safety
- the health and safety of others (NHS,2023)”

Those that are receiving treatment in hospitals and clinics do not have a certain period that the patient will undergo the treatment, this wholly depends on how effective the treatment is and how they are coping. Once the health care professionals are happy with treatments and progression, this is when patients are discharged from the hospital and an aftercare plan is arranged and further concerns are addressed and agreed. There are rare occasions when care teams are ⁵unable to identify the care for these patients and due to this the patients are sectioned under the Mental Health Act (2007) which is known as ‘compulsorily admission’.

Medication

Antipsychotics - this medication can be taken as a pill as well as in a form of an injection, to start with you would get the lowest dose available to control the symptoms initially. There are different forms of antipsychotics and the doctor would recommend the best one for the patient after examining the severity of the disorder. This medication usually helps with reducing aggression and anxiety effectively however it

can take some time, day and even weeks to reduce the hallucination and delusional thoughts. Even though these may help those affected by schizophrenia, there are many side effects to this medication of which include: -

- Changes in blood sugar level
- Lack of sex drive
- Blurred vision
- Constipation
- Dry mouth
- Shaking
- Trembling
- Muscle twitches
- Muscle spasms
- Drowsiness
- Weight gain
- Increase in blood cholesterol level
- Blood pressure can become high and low (NHS,2023)

Other medication includes: -

- Aripiprazole (Abilify)
- Aripiprazole lauroxil (Aristada)
- Asenapine (Saphris)
- Brexpiprazole (Rexulti)
- Cariprazine (Vraylar)
- Clozapine (Clozaril)
- Iloperidone (Fanapt)
- Lumateperonee (Caplyta)
- Lurasidone (Latuda)
- Olanzapine (Zyprexa)
- Olanzapine/samidorphan (Lybalvi)
- Paliperidone (Invega Sustenna)
- Paliperidone palmitate (Invega Trinza)
- Quetiapine (Seroquel)

- Risperidone (Risperdal)
- Ziprasidone (Geodon)

(Bhandari, 2023)

MEASUREMENT OF REHABILITATION



(Sharma,2023)

The concept of rehabilitation measurement is really the planning, organisation, execution, and monitoring of the various people and activities involved with in rehabilitation period. The overall process is strict attention must be paid to effective negotiating, monitoring, motivation, and cost planning. The rehabilitation measurement strategy must directly involve a risk manager (IRMI, no date). Cognitive deficits in individuals with schizophrenia are severe and incapacitating. Cognitive deficiencies worsen daily functioning and are the main cause of persistent impairment and unemployment, regardless of positive or negative emotions (Hurford, et al, 2011).

¹ It is crucial to address concerns relating towards the affected person's performance and assist them in returning to regular functioning in addition to medical care and psychological counselling. Within these lays the duty of physical therapists including social workers. Individuals receive training on the abilities needed for independence. It contains the abilities needed to maintain basic hygiene as well as self-care, comprehend feelings, handle technology, handle money, receive instruction in vocational abilities, create a strategy for a sustainable profession, etc (MindPlus,

2023). Whitaker, Porter, (2001) recognises individuals are provided with ¹fulfilling jobs by these social workers also occupational therapists throughout to keep them busy and provide for them financially. In addition, they assist them by giving them social recognitions such patient disability certificates plus access to state-run programmes for those with disabilities.

RECOMMENDATIONS

It is recommended that there needs to be more through research conducted on the causes of the disorder, so that the difference in the illness can be categorised.

CONCLUSION

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