
REDUCTION OF MEDICATION RECEIVED AND AVOIDANCE OF HOSPITALIZATION IN PATIENT WITH HEBEFRENIA

K. Paschalidis¹, P. Argitis², P. Dalli¹, I. Chaviaras¹

¹C' Clinic, Psychiatric Hospital of Corfu, Corfu, Greece ; ²A' Clinic, Psychiatric Hospital of Ioannina, Ioannina, Greece

Introduction: Schizophrenia is a mental disorder, which is characterized by positive and negative symptoms, such as disorders in the professional and social area.

Purpose: Today, the dominant trend in Psychiatry is 'social and community psychiatry'. In this paper we present the progress of the disorder, of a patient who suffers from schizophrenia -disorganized type- over the past 20 years and in which psychosocial intervention was aimed towards the prevention of hospitalization and his best possible functionality, despite the reduction of the medication received.

Material: The material used, is from the medical records of the patient in the different structures of the Psychiatric Hospital of Corfu.

Methodology: During the research we have studied the medical records of the patient, the reports of the nursing, social, psychology services, his medications since 1999 up to now, as well as his behavior particularly for the last 2 years.

Results: The patient's, supervised, independent living, during the last 2 years, his participation in social activities, the encouragement by the medical team to make him become involved in new things (learning computer, Internet use) has resulted in the prevention of his hospitalization to the Psychiatric Hospital and the reduction of the medication received.

Conclusions: Despite the pessimistic outlook and the stigma of the society as far as the schizophrenic and their 'recovery' is concerned, it seems that these patients can improve the conditions of their life and regain their communication skills through which they can express feelings and interact with others. Although, no totally effective therapy has yet been devised, it is important to remember that many people with this illness could improve enough so as to lead independent, satisfying lives. As we learn more about the causes and treatments of schizophrenia, we should be able to help more patients achieve successful outcomes. Targeted psychosocial interventions may lead to the reduction of the severity and the number of relapses, with the minimal medication received.