

A Study On Importance Of Family Involvement Among Patients Taking Psychiatric Disorder Treatment From Mental Hospitals, Pune

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Abstract:

In mental Disorder treatment family involvement serves to promote and support the social, emotional, physical, and occupational growth of patients. Strong family engagement improve the health conditions of each and every mentally ill patients. From this study researcher want to find out the importance of family involvement and recovery of mental ill patients. Data collected by communicating with patients relatives. Self designed questionnaire used for data collection. Family members not take their responsibility. They did not attend family meetings organized by Institute. Most of the family members did not know the treatment plan and medicine. Family members not have ideas of any therapy. From this study try to find out the need of family involvement in mental disorder treatment. Collected near about 50 family members as respondents information from various mental hospitals. Respondents selected randomly. Information collect through descriptive research design and primary source of data. Research methodology tools also applied for study. If give the family therapy to respondents then patient will be recover properly. Patient may be recover fast. They can get palliative care training properly then patient can improve fast. This study will be useful for mental health practitioners. In given study observed the findings that there are total 15 respondents feel that family involvement is important. Fifteen respondents feel that family involvement is not important. Twenty respondents not answered the question. In second findings seen that out of 50 respondents near about 46 respondents told that family support is important during treatment. Four respondents felt that family support is not important during treatment. In third findings observed that, out of 50 respondents total 42 respondent's family members have idea about treatment. Eight respondent's family members not have idea about treatment.

Keywords: Family involvement, Mental disorder, support, psycho education, family therapy, mental health practitioners.

Introduction:

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. Mental disorder is defined as a conditions that affect mood, thinking and behavior. It is a clinically significant disturbance in an individual's cognition, emotional regulation, or behavior. It is usually associated with distress or impairment in important areas of brain functioning. There are many different types of mental disorders. Mental disorders may also be referred to as mental health conditions.. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right of each and every individual. It is crucial to personal, community and socio-economic development. Psychiatrists use a variety of treatments to treat psychiatric illness. They use various forms of talk therapy medications, psychosocial intervention and other electro convulsion therapy. It will be use depending on the needs of each patient. Psychiatrists are not the only mental health care practitioners trained to treat mental illness. Many primary care doctors and other types of doctors also prescribe drugs to treat mental health disorders. A number of psychoactive drugs are highly effective and widely used by psychiatrists and other medical doctors. These drugs are often

categorized according to the disorder they are primarily prescribed for. For example, antidepressants are used to treat depression. In whole psychiatric disorder treatment family involvement is most important part. Family attachment, caring, communication, discussion about problem is important part. In mental Disorder treatment family involvement serves to promote and support the social, emotional, physical, academic and occupational growth of patients. Strong family engagement improve the health conditions of each and every patients. From this study want to find out the importance of family involvement in recovery of mental illness. Study conducted with family members of psychiatric patients taking treatment in government and private mental hospitals. Family members with them at the time of admission. Family members not take their responsibility after admission. They did not attend family meetings organized by Psychiatric Institute. Most of the family members did not know the treatment plan and medicine. Family members not have ideas of any therapy. From this study try to find out the output of family involvement in mental disorder treatment.

Review of Literature:

Eassom E, Giacco D, Dirik A, et al. (July 2014) Implementing family involvement in the treatment of patients with psychosis : a systematic review of facilitating and hindering factors. BMJ Open 2014 explained about Family Involvement is additional practice in generally associated with translating research to practice. For implementation this ideas require cultural shiftment and organizational shiftment towards working with family. Family work can be shared goal as all members of clinical team and mental health service professionals. This may be challenges in the ethics and practices of clinical team. It will be challenges for establishing routine. And it will be challenges to involving family in psychosis patient treatment.

Amy N. Cohen , Ph.D , Amy L. Dr. apalski , Ph.D., et(al) 14 October 2014 mentioned their article about family involvement in psychiatric treatment. The overall support for family involvement in care and with the heterogeneity of preferred modes and concerns. They also anticipates benefits of family involvement and told them importance of family services in their treatment. This study examined baseline data from a recently completed multisite randomized controlled trial of the recorder intervention. These data include consumer preferences and expectations for family involvement in care, and the correlates and predictors of these preferences. They used the Andersen behavioral model to frame our focus on consumer preferences for family involvement

Kim G D corte, Hanna V pary et(a), In Aug 2022 said that family involvement in psychiatric treatment requires more intervention and more guideline. And result come through intervention must be implemented through caregivers. This paper describes the development of multi-party dialogue between inpatients, family caregivers, professional caregivers and family organizations and applied change management strategies evolving to an effective family participation model. A biggest change is that cultural changes may bring family involvement more effectively in psychiatric treatment

Raziye Dehbozorgi 19 October 2022, Barriers to family involvement in the care of patients with chronic mental illnesses: A qualitative study, Frontiers in Acoustics , Vol 13 said that families are key element in treatment of mental illness. If family become less cooperate in treatment then going to very bad to treat with this situations. It may be cause for repeated admission and repeated hospitalization. Families may be minimize or reduces the family related causes. Family can reduce the stigma in society psychosocial intervention should be developed the existing policies. Such training can improve caregivers' cooperation in patient care and, at the same time, lead to the development of more effective care programs.

John.G.Gunderson written in their book Understanding Borderline Personality Disorder American Psychiatric Publishing,(ISBN 1-58562-135-8). He written about a long history of family involvement in treatment (psychoeducation or family therapy) resulting in significant treatment gains for individuals with severe disorders. Family treatments have been shown to help ameliorate problems in families more generally. Family Involvement in Treatment the relatively small number of studies of programs designed for families with a member with BPD, several programs have been shown to be

helpful. In addition, family member–led groups for parents or partners of BPD patients have shown promise in alleviating individual distress and depression among family caregivers.

Arthur.L.Robin, Handbook of psychotherapies with children and families ,1999 mentioned that eating disorders represent potentially life-threatening conditions that impede physical, emotional, and behavioral growth and development. The prognosis is positive if an adolescent’s eating disorder is treated soon after its onset. The disorder become a chronic condition by adulthood, with devastating and sometimes irreversible medical, behavioral, and emotional consequences. Family can help to patient in dieting and food intake restriction that results in maintaining weight within 95% of that expected for age and height, (2) decreases in food intake and curtailing but not totally eliminating selected foods such as sweets, (3) a mildly distorted body image or mild concern about being too fat, and (4) the individual can stop dieting. Eating disorders in adolescents include AN, BN, and various combinations of anorectic and bulimic symptoms that are clinically meaningful but may not meet the full criteria for AN or BN. There is no single cause for AN or BN. They are generally considered to be multi-determined disorders, caused by a combination of biological, cultural, personality, and family factors..Fa 1) body weight less than 85% of that expected, or failure to grow resulting in maintaining body weight less than 85%, (2) fear of gaining weight, (3) body weight disturbance or denial of the seriousness of low body weight, and (4) absence of three consecutive menstrual cycles in postmonachal females. family therapies major role to control this disorder.

Research Methodology

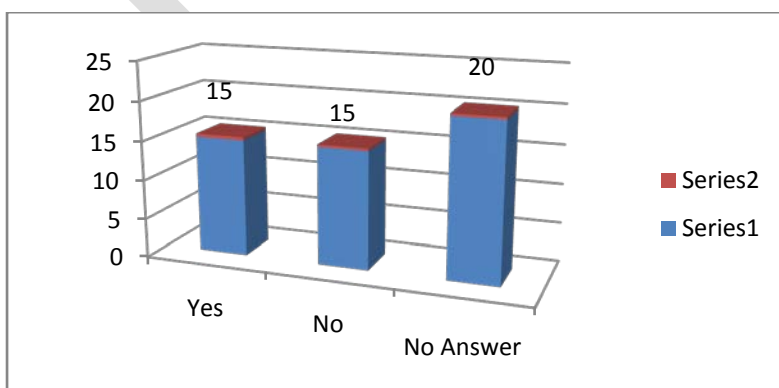
In study main objective is that to know the awareness among parents about importance of family support in psychiatric disorder treatment. From research set a hypothesis like family members not participated in family meetings so they are unaware about patients treatment. Data collected by using questionnaire. Self designed questionnaire used for this study. Data were collected from Private mental Hospital and Government Mental Hospitals. Total 50 mental disorder patients are selected for present study. Parents of mentally ill patients are involved in given research study. Descriptive Research Design applied for this research study.

Findings : In given research find out that there are 50 mental disorder patients are involved in study. Collected information about family involvement in mental disorder treatment. It is seen that following findings.

1.Family Involvement is Important during mental disorder treatment.

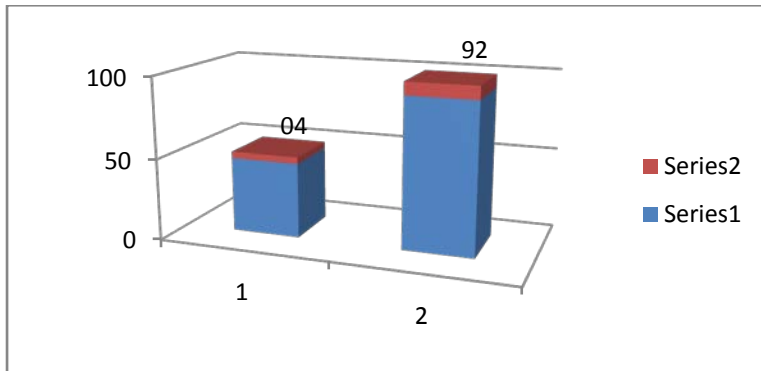
From above findings show that there are total 15 respondents feel that family involvement is important. Fifteen respondents feel that family involvement is not important. Twenty respondents not answered the question.

Yes	15	40%
No	15	30%
No response	20	30%
Total	50	100%



2. Patient fill family support is important during mental disorder treatment.

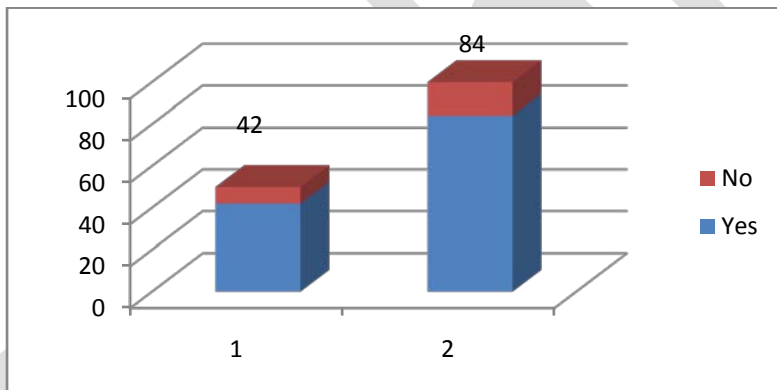
Yes	46	92%
No	4	8%
Total	50	100%



It is seen that out of 50 respondents near about 46 respondents told that family support is important during treatment. Four respondents felt that family support is not important during treatment.

3. Family members know about treatment.

Yes	42	84
No	8	16
Total	50	100



It was observed from above table that, out of 50 respondents total 42 respondent's family members have idea about treatment. Eight respondent's family members not have idea about treatment.

Conclusion:

It was observed that during mental disorder treatment majority of family members are totally unaware about patients treatment. Family members not have idea for medicine and treatment criteria. Most of the family member's not attending family meetings .Family members just dumping patient in rehabilitation centre and go back. They not look at to patients. From above findings show that there are total 15 respondents feel that family involvement is important. Fifteen respondents feel that family involvement is not important. Twenty respondents not answered the question. It was observed that out of 50 respondents near about 46 respondents told that family support is important during treatment. Four respondents felt that family support is not important during treatment .It was seen that out of 50 respondents total 42 respondent's family members have idea about treatment. Eight respondent's family members not have idea about treatment. Family treatments have been shown to

help ameliorate problems in families more generally. Family Involvement is part of treatment. The relatively small number of studies of programs designed for families with a member with Bipolar Mood Disorder. Some several programs have been shown to be helpful for patients. For example dance therapy with family. In addition, family member led groups for parents or partners of Bipolar mood disorder patients have shown promise in alleviating individual distress and depression among family caregivers. If family become less cooperate in treatment then going to very bad to treat with this situations. It may be cause for repeated admission and repeated hospitalization. Families may be minimize or reduces the family related causes. Family can reduce the stigma in society psychosocial intervention should be developed the existing policies. Such training can improve caregivers' cooperation in patient care and, at the same time, lead to the development of more effective care programs.

Suggestions :

- Weekly family meetings are important in government and private psychiatric rehabilitation centre.
- Patient's close relative have to participate in patient's treatment.
- Patients relative can attend group session and therapy session with them.
- Rehabilitation center can keep the compulsory stay to family members in their rehabilitation centre.
- After discharge only caregivers are the responsible person in patients treatment. They have to know the medication, therapies and follow up information.
- Family involvement can reduce the stigma attached to patient. Family can well explain to society about disorder and treatment.
- Family education about disorder and treatment can improve the patient lifestyle and quality of life.
- Family involvement in treatment can reduce the chances for repeated admission.
- Psychiatric social worker can educate family members about psychiatric disorder and its severity.
- Psychiatric social worker can keep regular follow up after discharge
- Psychiatric social worker can motivate them to continue support groups.
- Psychiatric social worker can create support groups of family members and patients to keep balancing psychiatric disorder treatment.
- Family members can participate in some therapies like drum therapy and dance therapy.
- Family members can keep rapport with patient to know his current status of disorder.

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