

Psychiatric rehabilitation

Abstract

Psychiatric illnesses are increasing on a large rate and so are their disabilities which arise due to those psychiatric illnesses. These disabilities have a drastic impact on their lives, so the need of the psychiatric rehabilitation arises which helps not only to minimize the effect of psychiatric illnesses but also trains and makes the client enable to live his life in better way. This includes the collaborative work of trained counselors, rehabilitative nurses, psychiatrists etc.

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Introduction

Psychiatric Rehabilitation is the broad term which includes the involvement of not only different health care settings but also the health care professional general and specific. Delivering health care services, team work plays an important, effective and powerful role than individual work. It is the process of restoring the functioning (community and individual) of the individual who has been diagnosed to have any mental or emotional problem or a person who is having any psychiatric disability.¹

Psychiatric rehabilitation

A person with psychiatric disability need the environment with which a person can easily adjust and by which his psychological and physical symptoms do not get aggravated. The society in which a person lives affects the persons psychology in a greater aspect, so there is need to change the persons environment to facilitate improvement in symptoms, to reduce personal distress and for this psychiatric rehabilitation plays an important role. The rehabilitation is done by professional counselors, rehabilitative counselors, psychiatric nurses, psychiatrists, social workers, psychologists, occupational therapists etc. Psychiatric rehabilitation is not same as psychiatric treatment, for psychiatric treatment focuses on with relieving symptoms while psychiatric rehabilitation works on primary goal of role function after the disability is caused. The services under psychiatric rehabilitation include psychological support to patients and family members, employment,^{2,3} vocational training, societal support. In association with the health care personnel's, family of the client has important role to play which can be emphasized using the acronym "TEAM POWER" as follows:

T: Treatment compliance.

E: Emotional climate.

A: ADL support.

M: Motivation.

P: Proactive participation in legislation.

O: Optimal utilization of available services.

W: Working with health professional/NGOs.

E: Earnest and strong advocacy for patient.

R: Rejuvenation through self care.

Psychiatric rehabilitation are fairly effective and works on improving role performance, learning, working or social environment. It focuses on regaining independent functioning. It teaches patient, accessibility to resources like health, services, housing etc. The interventions provided under this can be family based and community based. These interventions has successfully shown improvement in reducing symptoms, adjustment in community, relapse prevention, treatment compliance. In psychiatric rehabilitation ethical issues are also to be addressed.

There are main four guiding ethical principles:

1. Respect clients Autonomy.
2. Non-maleficence.
3. Beneficence.
4. Justice.

There are different issues in special population like:-

1. In children who are not more expressive, it becomes important to assess their developmental stages which are important for diagnosis and rehabilitation plan.
2. In geriatric population psychological interventions can not have impact due to reduced brain plasticity and responsiveness to cognitive rehabilitation.
3. Rural population can have inequity of resources than urban population which can lead to limited response.
4. People with culturally and linguistically diversity background can also interfere significantly with psychosocial interventions.

Conclusion

Psychiatric rehabilitation emphasizes on recovery for person having severe and persistent mental illness. The rehabilitation is individualized and client centered and main aim is to reintegrate person to active life in community.

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Conflict of interest

Authors declare that there is no conflict of interest.

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