

Schizophrenia Patients : Duration of Hospital Care and Returning to the Self Care Ability

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INTRODUCTION :

Mental illness and mentally ill patients were always associated with ignorance, superstition and fear among people including medical and Nursing personnel.

Earlier, treatment of the mentally sick with black spirit and magic has thrown the mentally ill patients out of society, the 19th century is the beginning of the Scientific attitude towards the mental illness. The attitude towards mental illness and treatment of mentally ill have undergone considerable change through the years. Now, the idea is that the mentally ill patient can be admitted and treated in General Hospital. Majority of the hospital admitted patients are of schizophrenia. This condition constitutes a large group of the behavioral disorders. The major defect is in thought process. The behaviour is bizarre, unpredictable and appear incoherent. So, the neglect of all areas of self care is often the first sign of an impending psychosis. It is not unusual for individual with a thought disorder to neglect his personal hygiene and become poorly groomed and inappropriately dressed. During this suffering, Nurses assist the client in bathing, dressing, grooming and other spheres of meeting the health needs. This has a great therapeutic value on the particular client as well as other clients.

Observation showed, after few months of hospitalization, patients are able to take self care. There is no need of assistance from Nursing Personnel. As the Schizophrenia patients are detached from social setting to returning to their previous habits, healthy practices help to establish their social

role in the community.

The investigator of the present study wanted to find out the relationship between self care ability and duration of hospitalization. In this study investigator has taken only one need i.e. "Physical Need".

METHODOLOGY:

In this study, survey research approach was adopted and observation method was used to see the degree of self care among the particular schizophrenic patient. Observation was done during morning care. Bathing, shaving, breakfast, lunch and elimination time.

SETTING OF STUDY:

The study was conducted in psychiatric hospital of Calcutta, West Bengal in two wards, one male and one female.

SELECTION OF SAMPLE:

Total enumeration sampling technique was adopted, sample was collected from 30 selected patients who were admitted in hospital within one year i.e. 1995-1996.

For the development of tools the investigator consulted different experts in this field, reviewed the related literature and observed the usual behaviour of the patients. The investigator of the present study engaged in giving practical experience to the students of psychiatric Nursing in a renowned hospital of Calcutta, West Bengal. Day to Day observations and recording was done on the selected cases. The self care activities were scored as per pre-determined scoring plan to convert the qualitative data to quantitative data for statistical analysis. The highest possible

mark was 50. As none got the score below 10, the range of scores were divided into 4 groups. Self, help, Forced, not at all. Score 40-45-help, 30-40-help, 20-30 forced, 10-20, not at all. Self, without assistance - with assistance. Force - assistance with force.

ANALYSIS & INTERPRETATION

For the purpose of evaluation the investigator categorised the patients as per duration of admission. Out of 30 patients 15 patients were admitted within 0-3 months, 10 patients 3-6 months, 1 patient 6-9 months and 4 patients were 9-12 months. The investigator divided the groups according to the performance of self care. As the number of subjects are less, analysis was done in frequency.

1) (No. of patients are given in the

Table - I					
Mouth care ability and duration of hospitalization					
		No 30			
		Scores			
Duration of Hospital Stay		10-20	20-30	30-40	40-50
0-3 months	(15)	1	2	2	10
3-6 months	(10)		1		9
6-9 months	(1)				1
9-12 months	(4)				4

parenthesis)

Table - I reveals that the subjects of shortest duration of hospital staying 0-3 months got different scores but highest score was obtained by majority of the subjects. Nine patients out of 10 received highest score with duration of stay 3-6 months. All subjects got the highest score who were staying for more than six months. So, it is evident that self care ability on mouth care established again.

Table-II represents that 0-3 months

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Table-II Self care ability of taking bath according to duration of hospital staying				
		Scores		
Duration of Hospital Stay		10-20	20-30	30-40
0-3 months	(15)		3	9
3-6 months	(10)			2
6-9 months	(1)			1
9-12 months	(4)			4

duration 9 subjects got maximum score, 3-6 months duration 8 subjects got maximum score, all subjects got highest score, after six months, subjects got minimum score in 0-3 months duration.

Table-III reveals that subjects got different ability score in care of clothing in shortest duration of hospital staying 0-3 months but majority of subjects obtained highest score. 9 subjects out of 10 received highest score with duration of stay 3-6 months. All subjects got the highest score who were staying for more than 6 months.

Table -IV represents different score in 0-3 months. All subjects except one secured maximum score after 3 months of hospitalization.

So, self care ability in arranging their hair was regained according to duration of hospital staying.

Table-V Dietary habit according to duration of Hospital staying				
Duration of Hospital Stay		10-20	20-30	30-40
0-3 months	(15)			3
3-6 months	(10)			1
6-9 months	(1)			1
9-12 months	(4)			4

Table-V shows different score in 0-3 months and 3-6 months but maximum score secured in 6-9 months. All subjects obtained highest score in 9-12

months duration.

DISCUSSION :

The above table shows that most of the patients improve their self care ability after 3 months of hospitalization.

Table-IV and V got different score, if the study was done in type of schizophrenia patient, this

Table - III Self care ability on care of clothing and clothes and duration of Hospital staying				
		Scores		
Duration of Hospital Stay		10-20	20-30	30-40
0-3 months	(15)		1	2
3-6 months	(10)	1		
6-9 months	(1)			1
9-12 months	(4)			4

variation could be avoided.

LIMITATIONS :

Some limitations were there in this study:

Table-IV Ability score in care of hair (combing) with the duration of Hospital staying				
		Scores		
Duration of Hospital Stay		10-20	20-30	30-40
0-3 months	(15)		1	2
3-6 months	(10)	1		
6-9 months	(1)			1
9-12 months	(4)			4

- 1) The study was limited among 30 patients in a specific year.
- 2) The time of the study was also limited.
- 3) And also it restricted within one hospital.

CONCLUSION :

The conclusion is that the most of schizophrenia patients regain their personal self care ability gradually. Although it depends upon the care, various aspects of management, background of the pa-

tients and repeated attacks. Maximum patients after getting effective care develop their own self care ability. They improve their self care pattern with the management and treatment. There is a need of increasing skill in identification of the basic needs of the psychiatric patients, keeping the idea in mind that they are not able to recognise their own problems and needs.

By giving Nursing care and medical treatment, we can gradually develop the self ability in psychiatric patients.

Early detection of the variation of their habits help to regain their self care ability within a short period.

Education of personal care and health habits to the patients can help to regain their previous practice gradually which will help them get reestablish in the society.

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