



DESCRIPTIVE STUDY ON QUALITY OF FOLLOW UP SERVICES AFTER HOSPITALIZATION FOR SCHIZOPHRENIA CLIENTS FROM SELECTED HOSPITALS AT MANGALURU

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ABSTRACT A descriptive research design conducted on 75 clients who were diagnosed with schizophrenia after hospitalization coming for the follow up to the outpatient department of psychiatric centre between the age group of 15-50 years old selected by purposive sampling method in a selected hospitals at Mangaluru. The main aim of the study was to assess the quality of follow-up services after hospitalization for schizophrenia clients. The finding in this present study shows that majority of the subjects 97.3% had received good follow up services and 2.7% of subjects had received poor follow up services and the highest mean percentage 69.66% score is in the area of early warning signs of relapse (SD of 1.38, mean 8.36). The study indicated that the age of the client was associated with the follow up services.

KEYWORDS : Quality of follow up services

Introduction

Schizophrenia is a serious mental illness that interferes with a person's ability to think clearly, manage emotions, make decisions and relate to others. It is a complex, long-term mental illness. (Carson N J, Vasper A, Chen C, 2014). Globally, it shows approximately 1% of lifetime prevalence. The outcome of schizophrenia is known to be diverse and heterogenic. Among the patients receiving standard treatment, approximately 20-40% experienced recurrence within a year, 60% within two years and 82% within 5 years. Therefore, it is very important to identify the factors affecting recurrence and re-hospitalization.

However, there is a paucity of research on the association between outpatient care and re-hospitalization. Only a handful of studies have shown that regular outpatient visit after discharge was related to a low rate of re-hospitalization and high drug compliance (Lee S Y, Kin K H, Kim T, 2015).

Following discharge from the hospital, patients with schizophrenia often face challenges transitioning into the community. This may result in homelessness, social isolation, unemployment, and imprisonment. Thus, adequate and timely medical follow-up after hospital discharge is important in potentially lowering the rate of readmission. Within the first year after the first hospitalization, the relapse rate due to non-compliance or poor quality of follow up services attain by patients is 40%. These non-compliance or poor quality of follow up services issues increase re-hospitalization, morbidity and mortality rates. Re-hospitalization leads to occupational and family problems and subsequently decreases the patient's quality of life. (Maekowitz m, Karve S, Panish J, 2013)

Objectives of the Study

1. To assess the quality of follow-up services after hospitalization for schizophrenia clients.
2. To find out the association of follow-up services with selected demographic variable.

Materials and methods

The research approach used by the investigator for this study was quantitative approach. Based on the purpose of study, research approach and variables to be studied, a descriptive survey design was selected for the study. Samples comprised of 75 clients who fulfilled the inclusion criteria and purposive sampling technique was used for the selection of clients. The present study was conducted in outpatient department of psychiatric unit of Father Muller Medical College Hospital at Mangaluru, scheduled from 6th of March 2017 to 1st of April 2017. The data collected was analyzed using descriptive and inferential statistics.

Results

Description of Demographic Variables of the clients

Among 75 clients, 34.7% of the subjects belonged to the age group of 26-35 years, 54.7% of the subjects was males and 45.3% were females, 26.7% of the sample belonged to the group of high school (6-10) education, 54.7% of the subjects were unmarried, 44% subjects were married and 1.3% subjects were separated. 34.7% of the subjects were unemployed, 68% of subjects were earning the income ranging between 2501-10,000, 57.3% of the subjects were Hindu, 45.3% of subjects were having duration of illness between 5-10 years, 53.3% of subjects belonged to nuclear family, 78.7% of the subjects told that they were consulting doctor for follow up monthly.

Determining quality of follow up services after hospitalization for schizophrenia clients

Table 1 a: Frequency and percentage distribution of subjects to assess the quality of follow up services in schizophrenia clients

n= 75				
Range of Score	Range in Percentage	Category	Quality of Follow Up services	
			f	%
22.5	0-25%	Very poor	0	0
22.5-45	26-50%	Poor	2	2.7
45-67.5	51-75%	Good	73	97.3
67.5	76-100%	Excellent	0	0

Maximum score = 90

Table 1 (a) shows that 97.3% of subjects had received good follow up services and 2.7% of subjects had received poor follow up services.

Table 1b: Area-wise Mean, standard deviation, mean percentage of quality of follow up services after hospitalization for schizophrenic clients

n=75						
No.	Area	Statement	Range	Score	Mean ± SD	Mean %
1.	Pharmacotherapy	8	10-18	24	14±1.63	58.33
2.	Early warning signs of relapse	4	6-11	12	8.36±1.38	69.66
3.	Home care	4	4-9	12	6.3± 1.34	52.75
4.	Revisit	5	4-13	15	9.9± 1.59	66.13
5.	Social stigma & Adjustment	9	13-23	27	17.8 ± 2.5	65.96

Maximum score: - 90

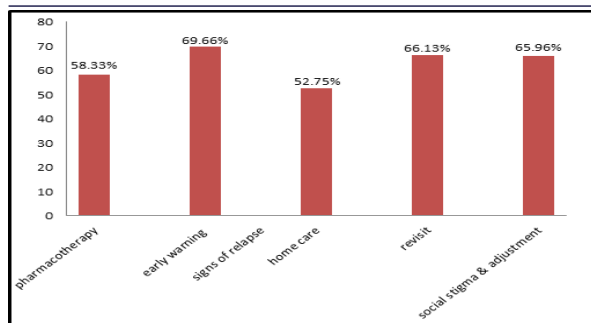


Figure: Area-wise mean percentage of follow up services

Association between quality of follow-up with selected demographic variable

There is no significant association between quality of follow up services and demographic variable except age of the patient.

Discussion

The present study shows that 97.3% of subjects had received good follow up services thus reduce the rate of rehospitalization and 2.7% of subjects had received poor follow up services thus increase rate of rehospitalization. The study was consisted with the study conducted by Nelson EA, Maruish ME, Axler JL which revealed patients who did not have an outpatient appointment after discharge were two times more likely to be re-hospitalized in the same year than patients who kept at least one outpatient appointment which indicates the importance of follow up in patients recover. (Nelson EA, Maruish ME, Axler JL.2000)

The present study shows that quality of follow up services is dependent on age of the patient and other demographic variables. The study was consisted with the study conducted by Preville M, Boyer R, Vasiliadis HM, Grenier S also suggest that the use of mental health services is associated with severity of mental illness.(Preville M, Boyer R, Vasiliadis HM, Grenier S 2010)

The study assumes that:-

People may not stick to the follow-up services after hospitalization

It has been found out from the study that people after discharge from hospital are not compliant with the follow up services and had a readmission. But the existing quality of follow up services are 62.88% (overall mean percentage) as assessed by the rating scale to assess quality of follow up services adopted by schizophrenia clients.

Ryan Nicholls KD, Racher FE, Robinson JR did a study which recommends urgent need to provide community psychiatric services for the patients who do not approach in OPD of psychiatric centers to improve patients access to follow up services and medication compliance.(Ryan-Nicholls KD, Racher FE, Robinson JR 2003)

Follow-up services promotes better recovery

Schoenbaum SC, Cookson D, Stelovich S suggests that readmission was less likely for patients who attain a follow- up services regularly.(Schoenbaum SC, Cookson D, Stelovich S 1995)

Conclusion

Failure to attain follow-up services after discharge greatly increases non-adherence to prescribed medications, relapse and re-hospitalization. As time passes after discharge, hospitals have decreasing control over a patient's disposition and the influence of low community resources and other social determinants grows. Thus comprehensive follow up services are considered to be essential in increasing the community adjustment of former psychiatric patients. Even intermittent hospitalization perpetuates dependency and hinders full rehabilitation in the community. Research findings indicate that subjects receiving post-hospital follow up showed reduced re-hospitalization and recidivism and increased vocational success and satisfaction.

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