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Schizophrenia relapse in a community mental health setting

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CHAPTER 6: CONCLUSIONS AND RECOMMENDATIONS

Despite recent therapeutic progress relapse in schizophrenia remains a major problem. In the community setting in Gauteng, the presence of co-morbid mood features and non compliance due to a lack of patient insight and side-effects of the medications are the factors most likely to increase the risk of a relapse. It is imperative that the treating psychiatrist identify and treat mood features along with the other symptoms.

The promotion of compliance to the treatment through psycho-education by mental health workers can help patients and their families become responsible and active users of services.

The use of atypical anti-psychotics with improved side-effect profile by patients who had experienced severe side-effects, and who were aware of these symptoms is likely to improve the compliance to treatment.

Finally, compliance may be improved using an array of strategies to address the barriers to patients, health care system, socio-economic and environmental, and treatment related factors.