

## Abstract

### **Title: A framework for Holistic Management of Schizophrenia**

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#### Abstract:

The definition of holistic is relating to the idea that things should be studied as a whole and not just as a sum of their parts [1]. In Schizophrenia a holistic framework is of paramount importance. This framework includes:

- Clinical intervention – medical treatment
- Suicide prevention
- Counselling
- Finance
- Insurance needs
- Public trustees and guardianship
- Accommodation – Community living
- Independent living skill
- Relationship
- Friendship
- Entertainment
- Stigma
- Job
- Education
- AOD issues – Alcohol and Other Drug issues
- Domestic Violence
- Regular exercise for overweight due to medication
- Any other health issues

With 10 years of experience in hands-on management of Schizophrenia, we have developed this framework.

Schizophrenia is a brain disorder that affects the way a person acts, thinks, and sees the world. People with schizophrenia have an altered perception of reality, often a significant *loss* of contact with reality. They may see or hear things that don't exist, speak in strange or confusing ways, believe that others are trying to harm them, or feel like they're being constantly watched. With such a

blurred line between the real and the imaginary, schizophrenia makes it difficult—even frightening—to negotiate the activities of daily life. In response, people with schizophrenia may withdraw from the outside world or act out in confusion and fear.

The proposed framework will be evaluated in the following manner:

A web-based survey questionnaire will be formulated both on clinical and non-clinical elements of the framework. Clinical aspects will include the following format:

For each type of drug, questions will be asked on:

- Affiliation of the survey participant
- No of years of experience
- Effectiveness of the drug
- Side-effects of the drug
- Overall rating for the drug
- Overall rating of the proposed framework
- Comments

This questionnaire will be sent to 20 practicing Psychiatrists and their response will be analysed.

For non-clinical aspect following questions will be included:

- Affiliation of the survey participant
- No of years of experience
- Name of the element
- Priority and importance
- Effectiveness of the proposed method of address
- Any other related issue
- Overall rating of the proposed framework
- Comments

The survey questionnaire will be sent to 20 practising professional in this field and their response analysed.