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A FRAMEWORK FOR HOLISTIC MANAGEMENT OF SCHIZOPHRENIA

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Background: 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.

Method: 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. 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 – Alcohol and Other Drug issues, Domestic Violence, Regular exercise for overweight due to medication, Any other health issues, Yoga Therapy – This is an emerging paradigm in India.

This research study aims to investigate and provides potential solutions for all of the above elements.

Expected Results: The framework, implemented in full form, will greatly improve the life style of schizophrenia sufferers. The effectiveness of all the elements in the proposed framework will be evaluated thru a web-based survey and the responses statistically analysed by back end computing processes.

Discussion: Though universal in nature, framework is based on resources available in Sydney, Australia. This framework needs customisation depending on the geographical location and available resources. Again with implementation of this framework and advancement in more meaningful clinical intervention for Schizophrenia, we firmly believe that with time Schizophrenia sufferers will have more and more meaningful and productive life.