

27th International Conference on

PSYCHIATRY & PSYCHOLOGY HEALTH

June 18-19, 2018 Paris, France

The impact of psychiatric rehabilitation program: The KEH experiences

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Background: People with psychiatric disability experience difficulties in their living, working, learning, and social environments. They have needs related to psychiatric treatment compliance, enhancing the skills of daily living, socialization, vocational training, and meaningful employment. Psychiatric rehabilitation plays the important role to help them relearn skills that would reduce disabilities so that they can be reintegrated into society.

Objective: The objective of the study is to evaluate the impact of the psychiatric rehabilitation program for psychiatric patients offered at the Karwan E Hayat Institute of Mental Health Care.

Design: A retrospective evaluation approach was followed and data was selected from Karwan E Hayat.

Method: The Study included the data set of Hospital Management System (HMS) Karwan E Hayat from June 2016 to July 2017. A total of 127 participants, who fulfilled the inclusion criteria of a minimum of 6 months of taking medicine or psychiatric rehabilitation service and diagnosis of schizophrenia & bipolar disorder were selected from inpatient and outpatient clinics for this study. The participants were divided into three groups; Rehab, Short Rehab and Control group. An evaluation checklist was developed to assess the level of functioning of the clients. The evaluation checklist composed of gender, age, work performance, global assessment functioning (GAF), activities of daily living (ADL) and relapse rate. A paired sample t-test and frequency was used to score changes in patients' progress between Baseline and Follow up.

Result: Rehab and Short Rehab group was showing significant improvement ($P \leq 0.05$ level) on the work performance and activities of daily living (ADL) as compared to Control group and Rehab group was indicated more progress as compared to the short Rehab group. GAF Scores was also showed better functioning in Rehab (76.2%) and Short Rehab (69.8%) as comparable to control group (54.8%) from baseline to follow up. The relapse rate of Control group was higher as compared to Rehab and Short Rehab group.

Conclusion: The study indicated that the psychiatric rehabilitation program of Karwan E Hayat has a positive effect on people with psychiatric disability.