



BHARATHIDASAN UNIVERSITY

**TIRUCHIRAPPALLI-620 024
TAMIL NADU, INDIA**

Programme: MSW

Course Title : Psychiatric Social Work (Specialisation Course – IV)

Course Code : CC-15b

UNIT 3

PSYCHO-SOCIAL IMPLICATIONS OF ILLNESS

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UNIT 3 :PSYCHO-SOCIAL IMPLICATIONS OF ILLNESS:

Psycho-Social Implications of Illness: Problems of psychiatric patients during pre-hospitalization, hospitalization, and post-hospitalization Phase-patient, family, and community perspective. Family potentials for the treatment of psychiatric patients. Psychosocial problems of caretakers of the psychiatric patients. Role of psychiatric social workers with patients and their families in Discharge planning and follow-up

Pre-Hospitalization Problems

1 Recognition and Acceptance

Patients may struggle to identify their symptoms as mental health issues due to stigma, cultural beliefs, or lack of awareness. Family members may also dismiss symptoms as temporary or trivial, further delaying help-seeking.

3 Delay in Seeking Treatment

Fear of judgment, misinformation, and preference for informal care methods can contribute to delayed treatment, potentially leading to worsening symptoms and increased risk of self-harm.

2 Access to Healthcare

Limited access to mental health facilities, particularly in rural areas, financial barriers, and a shortage of qualified professionals can hinder early intervention.

4 Impact on Physical Health

Untreated mental illness can negatively impact physical health, resulting in neglect of co-existing conditions, stress-related deterioration, and increased vulnerability to self-harm.

Pre-Hospitalization Phase – Patient Perspective

Stigma: Fear of judgment and societal labeling.

Denial: Difficulty accepting symptoms or need for care.

Escalation: Worsening symptoms due to delayed action.

Fear: Anxiety about the hospitalization process.

Financial Barriers: Concerns about costs of psychiatric care.

Pre-Hospitalization Phase – Family & Community Perspective

Family Confusion: Difficulty understanding psychiatric symptoms.

Misinformation: Lack of awareness about treatment options.

Emotional Burden: Stress, guilt, or frustration among caregivers.

Community Stigma: Judgmental attitudes or exclusion.

Limited Support: Inadequate community resources for intervention.

Problems During Hospitalization

Adjustment to the Environment

Hospitalization can trigger feelings of loss of freedom, anxiety about unfamiliar routines, and fear of stigma from being in a psychiatric facility.

Communication Issues

Patients may struggle to express symptoms due to language barriers or lack of understanding of treatment plans. Miscommunication can lead to distrust and misunderstandings.

Physical and Emotional Discomfort

Side effects from medications, a restrictive environment, and emotional distress due to lack of support or privacy can contribute to discomfort and worsen mental health.

Quality of Care

Overcrowding leading to reduced attention to individual needs. Insufficient recreational or therapeutic activities. Inadequate staffing ratios causing delays in response.

Hospitalization Phase – Patient Perspective

Fear: Anxiety about confinement and treatment processes.

Isolation: Limited contact with loved ones.

Trust Issues: Difficulty opening up to care providers.

Adjustment: Struggling with new routines and treatments.

Dependency: Fear of losing autonomy.

Family & Community Perspective

Emotional Stress: Concern about patient well-being.

Financial Strain: Costs of treatment and travel.

Limited Updates: Uncertainty due to restricted communication.

Social Judgment: Dealing with gossip or stigma.

Lack of Guidance: Unclear roles in the treatment process.

Post-Hospitalization Problems

1

Reintegration into Society

Patients may struggle to rebuild relationships, find employment, and overcome social stigma, leading to feelings of isolation and rejection.

2

Adherence to Treatment

Forgetfulness, side effects, logistical barriers, and lack of perceived benefits can hinder medication adherence and therapy engagement, increasing the risk of relapse.

3

Lack of Support Systems

Insufficient access to support groups, counseling programs, and community-based services can exacerbate challenges during recovery, hindering progress.

4

Relapse and Recurrence

Incomplete treatment, stress, lack of early intervention, and limited crisis resources contribute to a high risk of relapse, highlighting the importance of robust support systems.

Post-Hospitalization Phase – Patient Perspective

Reintegration: Struggles with returning to daily life.

Relapse Concerns: Anxiety about maintaining progress.

Medication Adherence: Challenges with long-term plans.

Isolation: Difficulty reconnecting with social networks.

Vocational Barriers: Challenges in returning to work or studies.

Hospitalization Phase – Family Perspective

Support Challenges: Balancing caregiving and personal life.

Relapse Management: Handling setbacks effectively.

Financial Concerns: Continued cost of care and medication.

Emotional Resilience: Coping with ongoing stress.

Need for Training: Lack of guidance on caregiving.

Post-Hospitalization Phase – Community Perspective

Stigma Reduction: Need for awareness campaigns.

Support Networks: Establishing peer or counseling groups.

Social Inclusion: Encouraging acceptance and opportunities.

Resource Gaps: Limited access to follow-up care.

Advocacy: Promoting mental health policies and services.

Solutions and Recommendations

Pre-Hospitalization

Mental health awareness campaigns, accessible facilities, early recognition training for healthcare providers, community engagement

During Hospitalization

Patient-centered care, empathetic staff training, improved communication, increased therapeutic activities

Post-Hospitalization

Strong outpatient programs, family involvement, employment and reintegration programs, telemedicine for continuity of care

Policy and Advocacy



Increased Funding

Advocating for increased funding for mental health services is crucial to expand access and improve quality of care.



Insurance Coverage

Expanding insurance coverage for long-term mental health care ensures affordability and accessibility to patients.



Anti-Discrimination Laws

Enforcing anti-discrimination laws protects mental health patients from stigma and ensures equitable access to services.



Research and Innovation

Promoting research into innovative treatment approaches and community care models enhances the effectiveness and sustainability of mental health services.

Psychosocial Problems of the Care Taker of the Psychiatric Patients

Psychosocial Problem

It is the Interaction between a person's psycho and Social environment caused by the trauma Violence

Caretaker:

- One That gives Physical (or) Emotional Care and Support
- A Custodian who is hired to take care of someone

Role of Caretaker:

- Day today needs of the Patients
- Monitoring the mental state
- Supervising Medications
- Taking the patient to the hospital
- Supervises treatment
- Provides emotional supports to the patients

Psychosocial Problems of the Care Taker of the Psychiatric Patients

- High level of stress and frustration
- Condition characterised by physical, mental & emotional exhaustion.
- Burden over responsibility
- Economic Burden
- Problems in bearing behavioral activities of the Patients.
- Reduction in self caring
- Forceful situation leads to neglecting enjoyment, taking part in family functions and so on
- Can't be able to spend time for their own



Family potentials for the treatment of psychiatric Patients

De addiction

- Peer pressure
- Occasional Drinking
- Hungry
- Anger
- Economic problems
- Lack of love & care
- Lack of Knowledge
- Regular follow up
- Alcohol Anonymous Meeting

Psychiatric

- False belief
- Regular Medicine
- ECT
- Regular diet chart
- Drop the medicine
- Don't Isolated
- Health checkup
- Interested Activity

Child

- Prematured birth
- Brain Injury
- Regular Practice of daily activities



Role of psychiatric social workers with patients and their families in Discharge planning and follow-up.

Role of Psychiatric Social worker:

- Assessment and Intervention
- Crisis Intervention
- Collaboration with treatment team
- Advocacy
- Psycho education
- Family Support and education
- Resource Coordination
- Counselling and Theraphy
- Cultural Competence
- Community Integration



Discharge Planning & Follow up

