Western University

From the SelectedWorks of Amresh Srivastava

Summer July 25, 2015

ABC of SEVERE MENTAL ILLNESSES

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Available at: https://works.bepress.com/amreshsrivastava/159/
Overview
Severe Mental Illnesses

missed Opportunities

Amresh Srivastava
Associate Professor of Psychiatry
20% People have at least 1 Mental Disorder

30% Patients have no Access to care

WHO, Atlas 2011 and Canadian Mental Health Commission
About 25% of any mental disorder eventually become severe mental disorders.
All severe mental disorders are not ‘serious mental disorders’
8th Highest Cause of Mortality

- Circulatory problem
- Neoplasm
- Respiratory system disease
- External causes of injury
- Endocrinal
- Nervous system
- Digestive system
- Mental and behavioural disorder

Age-Standardized Mortality rate

Canadian Mental Health Commission, 2015
Severe mental illness

Consensus NIMH definition has 4 Criteria:

1. A mental disorder as per DSM IV
2. Serious functional impairment and limitation in life’s activity
3. More than 2 years duration of illness
4. Prolonged and long-term treatment of the illness
Impact of severe mental illness

Severe Mental Illness

Clinical

Social

Public health
Severe mental illnesses are clinically complex with serious psychopathology.

- Increased:
  - Suicide
  - Mortality
  - Comorbidity
  - Premature death
  - Rehospitalization
Common Clinical conditions seen in Severe mental illnesses

- Comorbidity
- Substance abuse
- Disability
- Side effects
- Polypharmacy
- Treatment resistance
Common Clinical conditions seen in Severe mental illnesses

Disability
Comorbidity
Substance abuse

Side effects
Polypharmacy
Treatment resistance
Severe mental illnesses

Physical disorders

Delayed treatment & Comorbidity
<table>
<thead>
<tr>
<th>Special clinical conditions</th>
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<tbody>
<tr>
<td><strong>Hepatitis C</strong></td>
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<tr>
<td><strong>Post Partum</strong></td>
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<tr>
<td><strong>Pregnancy</strong></td>
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<tr>
<td><strong>Post Myocardial</strong></td>
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Most of the patients of severe mental illnesses come from specialised centres for management.
Rehospitalization Rate

Canada

11.1%

Mental health Indicator, CMHC, 2015
Causes of rehospitalization

1. Illness related
2. Patient related
3. Treatment related
4. System related
5. Unknown Causes'
Possible causes of Rehospitalization:

- The patient
- The illness
- The treatment
- The system

All of these
The Illness

Re-Hospitalization: Possible Causes

- Poor course
- Severity
- Nature Resistant
- Frequent relapse

Unknown Causes
Re-Hospitalization:

Non-Compliance
- Poor acceptance

Medication

Wrong attitude towards medication

The patient

Complex drug regime

Poor dialogue

Lack of information

Re-Hospitalization
Late-onset treatment

Inadequate assessment

Inadequate treatment

Early Discharge

The treatment related causes
Re-Hospitalization: Possible Causes

- Early Discharge
- Inadequate assessment
- Inadequate treatment
- Late-onset treatment

Unknown Causes

Lack of resources

The System

The Treatment
Every 40 seconds, a suicide occurs.

1 suicide every 40 seconds.

Every day, 11 attempted suicides happen in Canada.

3 times increase in attempted suicides over 65 years in Canada.

No conflict of interest for this program.
Post-discharge suicide

Percentage of suicide

10 days: 20
20 days: 22
30 days: 16

Days after discharge:
10: 20
20: 15
30: 11
40: 10
50: 9
60: 5
70: 3
80: 4
90: 7
100: 4
110: 5
120: 3
130: 4
140: 5
150: 4
160: 4
170: 5
180: 6
190: 3
200: 3
210: 3
220: 3
230: 2
240: 3
Risk factors for Physical disorders

- Pregnancy complication
- Possibly obesity-related cancers
- Lifestyle
- Treatment specific factors
Physical disorders frequently seen among people with SMI

- Nutritional and metabolic diseases,
- Cardiovascular diseases,
- Respiratory tract diseases,
- Viral diseases,
- Musculoskeletal diseases,
- Sexual dysfunction,
Central theme for management of patients with severe mental illness

- Assisted employment
- Disability
- Insurance
- Finance

- Peer support
- Family involvement
- Partnership with caregivers
- Housing

- Clinical Monitoring
- Therapy
- Forensic matters

- Interdisciplinary Collaboration

- Ethical issues
- Human rights networking
Important constituents of management of severe mental disorder:

- Case management
- Multidisciplinary decision making
- Prevention
- Recovery model
- Screening
- Community service
- Nursing care
Outcome of SMI (Schizophrenia)

Short term and long term outcome

Outcome on specific domains

Compiled from studies published in last 10 years

Amresh Shrivastava et al, Clinical Schizophrenia an related psychosis, 2012
Way forward in Prevention of mental disorders

Severe mental illness

Illness to Wellness
Not Concluded

Amresh Srivastava

in the next issue we will discuss management of SMI