

Management and outcome of patients with schizophrenia among rural communities in Polonnaruwa District

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Facilities available for Patients with I Schizophrenia in Polonnaruwa district is limited. A large number of patients receive their treatment from rural outpatient clinics. There have not been previous assessments of the management issues and outcome of such patients. The study focuses this gap in evidence. A consecutive sample of patients with Schizophrenia who attend rural outpatient clinics in Polonnaruwa district was interviewed. Focus group discussions were conducted with 2 groups of care takers who were parents and spouses. Treatment defaults were common (nearly 70 percent) and when it happens it was mostly (67 percent) a complete default. Most common reasons for defaults were misconceptions (46 percent) and side effects were causing defaults among 20 percent. Recommendations are made to strengthen the field follow up care, patient and caregiver education. Use of psycho-social approaches of management in addition to Pharmacotherapy is deemed necessary. Patients' clinic access problems should be alleviated and un interrupted drug supplies should be ensured. Community based. studies recommended to have a wider insight in the wellbeing of schizophrenic parents living in the community.