

A Study to Assess Post Facto Effect of Psychiatric Management Among Patients Who Had Undergone Treatment in Psychiatric Unit in Selected Hospitals of Durg, Chhattisgarh

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Abstract: Health is a greatest asset of man. A healthy body is considered to be the first condition for living a better and happy life. Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. More clearly “No Health without Mental Health” Globally, mental illness affects approximately 22% of the population. Mental disorders may affect one out of four people during their lives globally. In the US [9], approximately 1 in 5 individuals experiences mental illness each year, yet less than half (46.2%) receive treatment. In India, there is a wide variation in prevalence rate from 0.48% to 29.40%. A report published in October 2021 [10] shows that women had the highest share of mental health disorders in India, amounting to 39% and 30% of stress and anxiety health disorder respectively. As a consequence of rapid demographic and socioeconomic changes, Chhattisgarh state India is in an epidemiological transition. Access to mental health care is limited and few health policies address mental health issues that hamper the continuous treatment and follow up like post facto effect of treatment modalities. **Aim:** The present study is aimed to assess post facto effect of psychiatric management among patient who had undergone treatment in psychiatric unit. **Setting and Design:** A descriptive research design approach with nonexperimental research design was adopted for the study. The study focused on post facto effect of psychiatric management among patient who had undergone treatment in psychiatric unit of selected district hospital Durg (C.G.). **Result:** As the present study aimed to find out the post facto effect of psychiatric management the reliability of the tool was found to be acceptable as for effect of post facto effect of psychiatric management ($r=0.68$). there is significant association of post facto effect of psychiatric management with marital status as ($\chi^2_{cal}17.6 > \chi^2_{tab}9.49$) at 0.05 level of significance and type of illness as ($\chi^2_{cal}27.6 > \chi^2_{tab}9.49$) at 0.05 level of significance. Hence, H_1 i.e., there is association between post facto effect of psychiatric management with selected socio demographic variables in regards to marital status and type of illness is accepted.

Keywords: Post facto effect, Psychiatric management, Psychiatric patients.

1. Introduction

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life. Mental health is equally important as physical health. In today's stressful life. In the present time, maintaining a balanced mental health is no less than a challenge. Globally, mental illness affects approximately 22% of the population. In 2019. According to State of Mental Health in America survey done in 2023, 21% of adults are experiencing at least one mental illness, 55% of adults with a mental illness have not received any treatment, 5.44% of adults experience severe mental illness and over 12.1 million adults (4.8%) have reported serious thoughts of suicide.

2. Objectives

1. To assess post facto effect of psychiatric management among patients who had undergone treatment in psychiatric unit.
2. To find association between post facto effect of psychiatric management and selected socio demographic variables among patients who had undergone treatment in psychiatric unit.
3. To develop and validate need based information booklet for follow up psycho education care givers of psychiatric patients.

3. Material and Methods

A descriptive study was conducted using non-experimental research design. Sample in the study were patient who had undergone treatment in psychiatric unit at the selected setting district hospital Durg (C.G.) Data was collected using purposive sampling. A self-structured checklist was developed to collect data to assess post facto effect of psychiatric management among patient who had undergone treatment in psychiatric unit, consisting of 48 items with options always

give. It is further divided into 5 parts-physical effect, psychological effect, cognitive effect, social effect, financial effect. Frequency and percentage analysis were done to describe the demographic characteristics of patients. The Chi-square analysis use to find association between post facto effect of psychiatric management and selected socio demographic variables.

4. Result and Discussion

Area wise analysis of post facto effect of psychiatric management among patients who had undergone treatment in psychiatric unit. The area wise analysis of domains of post facto effect of psychiatric management. Among all the five dimensions cognitive effect stands in most severely affected with a mean% 63.3% (3.8±3.50), on physical domain with mean% 60.5% (10.9±4.43), social effect 56.2% (4.3±1.88), psychological domain mean% 53.7% (4.3±7.12), financial effect 46.6% (2.8 ± 5.17). Above findings are supported by a cross-sectional retrospective study conducted by Psychiatry Department AIIMS Jodhpur[31] from 2014 to 2020 to analyze all the spontaneous adverse drug reactions (ADRs) reported that 334 ADRs were the majority of the ADRs from antipsychotics (60.6%), antidepressants (25.5%), antiepileptic drugs (5.8%), analysis of the drug classes antipsychotics, Clozapine (15.8%), Antidepressants, Escitalopram (6.1%), causing sedation (7.26%) , salivary hypersecretion (6.7%), akathisia (5.52%), weight gain (5.52%).

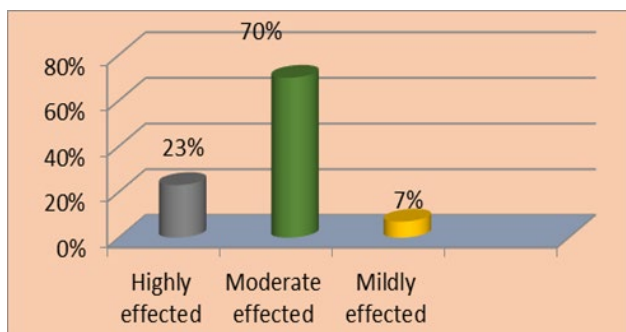


Fig. 1. Depicts the overall analysis of post facto effect of psychiatric management among patients who had undergone treatment in psychiatric unit. Mean percentage score analysis indicates that among all domains highly effected shows that the 30 patients evaluated, 23% (n=7) patients who had undergone treatment in psychiatric unit were affected highly, patients were affected moderately 70% (n=21), 7% (n=2) patients were affected mild with a mean is 16, Mean score of 76.10%, SD 4.110±0.9

Association between post facto effect of psychiatric management & their selected socio-demographic variables

Chi-square analysis to find the association between post facto effect of psychiatric management and selected socio-demographic variables. Reveals that there is significant association of post fact effect of psychiatric management with marital status as chi square value calculated (17.6) is greater

than the table value (9.49) at 0.05 level of significance and type of illness as chi square value calculated (27.6) is greater than (9.49) at 0.05 level of significance. Hence, H1 i.e., there is association between post facto effect of psychiatric management with selected socio demographic variables in regards to marital status and type of illness is accepted.

Above finding is supported by The World Health Organization today review support the world in transforming mental health. In 2019, nearly a billion people – including 14% of the world’s adolescents – were living with a mental disorder. Suicide accounted for more than 1 in 100 deaths and 58% of suicides occurred before age 50. 1 in 6 years lived with disability, 10 to 20 years earlier people die due to severe mental health conditions.

5. Implication

A. In Nursing Education

- Hours of instruction to be increased for training students on psycho education, evaluation of post fact effect and follow up care.
- Nurse educator should take responsibility about updating of knowledge about how to manage patients and their relatives on managing long term adverse effect of psychiatric treatment.

B. Nursing Practice

- Keeping it in mind, the nurses being the first point of contact to the people in the hospital setting or any other setting with inpatient or outpatient, provide adequate knowledge regarding post fact effect of psychiatric management.
- Nurses serve as significant knowledge brokers within healthcare systems, among healthcare disciplines, and with patients, families, and communities therefore, involve theoretical and practical teaching material to activate cognitive and physical productivity.

C. Nursing Administration

- The findings of the study prove that post facto effect affected patients physical, cognitive, psychological, social and financial domains. Therefore, as a nurse administrator encourage field workers to perform behavioural modification methods to teach new effective coping strategies.
- The nursing administrator can take part in developing protocols, regarding the post fact effect of psychiatric management with appropriate safety measures.

D. Nursing Research

- The conceptual frame work and methodology developed for the present study can direct future nurse researchers as a guide for their study and in developing

Table 1
Overall analysis of post facto effect of psychiatric management among patients

Post fact effect	Frequency (n)	Percentage	Mean	Mean score (%)	SD
Highly affected (>20)	7	23			
Moderately affected (11-19)	21	70	16	76.1%	4.110
Mildly affected (< 19)	2	7			

nursing theory/conceptual framework.

- The present thesis can be a primary source of data for similar studies.

6. Recommendations

- A study can be conducted to assess post fact effect of psychiatric management in grass root level health services like CHC and PHC.
- A similar study can be undertaken with the large sample for wider generalization of the present study.
- The same study can be replicated to compare post facto effect of patients diagnosed with different psychiatric problems like depression, Schizophrenia etc.
- Study can be conducted to compare post fact effect of psychosis and neurosis

7. Conclusion

Result obtained in current study; conclusion drawn from the findings, major findings, implications, and recommendations for further research in the area. Study should be conducted in different settings to find out the effect of post fact effect of psychiatric management among patients who had undergone treatment in psychiatric unit.

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