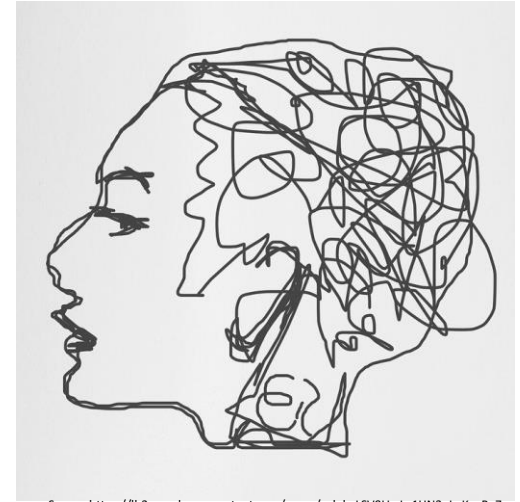


The challenges of returning to daily life post-hospital discharge for individuals with a schizophrenia diagnosis

Lauren (Medicine), Krista (SLP), Caitlin (OT), Wency (Nursing), Linda

ON THE WARD

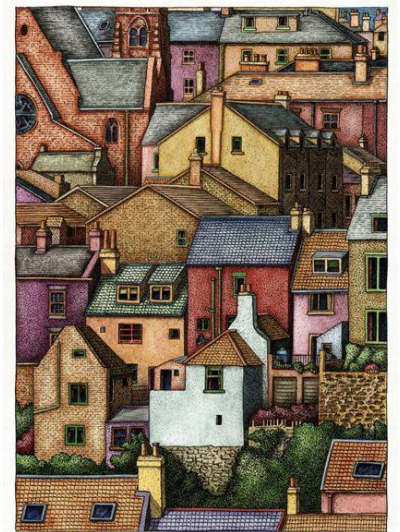
- “Certified” patient care in a psychiatric ward can be traumatic
- Psychiatric hospital ward environment:
 - constant stimulation
 - lack of social connection
 - lack of freedom/choice
 - whole different routine from day-to-day life
- Patients potentially stay in a psychiatric ward for weeks → months
- Temporary “passes” are gradually granted to patients to leave the ward
 - Often not enough time to prepare to return to the outside world



Source: https://lh3.googleusercontent.com/proxy/avkdwLSV9UwLg1HN3pLoK_yB_Zx_nAw1ht-tKrX2an1DYJK75G4s5DW3aok02QgOF1zeBAUbcRI-HXNWbs6Sx8Tcv9ai3uBxPyAlwwKV09tRUm8mg76vTC6qWxTvRgWjOsq3tYm=w1440-h765

POST-DISCHARGE CHALLENGES

- Patient is discharged with trauma from the hospital experience
- Not always told about the challenges of returning back to daily life
- Few supports are available
 - Next doctor's appointment is several weeks after discharge date
- Suddenly needs to readjust to:
 - Home environment (may not feel like a safe space)
 - Interacting with people outside the hospital
 - Trusting their surroundings again
- Stigma around explaining their diagnosis and hospitalization in a psychiatric ward to employers, co-workers, friend and family
 - Professional consequences if sharing



https://www.artyfactory.com/pen_and_ink_drawing/pen_and_ink_drawing_1.htm

HOW WE CAN GIVE SUPPORT

- Positive social supports
- Affordable home support
- Mental health agency workshops and outings
- Health care provider:
 - Is knowledgeable about community resources available and accessible for patients
 - Takes time to discuss concerns with patients to create a partnership
 - Discusses strategies, adjustment, medications and dosages with patient
 - Prepares patient for various scenarios of how to find supports and how to achieve goals
 - Understands that the patient may need to juggle many different responsibilities (e.g., Finding housing, income, etc)
 - Is knowledgeable about documents that need to be filled out (e.g. welfare, long-term disability insurance, Canada Pension Plan, etc.)

WHAT DOES THIS MEAN FOR US?





THANK YOU



Q&A