

Education Session 3 – Medication

Medication is a mainstay of treatment for most clients with a psychiatric disorder.

Two main clinical effects

- Reduce acute symptoms such as hallucinations and delusions
- Lower than chances of further symptoms relapses

Medications are often prescribed on a long term basis and many clients need to take medication throughout their lives in order to minimize their risk of relapses and rehospitalizations. Even when relapses occur, clients who take medication regularly usually experience milder relapses that can be treated more quickly and with less medication than clients who discontinue their medications.

Explore client's past compliance with medication

Identify factors that may have interfered with compliance, side effects, forgetting, lack of family support, financial constraints

Ask about positive effects of medications from the family to reinforce its importance in treating the psychiatric disorder

Facts about Antidepressants- handout
Facts about Anti Anxiety-handout

Facts about Anti psychotics-handout
Facts about Mood stabilizer-handout

Side Effects

Number of options for handling medication side effects other than stopping their medication. Dr or nurse practitioners can address medication side effects by altering the dosage, prescribing another medication for side effects or switching the client to a different medication.

Explore beliefs about addictive properties of psychotropic medications –some families have inaccurate information that these drugs are addictive.

What we would like you to know

What medications does the client take?

What are they for?

Ex That Risperdal is an anti psychotic medication for the symptoms of schizophrenia.

Role play, asking the Doctor or nurse a question about your medication. Do role play twice. First time give positive feed back, but ask What could you have done better, have them do it again.

Review Questions from Session Two:

What is the cause of the disorder?

How does stress affect the symptoms of the disorder?

What is the effect of alcohol and drugs on the symptoms and relapses?

How can family members help the ill person?