

Module 10: Treatment Options

REACT online Toolkit info sheet

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People with psychosis should be offered:

- A comprehensive multidisciplinary assessment in specialist mental health services
- A written collaborative care plan (service user should have a copy)
- Appropriate antipsychotic medication chosen by the service user and health professional together and based on a thorough understanding of the effects and side effects of the drug
- Structured psychological intervention (individual, group or family)

Relatives of people with psychosis or bipolar disorder should be offered:

- An assessment of *their* own needs and a care plan to address any identified needs (relative should have a copy)
- Advice about their right to a formal carer's assessment provided by social services as outlined in the Care Act 2015
- Written and verbal information about:
 - diagnosis and management of psychosis and schizophrenia / bipolar disorder
 - positive outcomes and recovery
 - types of support for carers
 - role of teams and services
 - getting help in a crisis

Visit the REACT NHS website, (www.reactnhs.uk), to find out more about different types of treatment which should be offered.



Your Early Intervention team can make sure you
get access to the REACT online toolkit



www.reactnhs.uk

Department of Health Disclaimer:

The views and opinions expressed therein are those of the authors and do not necessarily reflect those of the HTA, NIHR, NHS or the Department of Health.

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Psychoeducation

Psychoeducation is about providing service users and relatives or friends with information they need to understand and manage the difficulties they face. A key outcome is the development of a **Relapse Prevention / Staying Well Plan** developed through detailed analysis of previous episodes.

1. Identifying and managing common triggers

Triggers are situations which tend to occur prior to a relapse and are often linked to increases in stress levels e.g. taking on too much at work, or loss of an important relationship. Where possible, strategies are identified to help avoid / manage triggers in the future.

2. Spotting early warning signs are the very first changes that occur when a mood swing / psychotic episode is starting. If spotted these, and you can do something to manage them early, this can prevent a full relapse. *Common early signs you might see include:*

Mental health problems (general):

- Social withdrawal or isolation; not performing as well at school or work; low mood; anxiety; low motivation; poor sleep, decline in personal hygiene

Psychosis

- Suspiciousness; odd beliefs or magical thinking; unusual perceptual experiences (e.g., sounds seeming louder than usual or colours brighter); confused speech e.g. trouble following conversation or going off on a tangent

Depression:

- Low motivation; low energy; and feeling tired/listless

(Hypo)mania:

- Feeling energetic/very active; being more talkative; and feeling emotionally high

Visit the REACT NHS website, (www.reactnhs.uk), to find out more Key Outcomes.

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