

Aspects of Compliance Management of Patients with Schizophrenia

G. Joldygulov<sup>1</sup>, K. Altynbekov<sup>2</sup>

<sup>1</sup>management of clinical practice, Science-practical center of psychiatry, Almaty, Kazakhstan ; <sup>2</sup>Director, Mental Health center, Almaty, Kazakhstan

**Introduction.** Good compliance of patients with schizophrenia is an objective criteria of psychiatrist's work effectiveness. However often there is a vicious circle: lack of patient's insight causes refusal of therapy and without therapy according to opinion of many doctors insight is not achievable. In order to break this vicious circle the technique of operated compliance was developed.

**Objective** – assessment of effectiveness of an operated compliance technique.

*Hypothesis:* First several months after the mental illness diagnosis the compliance is the highest since patient's family members mobilize all available resources to maintain «status quo». Noncompliance results from family's disappointment in therapy, the expected effect from which, doesn't correspond to the actual. Timely involvement of the family during this period allows to bypass lack of patient's insight and helps to establish continuous supportive therapy.

**Materials** – 100 patients first diagnosed with schizophrenia: 50 – experimental group, 50 - control group (had conventional inpatient and outpatient treatment). Length of observation 18±4 months.

**Methods** – clinical-psychopathological, sociological. Endpoints: number of re-admissions, drug compliance, number of disabilities, family's satisfaction.

**Results** –

Parameter	experimental	control	p
Re-admitted	16%	40%	≤0.05
Medication compliance (number)	41±3	31±4	≥0.05
% of disability	8%	18%	≤0.05
<b>Satisfaction of a family</b>			
Satisfied	67%	34%	≤0.05
Partially satisfied	23%	24%	≥0.05
Dissatisfied	10%	42%	≤0.05

**Conclusion**

- Development of a drug compliance is a planned and controlled process that begins during the first visit to psychiatrist.
- Application of the studied technique allows to recruit patient's family to guarantee drug compliance