

Study on Schizophrenia a Psychotic disorder

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INTRODUCTION

Psychotic conditions are a set of severe mental illnesses. They make it difficult for a person to think logically, make sound decisions, react emotionally, communicate effectively, comprehend truth, and act appropriately. Psychotic disorders come in a variety of forms. Among those, Schizophrenia is a severe mental illness in which people have abnormal perceptions of reality. Schizophrenia may trigger hallucinations, delusions, and highly disordered thought and behaviour, which can make it difficult to work on a daily basis. For many patients and their families, the disease's early onset and chronic course make it a debilitating condition. Negative symptoms (characterised by loss or deficits) and cognitive symptoms (such as impairments in concentration, working memory, or executive function) are common causes of disability. This article gives a quick overview of schizophrenia and the treatment options available.

Diagnosis

Schizophrenia is a chronic illness characterised by a wide range of symptoms, none of which are pathogenic. A diagnosis of schizophrenia is made after a thorough examination of the patient's signs and symptoms. Two or more active-phase symptoms, each lasting for at least a month, are needed for diagnosis: delusions, hallucinations, disorganised voice, grossly disorganised or catatonic conduct, and negative symptoms. Delusions, hallucinations, or disorganised speech must be present in at least one of the qualifying symptoms. To differentiate schizophrenia from other mental illnesses including major depressive disorder with psychotic or catatonic characteristics, schizoaffective disorder, schizophreniform disorder, obsessive-compulsive disorder, body dysmorphic disorder, and post-traumatic stress disorder, a thorough differential diagnosis is needed. Schizophrenia can be distinguished from these related disorders [1].

Diagnosis is the process of determining the most effective strategies for classifying diseases and recognising their distinctive signs. Most notably, diagnosis refers to the detection of specific conditions with distinct underlying mechanisms and causes, thus classifying them as distinct diseases. If signs of schizophrenia are present, the doctor may take a thorough medical history and, in some cases, conduct a physical examination. Although there are no clear laboratory tests to diagnose schizophrenia, the doctor can use a variety of tests, including blood tests and brain imaging scans, to rule out the possibility of another physical disorder or intoxication (substance-induced psychosis) as the cause of the symptoms [2].

Treatments & Therapies

Despite the fact that there is no cure for schizophrenia, many people manage to live with only minor symptoms. Antipsychotic drugs are effective in decreasing psychotic symptoms that occur during the acute period of the disease, as well as in reducing the likelihood and duration of subsequent acute episodes [3].

Nonpharmacological Therapy

Targeting symptoms, avoiding relapse, and increasing adaptive functioning are all aims of managing schizophrenia such that the patient may be reintegrated back into society. 2 Since patients rarely return to their baseline level of adaptive functioning, nonpharmacological and pharmacological therapies must be combined to achieve the best long-term results.

Pharmacological Therapy

It is impossible to initiate successful recovery services in most schizophrenia patients without the use of antipsychotic medications. It is critical to begin drug therapy as soon as possible after the first acute episode, particularly within the first five years, since this is when the majority of illness-related

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Received date: April 05, 2021; Accepted date: April 19, 2021; Published date: April 26, 2021

Citation: Kane SM (2021) Schizophrenia a Psychotic disorder: Diagnosis & Treatment. Autism Open Access 11.287. doi:10.35248/2165-7890.21.11.287.

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changes in the brain occur.

Augmentation and Combination Therapy

Patients who do not respond to clozapine may be considered for augmentation therapy (with ECT or a mood stabiliser) or combination therapy (with antipsychotics). When performing augmentation therapy, clinicians should follow the following guidelines [3, 4].

Rehabilitation and Living with Schizophrenia

Many people with schizophrenia will benefit from treatment and live positive and fulfilling lives. Some patients perform exceptionally well, while others remain symptomatic and need treatment and help, as with other chronic illnesses. Following the management of schizophrenia symptoms, different forms of medication may be used to help people treat their condition and improve their lives. Therapy and psychosocial therapy may aid in the development of coping skills, the management of stress, the detection of early warning signs of relapse, and the extension of periods of remission. Since schizophrenia usually strikes in early adulthood, people with it often benefit from therapy to help them improve life-management skills, complete vocational or educational training, and maintain jobs. Supported-employment services, for example, have been shown to assist individuals with schizophrenia in achieving self-sufficiency. These services help individuals who are suffering from serious mental illness.

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