

FAMILY CAREGIVER BURDEN AND RELAPSE RATE OF THEIR PATIENTS WITH SCHIZOPHRENIA

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The family has thus become an important agent affecting the patients' mental conditions and the course of recovery. Conversely, the patients also create enormous hardship for their family. Is viewed as crucial to patients' relapse. Identifying aspects of family functioning contributing to relapse of the patients and the support required to strengthen the families is therefore of great concern to mental health practitioners. The present study aims to investigate the relation between family's burden in living and the relapse rate of their patients with schizophrenia.

Subjects: 150 schizophrenic patients who were attending the previously mentioned setting; and 150 convenient family caregivers who accompany their patients. A socio-demographic and clinical data structured interview schedule for schizophrenic patients and their caregivers. Hardship of living. The scale consists of 16 items covering five areas of living: physiologic life, working life, leisure and cultural life, social life, and plans for the future. The scale is rated on a three-point Likert type scale (very much, somewhat, no). Responses are summed to give a score ranging from 16 to 48 with higher scores reflecting higher hardships in the living of the family. In this study the relapse rate was calculated based on the average periodicity by which the patient is rehospitalized. This was achieved by dividing the total duration of illness in years by the number of rehospitalization to get the average frequency/ periodicity of relapse.

Results: 64 percent of the patients had a history of relapse. The majority of caregivers (88%) were obliged to fund the patient, 66% claimed having financial burden, Majority of the studied caregivers (81.3%) had high family burden. The incidence of relapse was found to occur 3.3 more times when caregivers were complaining of hardship, and to occur 1.7 times when negative family attitudes are prevalent among family caregivers.

BIOGRAPHY

Sawsan Kamal Khalil El Galad is graduated from university of Alexandria Egypt Faculty of Nursing BNSc. He is a faculty of Nursing, University of Alexandria, June 1998, Nursing and MNSc Faculty of Nursing, University of Alexandria, August 2007, Psychiatric Nursing and Mental Health. He holds an excellent degree with DNSc Faculty of Nursing, University of Alexandria, April 2013, Psychiatric Nursing and Mental Health. Present employment. He worked as Assistant professor of Psychiatric Nursing and Mental Health, King Saud bin Abdulaziz University for Health Sciences:19/10/2015 up till now. His previous employments includes : 1-Lecturer of Psychiatric Nursing and Mental Health, Alexandria University, Egypt.

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