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COMPREHENSIVE THERAPEURIC REHABILITATION

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Addressing the psychosocial rehabilitation of mental health patients, can be approached in various ways. In this case illustrates how a multidisciplinary approach so early impact on rehabilitation os psychiatric illness.
Patient is a woman of 45 years, starting in mental health in 1989 and with five entries in the inpatient psychiatric unit between 2006-2011, with a diagnosis of bipolar disorder. During this period has come to irregularly shaped mental health unit, with poor adherence therapeutics and instability in their symtoms, without being able to normalize their mood. Has presented several manic episodes with psychotic symptoms and depressive episodes.
Treatment begins with a comprehensive approach: psychiatry, psychology, social work, and assistant nursing.
Treatment objectives were: raise awareness of disease, adherence and development and expansion of social skills in order to reduce the number of admissions and achieve clinical stabilization.
Included in the treatment psychoeducational group therapy, activities and social skills workshops and home visits.
Therefore, we emphasize the importance of integrative treatment in the rehabilitation of this patient and the approach of this type of intervention to detect these cases.

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