

# Patients with Severe Mental Disorders at Home under Public Health Emergencies

## -- Exploration of Community Management Model

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### Abstract

Public health emergencies affect all walks of life, and bring great inconvenience and loss to people's life and work. Community follow-up, medication treatment, community rehabilitation and other services for patients with severe mental disorders at home are greatly affected due to inconvenient traffic during the epidemic, home isolation and other reasons. This paper analyzes the difficulties in community management of patients with severe mental disorders at home during the epidemic period of public health emergencies and puts forward corresponding countermeasures and Suggestions.

### Keywords

Xi'an city, Science and education area, runoff pollution.

## 1. Characteristics of Public Health Emergencies and Their Impacts

Public health emergencies [1] are public health problems that have an impact on social order, mainly including infectious diseases, mass diseases of unknown causes, food safety problems, and other events that seriously affect public health and life safety. Public emergencies are characterized by abruptness, complexity and destructiveness, which are easy to cause harm to public life and property, damage to economy and damage to social order. As one of the public health emergencies, the epidemic of infectious diseases is affected by the inconvenience of transportation, the isolation of the public at home, the reduction of gatherings, the stagnation of work, the closure of schools and daily travel. It not only causes material losses, but also brings great psychological panic to people.

## 2. Community Management of Patients with Severe Mental Disorders

Mental health problems is a major public health problem, also is the important social issues and people's livelihood issues, launched in 2004, severe mental disorder management treatment project, serious mental disorders should be brought into the community management, the project in reference [2] the international new concept and new model of mental health work, centered on people with mental illness, mental health services and service management respect and meet the requirements of people with mental illness, by the spirit of the specialist diagnosis, assessment and JianKa, treatment, rehabilitation and follow-up services.

Serious mental disorder refers to a mental disorder with severe symptoms of mental illness, resulting in severe impairment of the patient's social adaptation and other functions, incomplete understanding of his or her own health status or objective reality, or inability to deal with his or her own affairs. In order to offer included in community management of patients with severe mental disorders management community treatment and follow-up services, formed a serious mental disorder management support group, whose members include fine doctors, the policemen director, civil affairs, disabled people full-time members, family members, volunteers, etc., to carry out the community patients with follow-up

management services. Community follow-up management services mainly include on-site visits by community jingfei doctors to understand patients' mental symptoms, medication, adverse drug reactions, social functions, risk assessment, etc., urge patients to take medication regularly, and timely adjust drugs through changes in patients' conditions. Community rehabilitation services mainly provide rehabilitation training in medicine, life skills and social skills for patients at home, so as to help patients return to society as soon as possible.

The public health emergency brought by the epidemic has had a great impact on People's Daily life, food, housing and transportation. It has also brought troubles for the public to seek medical treatment in hospitals. Mental disease is a chronic disease, need medication for a long time, the severe mental disorders treatment, medication, follow-up, etc due to traffic inconvenience during outbreaks, follow-up the doctor couldn't door to door, such as part of the medicine, irregular medication that occupy the home, the phenomenon such as mental state is not stable, easy to cause patient condition is not stable, unstable behavior. Due to the impact of the epidemic, community rehabilitation institutions, rehabilitation centers and other services were suspended, and patients could not normally participate in community rehabilitation training.

### **3. Difficulties Faced by the Community Management of Patients with Severe Mental Disorders in Public Health Emergencies**

(1) Patients at home do not take medication continuously. Severe mental disorders belong to chronic diseases, drug withdrawal and irregular drug taking are one of the main reasons for the recurrence of mental diseases, patients should adhere to medication to stabilize mental symptoms. Due to the impact of the epidemic, the travel of patients and their families was not smooth, and some patients had little medicine left, which affected the continuity of medication.

(2) Daily follow-up work is interrupted. For the patients with severe mental disorders in the community, the jingfang doctors make regular home visits to understand the patients' mental symptoms, medication, adverse drug reactions, social functions, risk assessment, etc. Due to the impact of the epidemic, doctors are unable to conduct timely follow-up visits and learn about the current status of patients face to face. Patients are prone to unstable factors and relapse of the disease. In the process of daily follow-up, some patients were sent to their homes by jingfang doctors for free, and poor patients could enjoy psychiatric drugs for free. The arrival of the epidemic prevented most jingfang doctors from carrying out drug delivery and follow-up services.

(3) Frequent occurrence of psychological problems. During the epidemic, due to the inconvenience of transportation and the impact of life and work, the public will have more or less psychological problems, such as anxiety, depression, insomnia, fear of being infected, etc., and mental disorders are particularly frequent. During the period of home isolation, the general public will face great psychological pressure, especially the patients and their families, and the mental state of the patients is extremely unstable.

(4) Suspension of community rehabilitation services. Mental rehabilitation, including hospital rehabilitation and community rehabilitation, improves the social function of patients with mental disorders and is an important link to help patients return to family and society. Community rehabilitation is undertaken by community rehabilitation institutions (such as day rehabilitation centers, half-way houses, vocational rehabilitation institutions, etc.) to carry out rehabilitation training in medicine, life skills, social skills and other aspects for home-based patients. Affected by the epidemic, community rehabilitation institutions for patients with mental disorders in many places have been temporarily closed, and rehabilitation training for patients has been affected, making normal training impossible.

## 4. Experience and Countermeasures

(1) Innovation model of medical institutions. The new model of "Internet plus diagnosis and treatment". Online diagnosis, treatment and consultation can be carried out by using Internet hospitals or cloud hospitals, and a green channel can be opened to manage patients' prescriptions at home. Online patients can receive medicines for free express delivery without going out or going to the hospital through APP, WeChat public platform, telephone and other channels.

(2) Providing door-to-door community drug delivery services. The mental health prevention and treatment doctors should do a good job in the early stage, collect the patients' medication status and medical CARDS, go to the mental health medical institutions to purchase drugs on behalf of the patients, and then send the drugs to the patients' homes or nearby drug points. In addition, some mental health medical institutions take the initiative to contact the patients' medication status and prescribe drugs to the patients' homes by express. In some regions, patients are specially sent a small portable medicine box, which can store the amount of medicine for a day at a time, with text, graphics and other instructions. An alarm clock can be set to remind patients to take medicine at a specified time.

(3) Carry out online follow-up and home-based care. The mental health and prevention doctors should strengthen the online video and telephone follow-up, pay attention to the condition and mood of patients at home, and understand the recent physical condition, mental state, medication status and monitoring status of patients. During the follow-up, patients with severe mental disorders and their families should be informed of the matters needing attention, telephone and WeChat contact should be increased, one-to-one professional guidance and psychological counseling should be provided to ensure the emotional stability of patients.

(4) Carry out psychological counseling for patients and their family members. Open psychological assistance hotline, network, mobile phone client, social publicity and other channels and forms, to relieve patients and their families of panic, anxiety and other negative emotions, provide timely psychological support and comfort. An online psychological consultation platform has been set up to form an online "Internet + medical health" service model integrating consultation and consultation with both physical and psychological aspects, providing reliable and high-quality online health services for the masses. Professional psychologists have provided online free consultation services on the platform. Open a 24-hour psychological counseling hotline; Use TV, newspaper, WeChat, micro blog and other ways to carry out mental health knowledge publicity.

(5) Rehabilitation activities at home. To promote the "home-based rehabilitation action" for those recovering from mental disorders, organize activities such as online classroom live broadcast, home cleaning sharing, cooking competition, personal talent show, self-management by taking medicine and so on. Using the Internet platform to launch mental disorders "online clock in self-management activities", called for the survivors in WeChat group of clock in daily tasks, including management, sports, leisure, family service that occupy the home, in the same group of psychological consultants and social workers in intervention when necessary, the mental health mission or psychological counseling for survivors. The new mode of self-management is not only helpful for the staff of community rehabilitation institutions to carry out their work, but also adds more fun to the rehabilitation life at home.

## 5. Conclusion

Outbreak, severe mental disorder medicine community management is faced with discontinuous, on-site follow-up interruption, community rehabilitation suspended, the phenomenon such as mood swings, will bring patients relapse and behavioral problems, this

paper puts forward experience and countermeasures, for patients with severe mental disorders that occupy the home under the outbreak management model to provide the reference. Severe mental disorder patients lack of self-knowledge, they need the help and supervision of their families and friends, counseling and care, to help them recover at an early date and return to the society.

## References

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