

# **TREATMENT OF PSYCHIATRIC DISORDERS**

**ALAKANANDA DUTT**

**MD Psychiatry (PGIMER Chandigarh)**

**Consultant AMRI Mukundapur & Dhakuria**

# Treatment

## Medicines

- Antidepressants
- Antianxiety & Sedatives
- Antipsychotics
- Mood stabilisers



# Treatment

## Psychotherapy

### Supportive



### Re- educative

- Cognitive therapy
- Behaviour therapy



### Re-constructive

- Psychoanalysis



# Treatment

- **Psycho education**

- **Counseling**

parental counseling

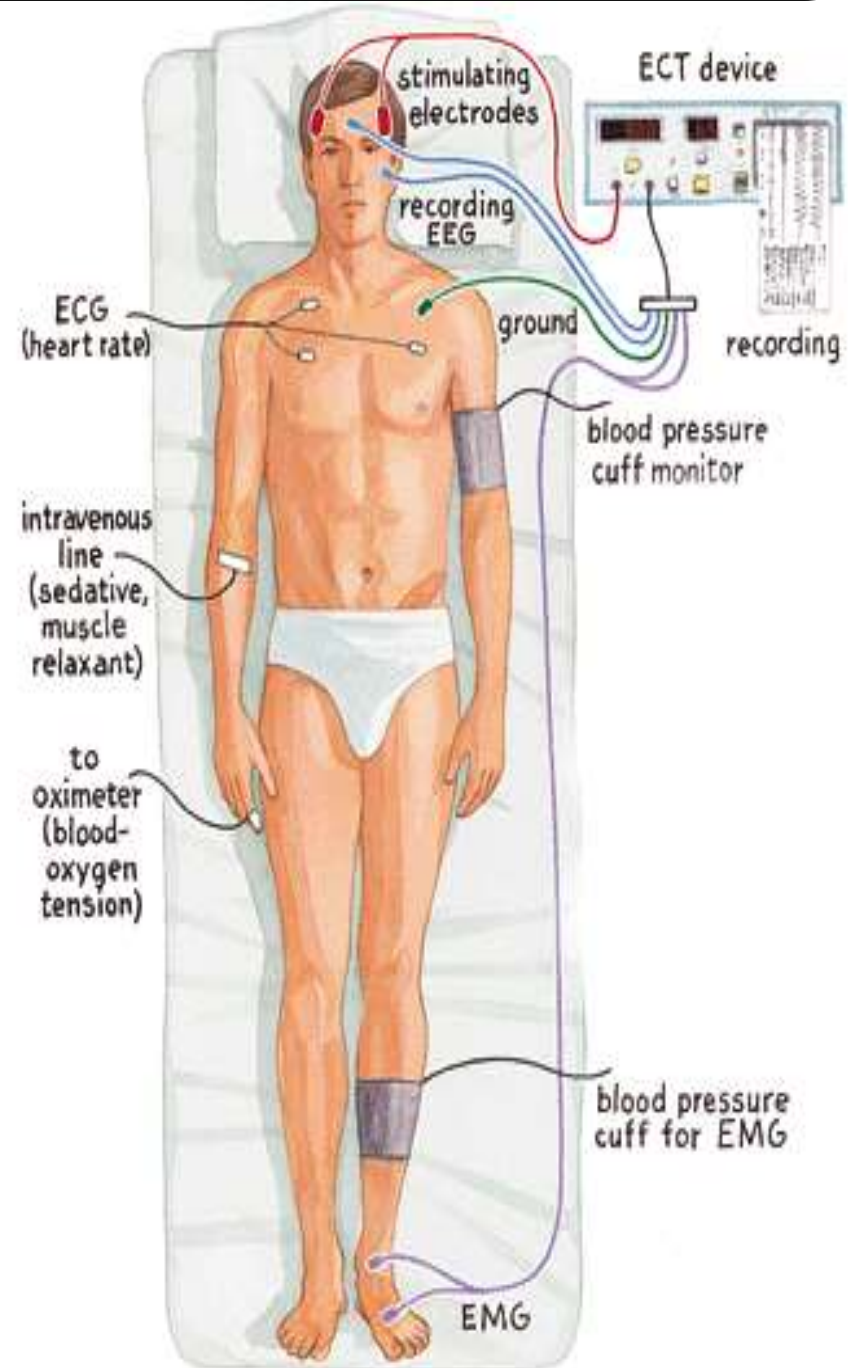
Relapse prevention counseling



# Treatment

## Modified Electroconvulsive treatment: Life saving treatment

- Treatment of choice in selected cases suicidality, refusal to eat/ stuporous
- Transient electric shock- generalised seizure under general anaesthesia
- Least side effects



# Take Home Messages.....



- They can be treated like any other medical disorder
- Early recognition & treatment improves outcome
- Medicines do not produce addiction
- Modified Electro-convulsive treatment or “shock therapy” is not a barbaric treatment but treatment of choice in some life threatening cases of severe mental disorders

# Take Home Messages.....



- Goal of treatment is not only to get relief from symptoms but to re-integrate patient into family & community
- Modern Psychiatry renounces admission of patients into Mental Hospital/ Psychiatric Nursing homes
- Even when admitted family members are requested to stay with patient so that they understand the disease and the affected family member better – goes a long way in improving long term outcome



# Take Home Message

- So let us join together and the make the world a better place for these unfortunate human beings **who are neither “mad” nor “ bad” but just ‘ill’**





A photograph of a sunset or sunrise over a dark mountain range. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The sun is low on the horizon, creating a bright glow. The mountains in the foreground are silhouetted against the bright sky. The text "THANK YOU" is overlaid in the center in a bold, yellow, serif font.

THANK YOU