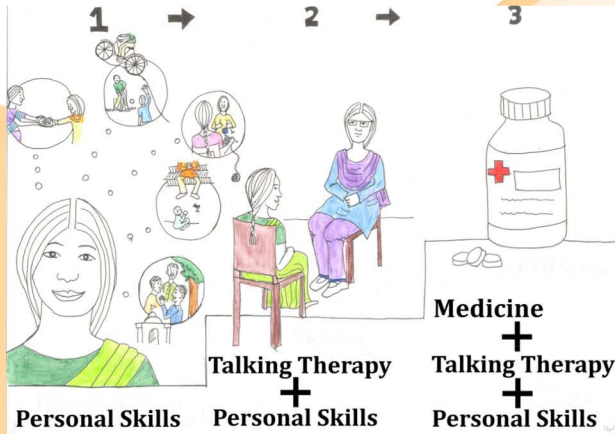


Understanding importance of sticking to treatments

Treatment for mental illness involves a range of activities that require participation by you, the person affected, and your family members. It includes counselling, activities and responses such as regular exercise, focussing on positive experiences, and for some people it also requires medicine

- Treatments have specific goals to achieve. You will only achieve the desired effects by sticking to the treatment. No matter how much you have done, without finishing the treatment, you won't have the desired effects.
- Medication for mental illness usually works by restoring balance in the brain. That balance should be maintained so treatment by medicine should be maintained.
- In certain treatments, stopping early can result in a withdrawal worse than the original illness. Treatments need to be carried through in order to maintain and help the person until the desired effect is achieved.
- Only stop your medicine treatment with the advice of your doctor
- In some mental illnesses are present for decades or even lifelong.



About Us

Burans is the name of the rhododendron flower which spreads color and hope around the hillsides of Uttarakhand each spring.

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Project Burans is a partnership project with Emmanuel Hospital Association (EHA) (www.eha-health.org) and the Uttarakhand CHGN Cluster. We are a partnership project led by Emmanuel Hospital Association, working with HOPE, SNEHA and OPEN.

Sticking to treatment

-hints to help people with mental distress to follow needed treatment



Project Burans
working with communities for mental health in Uttarakhand



A PROJECT OF EMMANUEL HOSPITAL ASSOCIATION



Addressing patient barriers

Not understanding what medicines or what therapy to take and when. Visual aid is often a good way to help them understand and remember.

My grandfather has difficulties remembering how much to take and when. So I drew the amounts of pill to take at the corresponding hours on a clock.

Lack of insight can cause family member to not wish to continue with a treatment such as walking. If applicable, modelling the right behavior can often help the family member continue and understand the treatment.

My brother is depressed and he doesn't want to go outside when he should. I played cricket with my friends outside our house and when he saw that we were enjoying ourselves, he joined. Now he is exercising and feeling better.

Attitude towards treatment can change the willingness to continue. Some treatment can have unpleasant side effect which makes treatment seem undesirable. Encouraging your family member and their actions can help.

My daughter used to refuse to take the pills. She didn't like the weird feeling of swallowing them. After saying good job with a smile she became more willing. Now she is used to it.



Addressing patient barriers

Relationships can be both a positive and a negative influence. Family can cast doubt on the current treatment when they talk about what worked better and what did not work for them. However, every person is different and is best to trust the doctor. Instead of telling what worked for you personally, model how you trusted the doctor.

My sister and I are diagnosed with the same illness. I chose to go through treatment at the doctor's recommendation despite my doubt about the methods. It worked well and now my sister is willing to go see a doctor too.

Cultural differences can make it difficult for a person to accept their illness or treatment. Encourage them to start step by step and see the benefits of each step.

My cousin simply does not believe that he is ill and refuses to go through the treatment. We were able to coax him into just one talking session and see how he feels. After the first session he is willing to return for the second time and continue with the treatment.

Who are the people at most risk of not following treatment as suggested

-see where you or your family member fits?

- Difficult to get to health service
- Barriers to obtaining treatment eg cost of medicine, nowhere safe to walk in your neighbourhood
- Family not supportive
- People with complicated treatment eg many medicines required through the day at different times
- Young age
- Male
- People who are homeless
- People who use drugs or over-use alcohol

