

Journal #3

An ethical issue that might present itself. is going on in the arena of mental health is the challenge with compliance and clients with schizophrenia or bipolar disorder; medication compliance is a challenge for these clients. The article shares information on signs and symptoms of the schizophrenia along with the importance of the medication and why it is the biggest challenge.

According to NCBI, “Despite the critical importance of medication, nonadherence to prescribed drug treatments has been recognized as a problem worldwide and may be the most challenging aspect of treating patients with schizophrenia” (NCBI, 2019). According to the rights the patient has to medication, they can refuse to take their medication if they do so choose. From a health care perspective, we know that the side effects of not taking the medication are far more debilitating than taking them. The medications that are administered to these clients do have very severe side effects i.e. lithium and drowsiness, but these medicines are necessary for managing the disease. By not adhering to the medication negative impact will occur to the course of illness resulting in relapse, rehospitalization, longer time to remission, and attempted suicide. So, at what point does it become mandatory for the client to have to take the medication so that it does not become a danger to their health? The study concludes that it takes a combination of many things, therapeutic communication being the key driver in putting it all together. The NCBI article states, “Based on the evidence found, the most frequently reported driver and consequence of nonadherence appeared to be the lack of illness insight and greater risk of hospitalization, respectively. Factors positively related to adherence included a good therapeutic relationship with physician and perceiving the benefits of medication. Practicing physicians should be aware

of the importance of building a therapeutic relationship with the patient based on trust as well as educating the patient on the medication's impact on the symptoms and illness" (NCBI, 2019).

The most important of this article is the fact that the researchers knew that it takes more than just giving them medication and instructing the to take the medication. Schizophrenia is a disease that if the client is left untreated, it could eventually leaf to their possible death, whether taking to much medication or not at all. As the article states, it is important for the providers to establish a good therapeutic relationship with these clients so their success rate in taking the medication is increased.

Reference

NCBI Resources. (2019). Medication adherence in schizophrenia: factors influencing adherence and consequences of nonadherence, a systematic literature review.
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