Community intervention on first psychotic episodes

Teresa Maia¹


Abstract

The author will describe an Early Intervention Program in Psychosis (PSIC) community based and integrated in a general adult psychiatry service. Early Intervention in Psychosis Programs (EIP) seek to help people who are in the early stages of their psychotic illness, through the prompt provision of comprehensive phase-specific interventions, with focus on recovery, in order to improve outcome.

This program has been developed since 2001. The main goals of the Programme are: (1) early diagnosis and treatment of Ultra High risk and first psychotic episode patients; (2) treatment of primary symptoms and reduction of secondary comorbidity; (2) decrease of the frequency and severity of relapses; (3) decrease in the number of drop-outs; (4) decrease of family burden; and (5) promotion of psychosocial integration and development.

The PSIC’s protocol include: (1) psychopharmacological treatment; (2) a psychiatric consultation within 2 weeks after referral, (3) Family Intervention; (4) cognitive evaluation (ACECF) on admission; (5) cognitive remediation (including cognitive remediation treatment [paper and pencil cognitive exercises] and ReHACOM [computer based cognitive exercises]); (6) psychomotor therapy; (7) occupational therapy; (8) social Cognition training using SCIT; and (9) socio-professional rehabilitation.