ROLE FAMILY IN HANDLING RELAPSE IN MENTAL DISORDERED PATIENTS

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Abstract

Relapse is an important problem that often recurs in patients with mental disorders. What often happens when the patient has returned to the family and community environment. The family as the closest person to the client is the main support system in providing direct services when the client is at home. Therefore the family has an important role in efforts to prevent recurrence of mental illness in clients. Seeing the phenomenon above, the purpose of this activity is so that families have an understanding of how to care for family members who experience mental disorders in the psychiatric clinic of the mental hospital in Jambi province. One of the efforts made is for nurses to carry out counseling to provide health education by gathering family members of patients who are waiting in the psychiatric poly clinic room. The counseling activity was attended by 28 participants, and during the activity the participants seemed enthusiastic in participating in the activity by asking questions related to the material provided. It is hoped that with the information provided, the role of the family in the prevention and treatment of recurrence in patients with mental disorders can be even better.

Keywords: Prevention, recurrence, family

A. INTRODUCTION

Mental health nursing is a form of professional service based on science. nursing soul form service Bio-Psycho-Socio-Spiritual Which comprehensive. Clients can be individuals, families and communities, both sick and healthy. Forms of mental health nursing care include primary prevention, health education, environmental change and social system support. The family is the closest unit to the client, and is the main caregiver for clients with mental disorders (Aprilisttyawati, A.2013) . The family plays a role in providing the care/treatment needed by clients at home, including motivating clients in taking medication regularly. The success of nurses in the hospital can be in vain if it is not continued at home. then it can result in the client having to be re-treated The family is the closest unit to the client, and is the primary caregiver for clients with mental disorders. The family plays a role in providing the care/treatment needed by the client at home, including motivating clients in taking medication regularly. Success of home nursing sick can it would be useless if it is not continued at home which can then result in the client having to be re-admitted (*relapse*) (Wahyuningrum. 2020).

Relapse is the return of a disease after it appears to have subsided (Dorland, 2002). Relapse is the return of symptoms of the disease so that they are severe enough to

interfere with daily activities and require hospitalization and care. road Which No scheduled. There is a number of role family in follow up to prevent relapse in patients with mental disorders, including the benefits of check-ups at the hospital to find out the client's current condition. Obtain a schedule and agreement with the client regarding the creation of a medication schedule. Obtain an explanation of the benefits of treatment for the client, as well as the consequences of forgetting or refusing to take medication. Consult with the doctor regarding medication options, such as syrup or powder form.

Reasons why clients with mental disorders should taking medication clients generally feel they do not have a problem or are sick. To stimulate or inhibit disturbed mental functions and improve the client's condition. The reason clients with mental disorders often do not take medication regularly is that they do not realize they are sick, Feel bored with treatment because it takes time long and side effects of the treatment. Uncomfortable with the amount and dosage of the medication. Forgetting to take medication. Not get support from family. Attitude negative to treatment (stopped medical treatment due to performing traditional or alternative medicine) (Lestari, & Mathafi. (2019).

B. METHODS

The health education method provided is in the form of material presentation and Q&A discussion. Which is the delivery of material is useful for increasing the knowledge and insight of family members. The Q&A discussion method is to clarify understanding participant to problems Which felt Still not yet understood regarding relapse and its prevention. The target of this community service activity is families who have family members with disorders. soul as much as 28 participant in room poly clinic soul House Sick Soul Area Province

Jambi. After completing the counseling, each participant was given a leaflet as reading material at home to review the material that had been delivered, so that the knowledge could be applied in caring for family members to prevent recurrence.

C. RESULTS

Respondents in this health education activity were families of patients who were waiting in line to be called in the Mental Health Polyclinic at the Jambi Provincial Mental Hospital, where the number of participants present was 28 people. During the implementation of the activity, the participants were enthusiastic in participating in the activity with several questions from the participants and the participants were active in asking questions and answering questions raised by the resource person or the Q&A, there was a positive response from the participants during the activity, namely that no participants left the counseling room during the activity and the participants listened carefully while the material was being delivered.

D. CONCLUSION

From the results of health education on the role of the family in handling relapses in patients with mental disorders, it can be concluded that this activity can increase knowledge and broaden respondents' insight. Education health About the Role Family In Handling Recurrence For mentally ill patients, it should be done continuously so that the family is always motivated. to help prevent relapse in mental patients, one of which is being compliant in taking medication

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Attachment documentation activity

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