

PSYCHOEDUCATIONAL PROGRAM TO REDUCE RELAPSE IN PATIENTS WITH SCHIZOPHRENIA: EVIDENCE-BASED NURSING

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ABSTRACT

The purpose of this study was to analyze, and synthesize the best available research evidences related to a psychoeducational program to reduce relapses in patients with schizophrenia. The PICO framework was used as a guideline to identify keywords when searching. The author searched and selected 5 evidences that met the inclusion criteria of the study. The quality of the selected research evidences were appraised in three aspects: validity, reliability, and applicability. These 5 evidences included a meta- analysis, a systematic review, and three randomized controlled trials.

The results of the analysis and synthesize of the 5 evidences indicated that the psychoeducational program can reduce relapses in patients with schizophrenia; in particular, the group format with the participation of family members. There were two types in the group psychoeducational program, the brief group intervention, which contained 10 sessions or less and the standard length group intervention, which contained 11 sessions or more. The content of the psychoeducational program consisted of the structured information, including information about the disease, medications, and the emphasis on family engagement in care. The outcomes of the psychoeducational program were measured using standard scales such as Brief Psychiatric Rating Scale (BPRS). The intervention of this program is relatively simple and can be implemented in the clinical setting in Bangladesh. Moreover, experimental research should be conducted to evaluate the effectiveness of the program in the Bangladesh context, before implementing such a program.

**KEY WORDS: SCHIZOPHRENIA / PSYCHOEDUCATIONAL PROGRAM /
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