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## Research Article

### PSYCHOSOCIAL REHABILITATION CENTRES AT PUNE: MULTIDISCIPLINARY TEAMS PERSPECTIVE

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Psychosocial rehabilitation;  
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#### ABSTRACT

**Objective:** To explore the need of psychosocial rehabilitation centre for person with Mental illness. **Methods:** Cross sectional research design was, in depth semi structured interview techniques was used in the study. Interviews of Psychiatrist, Psychiatric social worker, Vocational therapist, Psychiatric counsellor, Psychiatric Nurse and Psychiatric nurse educator were conducted. Over a period of three weeks, interview was conducted. The recordings of the interviews were transcribed to managed the data. The process of reducing, categorizing and analysing the data was conducted using key themes. All relevant data protection measures were adhered to.

**Results:** The qualitative analysis led to emergence of four themes; from each disciplines point of view. **Need of psychosocial rehabilitation centre:** arise out of increasing percentage of mental disorders across the globe. **Quality care:** Psychosocial rehabilitation services enhance the standards of care and the outcome of therapeutic approach can be measured in standardized way. **Social/Community adjustment:** mental illness individual to adjust better in the community and turns more adaptable in nature in society **Increased Employability:** Initiates of Minister of social justice and empowerment, Govt. of India provides incentives to employers to the person with disabilities.

**Conclusions:** Need of Psychosocial rehabilitation centres were expressed by the people involved from different discipline should lead to increased attention for rehabilitation services through rehabilitation centres. Understanding of psychosocial rehabilitation services through centres for person with mental illness should contribute to changes in clinical and organizational practices.

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#### INTRODUCTION

Psychosocial rehabilitation focused on quality of life for persons who have been diagnosed with any mental health condition that seriously impairs their ability to lead meaningful Lives<sup>[1]</sup> Process of helping someone who has been diagnosed with a psychiatric disorder to restore functioning and well-being within their community. Recovery is an important concept with regards to Psychosocial Rehabilitation<sup>[2]</sup>. Principles guides to better psychosocial rehabilitation practices. Recovery through rehabilitation is defined possible without complete remission of their illness, it is geared towards aiding the individual in attaining optimum mental health and well-being<sup>[3]</sup>

Many NGOs are pioneer in initiating such services and they have been demonstrated the feasibility to run such services through their various Centre<sup>[4]</sup> Psychotherapy skills are useful for the better health outcomes of mental sick patients<sup>[5]</sup>. Availability and affordability of mental health services in

general and psychosocial rehabilitation services in particular are very limited.

##### Statement of the Problem

“A study on Psychosocial Rehabilitation Centres at Pune: Multidisciplinary teams Perspective”

##### Objectives

To explore the need of psychosocial rehabilitation centre for person with Mental illness.

#### RESEARCH METHODOLOGY

Cross sectional research design was used in the study. In depth semi structured interview techniques was used in the study. Interviews of Psychiatrist, Psychiatric social worker, Vocational therapist, Psychiatric counsellor, Psychiatric Nurse and Psychiatric nurse educator were conducted. The purpose of using in-depth interview was to obtain information of a qualitative nature from a limited number of professionals.

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Investigator had introduced herself to the expert before interview process. Consent was taken from each experts prior to the Interview. Over a period of three weeks, interview was conducted. The recordings of the interviews were transcribed to managed the data. The process of reducing, categorizing and analysing the data was conducted using key themes. All relevant data protection measures were adhered to.

### Findings

The qualitative analysis led to emergence of four themes; from each disciplines point of view

**Need of psychosocial rehabilitation centre:** arise out of increasing percentage of mental disorders across the globe.

**Quality care:** Psychosocial rehabilitation services enhance the standards of care and the outcome of therapeutic approach can be measured in standardized way. Interventions promote in reduction of psychotic symptoms.

**Social/ Community adjustment:** The services focused and help the mental illness individual to adjust better in the community and turns more adaptable in nature in society and ultimately help the patients to amalgamate into the community so as to perform efficiently to carry out different roles in the society. Services led to community adjustment for the mentally illness individual. It help in enabling to resume normal life in society.

**Increased Employability:** another area of improved functioning with psychosocial rehabilitation is the scope of employability get increased. Initiates of Minister of social justice and empowerment, Govt. of India provides incentives to employers to the person with disabilities.

### DISCUSSION

In present study it is revealed that there is dire need of psychosocial rehabilitation centre. Channabasavanna has stated that rehabilitation services should be offered at the community level and should not be offered in isolation from other health care and developmental services. He has emphasized that early attempts at rehabilitation would have long-term benefits for the patients and their families. No treatment of mental disorder can be considered as complete or adequate without giving due consideration to rehabilitation or aftercare services<sup>[6]</sup> It reveals from the present study that the services focused and help the mental illness individual to adjust better in the community and turns more adaptable in nature in society and ultimately help the patients to amalgamate into the community so as to perform efficiently to carry out different roles in the society.

Similar finding was observed in study of sureshkumarPN, states that here is a definite limitation to the domains of social functioning, cognitive functioning, and psychopathology in chronic schizophrenia patients who have had no rehabilitation. Vocational rehabilitation significantly improves these limitations, which in turn helps these patients to integrate into the society so as to function efficiently in their roles<sup>[7]</sup>

### CONCLUSION

Need of Psychosocial rehabilitation centres were expressed by the people involved from different discipline should lead to increased attention for rehabilitation services through rehabilitation centres.

Understanding of psychosocial rehabilitation services through centres for person with mental illness should contribute to changes in clinical and organizational practices.

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