

IADL function in persons with schizophrenia: A Dyad perception

Annie John P, Sailaxmi Gandhi, Krishna Prasad M, M Manjula

Results

Introduction

- Schizophrenia is a condition with early onset, variable clinical course and chronicity posing a health problem. It affects the daily functioning reducing their quality of life.
- Instrumental activities of daily living functioning is impaired in persons with schizophrenia, though most of them are able to manage their basic ADL.
- The assessment of daily functioning will aid in developing focused intervention for comprehensive rehabilitation. This study attempted to assess the dyad perception on instrumental activities of daily living functioning among persons with schizophrenia

Methods

Fifty persons with schizophrenia and fifty caregivers of persons with schizophrenia, who presented to a tertiary psychiatric hospital were assessed using i) Lawton Instrumental Activities of daily living scale(LIADL), ii) proforma for socio-demographic and clinical profile

Objective: To assess the dyad perception on IADL functioning in persons with schizophrenia

Study setting: The study was conducted in a tertiary care hospital with in-patient and out patient facilities for psychiatric conditions.

Study sample: Fifty patients diagnosed with schizophrenia as per the ICD-10 criteria aged from 18- 50 years coming to the opd were recruited for the study after obtaining written informed consent.. Fifty caregivers also were recruited who came along with the patient, who were parent spouse or blood relative, 18 years and above, who stayed with the patient for the past 6 months duration. Written informed consent was obtained.

Instrument: Lawton Instrumental Activities of Daily Living Scale
(Lawton and Brody 1969)

Procedure:

- Permission was obtained from the concerned authorities. Participants were selected using convenient sampling technique

LIADL	Patient n (%)	Caregiver n (%)
A-difficulty in using telephone	4 (8%)	4 (8%)
B- difficulty in shopping	26 (52%)	36 (72%)
C-difficulty in food preparation	33 (66%)	38 (76%)
D-difficulty in housekeeping	11 (22%)	11(22%)
E-difficulty in laundry	13 (26%)	17 (34%)
F- difficulty in mode of transportation	15 (30%)	14 (28%)
G-difficulty in responsibility for medications	24 (48%)	27 (54%)
H-difficulty in handling finances	37 (74%)	37 (74%)
LIADL minimum score(0)	2	1
LIADL maximum score(8)	4	1
LIADL mean total score	5.46(SD1.55)	4.96(SD 1.47)

Results

- The majority of the participants among both groups were male, married with secondary school education. The patients had a mean age of 34.44 and caregivers had a mean age of 44.42
- The results revealed that majority of the patients were able to handle telephone and there was consensus among the patient and caregiver, more than half the population among patients and caregivers expressed the major areas of difficulty were cooking, shopping, handling finances and managing medications.
- The mean total LIADL score among the patients was higher when compared to caregivers. The scores may be higher because patients may perceive themselves to be competent but the caregivers may not have the same perspective. The study also reveals only a negligible population is completely independent in IADL skills.

Conclusions

ADL functioning determines recovery in persons with schizophrenia. The study results highlights that family caregivers should have more confidence in PwMI and allow them to prepare food, shop, handle finances with supervision. Considering the impairments in daily functioning individualised interventions can be planned to empower the patients and reintegrate them into community.

References

- 1.Samuel R, Thomas E, Jacob KS. Instrumental activities of daily living dysfunction among people with schizophrenia. Indian Journal of Psychological Medicine. 2018 Mar 1;40(2):134.
- 2.Lawton MP, Brody EM. Assessment of older people: Self-maintaining and instrumental activities of daily living. Nurs Res 1970;19 Suppl 3:278.
3. Graf C. The Lawton instrumental activities of daily living scale. Am J Nurs. 2008 Apr;108(4):52-62; quiz 62-3. doi: 10.1097/01.NAJ.0000314810.46029.74. PMID: 18367931.