Restoring Self-Adequacy: Vocational Rehabilitation of Mentally Ill Patient

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Background

1. In Pakistan, the contribution of mental disorders to the overall disease burden is about 11.9%.2
2. Mentally ill patients are often viewed as those unable to fulfill their personal and occupational responsibilities, and therefore considered a burden on family and society.
3. Unemployment rate for these individuals is estimated to be around 85% to 92%, much higher than for other disabled individuals.2
4. It is estimated that about 70% of psychiatric individuals completely depend on families for economic support.2
5. It has been found that it plays important role in sustaining the employment for disabled individuals.
6. Also, nurses can eliminate misconceptions about mentally ill patients’ abilities to work through education and thus can break current stigma.
7. In conclusion, vocational rehabilitation is an important aspect of recovery and rehabilitation. At individual level, healthcare providers should take vocational rehabilitation of mentally ill patients in their focus of attention.
8. This can be done by helping patients in staying and returning to work through assessing need, ongoing support, educating family and advocating in different settings.
9. At community level, nurses can lead campaigns and projects in collaboration with NGOs to help people with mental illness in regaining employment.
10. Also, nurses can eliminate misconceptions about mentally ill patients’ ability to work through education and thus can break current stigma.

Purpose

This case study aims to explore the role of vocational rehabilitation in client’s recovery using Individual Placement and Support model.

Case Description

A 40 year old female with somatoform disorder admitted to a Psychiatric Rehabilitation Centre with symptoms of relapse. The client was married, lives with her family and belonged to low socioeconomic group. She used to work before but left her job after she was diagnosed with her mental health condition. On assessment about her skills, it was found that she has artistic ability in handcraft. During occupational activities, she made different purses and did Embroidery. If she can be supported in job search along with resources and further provision of skills training by multidisciplinary team support, it can enhance her self-esteem and confidence ultimately leading towards recovery process and better job opportunities.

Conclusion and Nursing Implication

In conclusion, vocational rehabilitation is an important aspect of recovery and rehabilitation. At individual level, healthcare providers should take vocational rehabilitation of mentally ill patients in their focus of attention.

Recommendation

Further research is needed at different levels to understand the concept of vocational rehabilitation in the context of resource constraint environment like Pakistan and to practice it at full potential by involving healthcare professionals, policymakers, and different Non-Governmental Organizations.

References


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Figure 1. Three key approaches of vocational rehabilitation.

Figure 2. Seven principles of Individual Placement and Support model (IPS) by Drake and Becker.