In Pakistan, the contribution of mental disorders to the overall disease burden is about 11.9%. 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. Unemployment rate for these individuals is estimated to be around 85% to 92%, much higher than for other disabled individuals. This directly or indirectly leads to increased dependency of these patients on the families which often results in social avoidance and discrimination by society. About 70% of psychiatric individuals completely depend on families for economic support. Vocational rehabilitation being one significant aspect of psychosocial rehabilitation, is given to individuals with health-related limitation or impairment, and is focused on maximizing work involvement and potential. It is both patient-focused and evidence-based, and involves multi-professional intervention. It is considered as pivotal since the confidence gained from employment helps patients in recovery, enhance their self-esteem and increase self-reliance by empowering them. In this regard, Individual Placement and Support model (IPS) a variant of Supported Employment, is widely used and involves placing the individuals in competitive employment and then supporting them. It has been found that it plays important role in sustaining the employment for the patients and motivating individuals to maintain their psychological health by the use of its seven principles. The principles work as core elements in dealing with the challenges associated with the work and employment of mentally ill patients. The present article is intended to bring this concept to light by discussing a case study of a client suffering from schizoaffective disorder. Vocational rehabilitation is an important aspect of recovery and rehabilitation. Healthcare professionals can play a considerable role in giving patients self-adequacy by supporting, preparing and advocating them in rehabilitation. Further work is needed at different levels to understand the concept of vocational rehabilitation in the context of resource constraint environment and practice it at full potential by involving healthcare professionals, policymakers, and different Non-Governmental Organizations.
References:

Abstract Summary:
Vocational rehabilitation focused on maximizing work involvement, plays a significant role in the recovery of mentally ill patients. It is patient-focused, evidence-based, and involves multi-professional intervention. The present article is intended to discuss a case study of a client suffering from schizoaffective disorder by considering Individual Placement and Support model.

Content Outline:
Introduction:
- Mental illness and their burden in Pakistan
- Patients are stigmatized and viewed as burden
- Unemployment rate for these individuals is 85% to 92%
- This results in social avoidance and discrimination by society
- About 70% of psychiatric individuals completely depend on families for economic support
- Vocational rehabilitation as part of psychosocial rehabilitation is considered important aspect

Body:
- Vocational rehabilitation is focused to maximize work involvement and potential
- It is given to individuals with health related limitation or impairment
- Case study discussion
- It is Patient-focused and evidence-based
• It helps in recovery, enhance their self-esteem and increase self-reliance by empowering patients
• It involves multi-professional intervention
• Sheltered and segregated employment vs supported employment (SE)
• Individual Placement and Support model (IPS) a variant of SE
• Seven Principles of IPS
• Different challenges of employment like stigma
• Role of healthcare providers in supporting, preparing and advocating for vocational rehabilitation through IPS model

Conclusion
• Vocational rehabilitation is an important aspect of recovery
• However, it is not practiced at full potentials in Pakistan
• Need to see in context of resource constraint environment
• Multi-pronged approach involving healthcare professionals, policy makers, and different Non-Governmental Organizations should be used to bring this concept to full attention

First Author
Salima M. Farooq, MSBE, RN
Aga Khan University
School of Nursing
senior Instructor
Karachi
Pakistan

Author Summary: Mental health is my area of expertise, my purpose is to grow in mental health research domain and bring positive impact in practice related to mental health of individual and community and bring positive change in policy

Second Primary Presenting Author
Primary Presenting Author
Corresponding Primary Presenting Author
Anmol Minaz, BSN
Aga Khan University Hospital
Trainee Nurse Intern
Karachi
Pakistan

Author Summary: Anmol Minaz is working as Nursing Intern at Aga Khan University Hospital. She has completed her BScN from Aga Khan University School of Nursing and Midwifery in 2018. She is an active member of Rho Delta Chapter, STTI. She is honored with Outstanding graduate award and nursing practice award for her academic and clinical excellence. Her research interest lies in the field of Mental Health Nursing and Sexual and Reproductive Health.

Third Author
Afshan Nazar, MS (Epi&Biostats)
Aga Khan University
School of Nursing and Midwifery
Senior Instructor
Karachi
Pakistan

Author Summary: Afshan Nazar is currently Senior Instructor at Aga Khan University School of Nursing and Midwifery, Karachi, Pakistan. She did her Masters in Epidemiology and Biostatistics in 2011 and Bachelors of Science in Nursing in 2001 from Aga Khan University.