



# **Protocol for Psychosocial Rehabilitation of Covid-19 Patients for BNYS Doctors**



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# **Mental Health Sequelae of Covid-19**

**Duration of training for Session II: 90 Minutes**

## **Session Objectives:**

- To educate the participants about psychosocial issues during COVID pandemic

## **Premise:**

- COVID-19 pandemic is a major health crisis that affected the people around the world
- It is common for individuals to feel stressed and worried in a pandemic.



# Depression and Suicide Management

## Symptoms of Depression

- Negative thoughts about oneself
- Pessimistic views about one's future
- Thought about self-harm/wanting to live no more or suicidal thoughts
- Difficulties in concentration

## Behaviour related

- Isolating oneself from others
- Not taking care of oneself
- The reduced overall level of activities

## Warning Signs of Suicide:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable
- Talking about being a burden to others.



# Anxiety and Substance Use Disorders



## Signs and Symptoms:

- Feeling worried or “on the edge” much of the time.
- Trouble sleeping or forget things.
- Difficulties in concentration
- Constant apprehension
- Inability to feel at ease/relaxed
- Shortness of breath, sweating, abdominal discomfort, dry mouth

## Signs and Symptoms of Substance Use Disorders:

- Change in pattern of existing substance use such as an increase in frequency and quantity
- Use of additional substances along with using of exiting substance



# **Psychosocial Rehabilitation Intervention for Management of Covid-19**

**Duration of training : 90 Minutes**

## **Session Objectives**

- To train the participants to implement the psychosocial rehabilitation during COVID pandemic

## **General Rules during Intervention**

- Role of therapist
- Ethics in Intervention
- Assessment of risk before selecting intervention

# Management...

## Psychoeducation...

**Elements of Psycho-education:**

- briefing the patient about their illness
- problem solving training
- communication training
- self-assertiveness training

## Addressing Triggers and Stressors

### KNOW YOUR STRESS TRIGGERS

| <u>EXTERNAL STRESSORS:</u> | <u>INTERNAL STRESSORS:</u> |
|----------------------------|----------------------------|
| major life change          | fear of change             |
| toxic environment          | high expectations          |
| injury or illness          | negative self-talk         |
| financial stress           | lack of control            |
| work pressure              | perfectionism              |



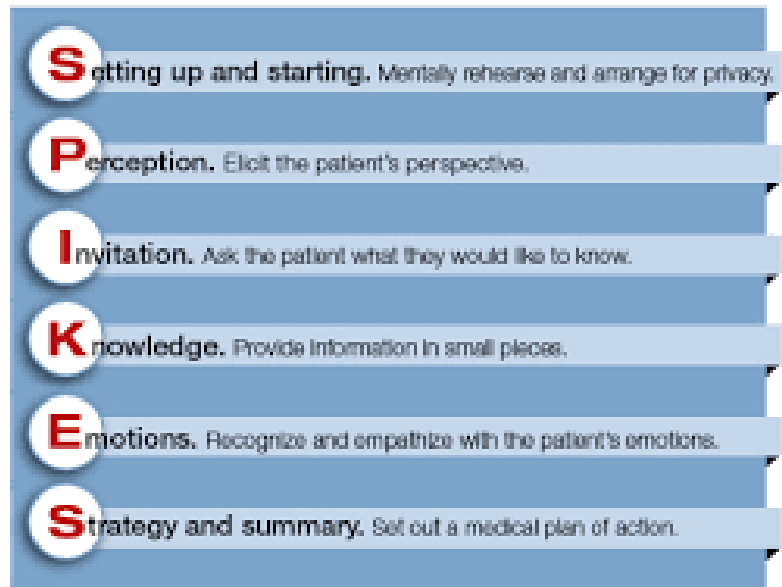
# Management...

## Managing Substances

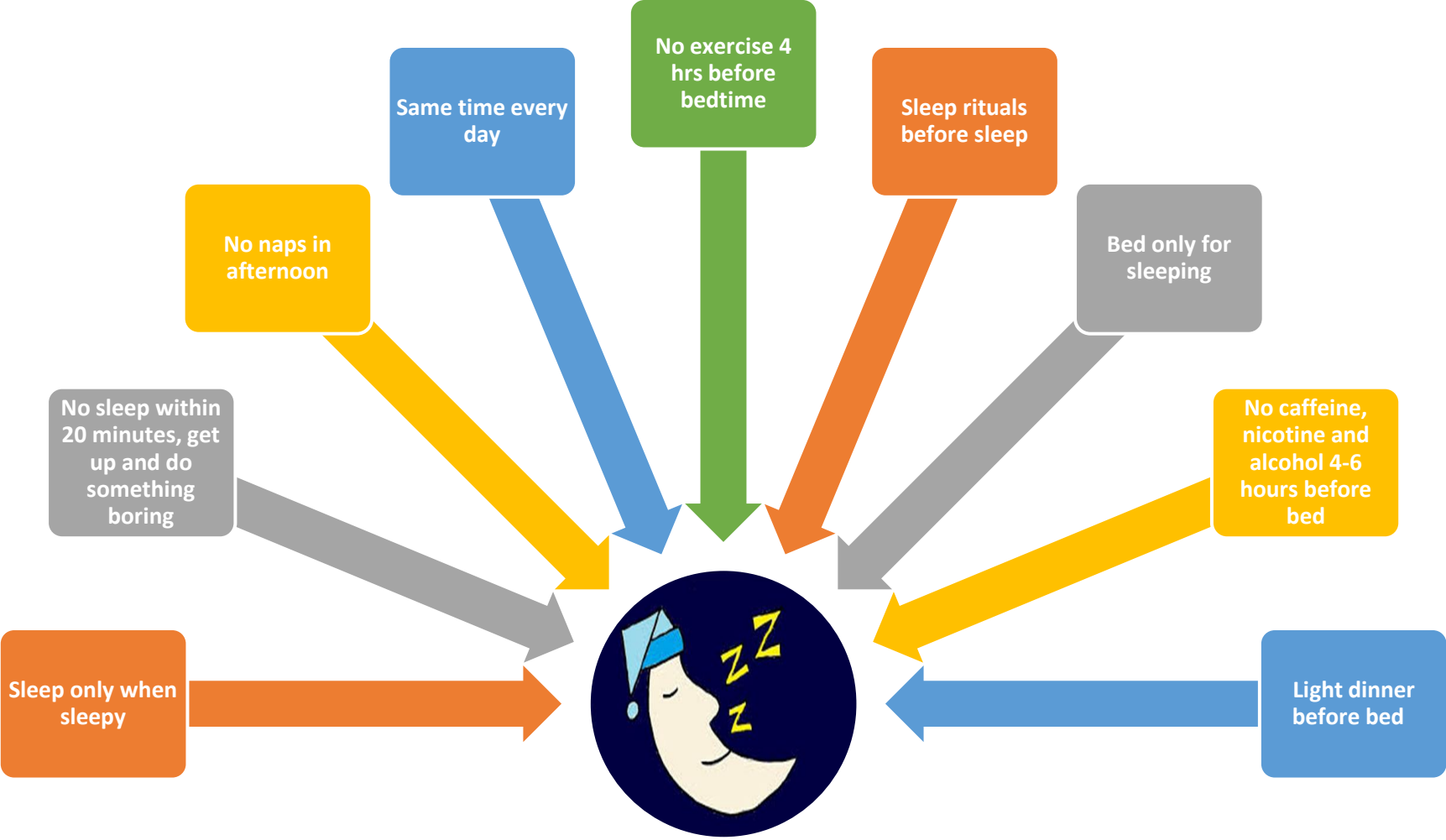
The 4 D's:



## Breaking Bad News/ Handling Grief



# Management: Sleep Hygiene

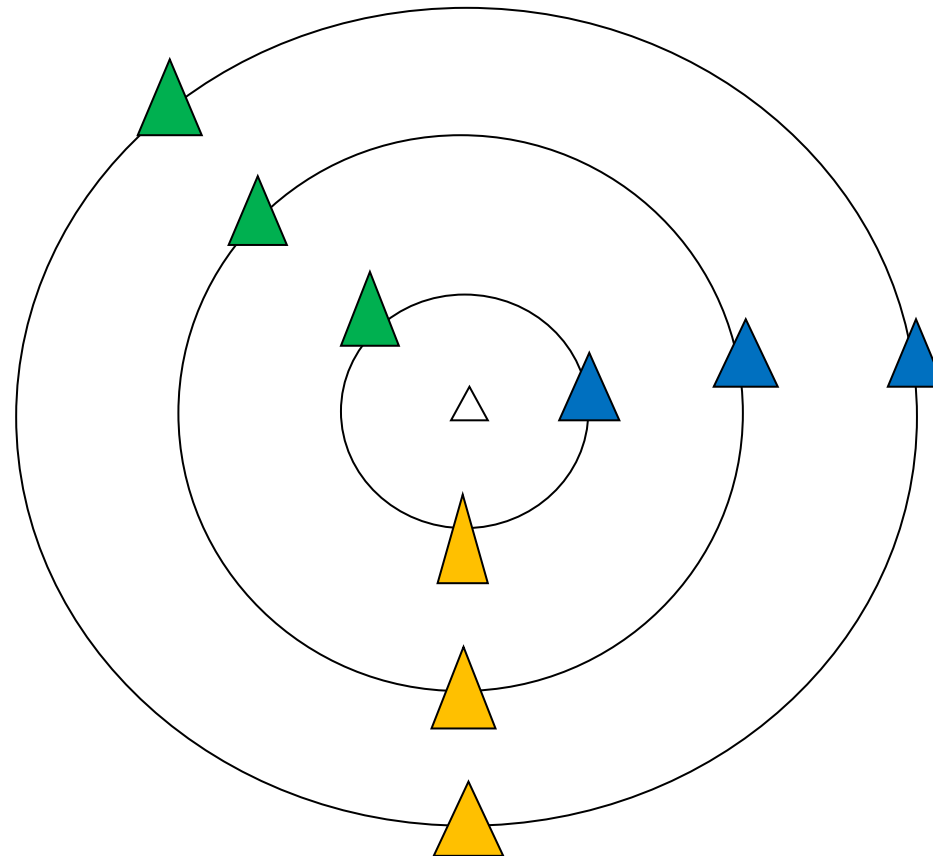


# Management: Social Support Network

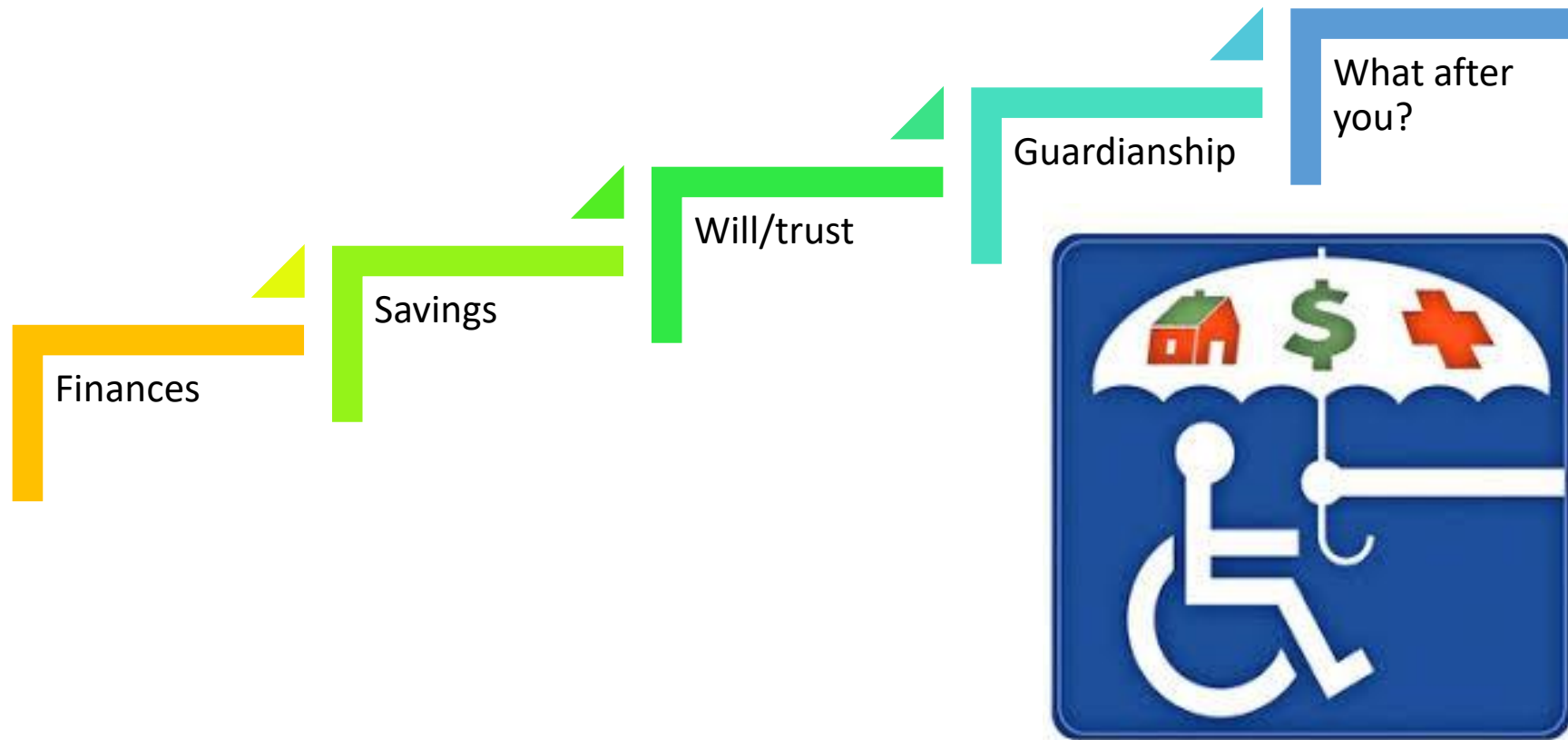
 Emotional

 Informational

 Financial



# Management: Plan for Future





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THANK YOU