

思覺失調服務計劃

什麼是「思覺失調」？

「思覺失調」是指一種早期不正常的精神狀態，一般會有妄想、幻覺、思想及言語紊亂等情況出現。當一個人出現「思覺失調」時，他的思維、情感、感覺會脫離現實。任何年齡人士都有機會患上「思覺失調」，如能及早察覺和得到適切的治療，是可以減低「思覺失調」所帶來的傷害和避免誘發更嚴重的精神病。

「思覺失調」服務計劃是一個怎樣的計劃？

「思覺失調」服務計劃的主要服務對象是介乎15至64歲之人士。

「思覺失調」服務計劃是一個針對「思覺失調」患者而設的服務計劃。患者若得不到及早和適切的治療，將會對他們的心理、生理及社交各方面造成長遠的影響。計劃除了會透過大眾傳媒做一連串的健康教育推廣，使全港市民認識「思覺失調」的情況及徵狀外，還會提供一個一站式、開放式的服務，令求診者可以在一個合適的環境下，盡早得到評估及治療。

醫院管理局在全港設有七個「思覺失調」分區服務中心，設立在所屬區分的醫院。每個中心均由一隊由醫生、護士、醫務社工、臨床心理學家等所組成的跨專業隊伍主理，「思覺失調」服務中心採用一站式、開放式的轉介方法。公眾可透過一個一站式查詢熱線「電話: 29-283-283」或查閱網(www3.ha.org.hk/easy/chi/service.html)查詢及即時轉介個案。

如何轉介瑪麗醫院作求診及治療？

當醫護人員收到轉介後，中心內經驗豐富的醫護人員會盡快以電話與患者或求

助人士聯絡，疑似「思覺失調」的患者會被盡早安排面見精神科醫生作評估。評估內容包括和病患者的家人及朋友等聯絡去了解患者的情況並安排患者接受身體檢查如抽血、腦素描等。然後會由團隊為患者提供度身訂造的治療方案，包括藥物治療、心理治療及早期復康計劃等，務求令「思覺失調」患者能盡早重投正常生活，減低對他們及其家人造成的影響。每位患者在三年跟進期內會有一位專責個案經理家訪和跟進，包括指導患者對病徵的處理、進行心理健康教育、情緒及壓力處理技能訓練、職業訓練、家屬及照顧者支援和輔導，以及提供實質服務如社交或經濟支援等。家人或病人亦可由以下網站了解更多有關病及治療的資訊 (www.ipcp.hk)

關於「思覺失調」的常見提問

問：「思覺失調」狀態的成因是甚麼？

答：可分先天和後天因素。先天因素包括遺傳；後天因素包括誘發性因素，如壓力、誤用藥物、過往生活經驗等。

問：「思覺失調」是否能完全康復？

答：因病而生的不安情緒和睡眠問題，通常在服藥後不久便能改善。而妄想、幻聽等情況，大部分患者可能在數周後亦會有所改善，大約80%的患者能夠逐漸康復過來。

問：早期發現和介入「思覺失調」的重要性？


答：如果及早識別「思覺失調」，治療過程和治療效果會比較理想。當患者並未作出過任何傷害自己及影響他人的行為，日後他康復重投社區的成功率會較高。相反，如果患者早期未被識別和治療，治療可能需要較長時間。康復過程亦會較困難。

地址: 香港薄扶林道102號J座2樓
電話: 2255 3067 傳真: 2819 3851
以上資料由瑪麗醫院精神科提供



瑪麗醫院
Queen Mary Hospital

思覺失調服務計劃 EARLY ASSESSMENT SERVICE FOR YOUNG PEOPLE WITH PSYCHOSIS

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EARLY ASSESSMENT SERVICE FOR YOUNG PEOPLE WITH PSYCHOSIS

What is Psychosis ?

Psychosis is an abnormal mental condition that is often accompanied by delusions, hallucinations and disorganised speech. The thoughts, emotions and feelings of people suffering from early psychosis are frequently out of touch with reality. If early psychosis is identified in its initial stages and treated properly, it will be possible to minimize the disabilities that it causes and prevent serious complications from developing.

What is the programme of the Early Assessment Service for Young People with Early Psychosis ?

The Programme primarily targets people aged from 15 to 64.

The E.A.S.Y. (Early Assessment Service for Young People with Early Psychosis) Programme is a service programme for people suffering from early psychosis. If a case who is suffering from early psychosis fails to receive prompt treatment, it may have severe repercussions on his or her psychological, physical and social development. Apart from conducting educational campaigns to raise the public's awareness about early psychosis and its symptoms, the Programme also offers a one-stop, open-style service that enables those seeking medical attention to obtain early assessment and treatment in an appropriate setting.

The Hospital Authority has established seven E.A.S.Y. Programme service centres in Hong

Kong. Each of them has a multi-disciplinary early intervention team consisting of doctors, nurses, etc. The E.A.S.Y. Programme service centres operate in a one-stop, open referral way. You can contact them directly via an E.A.S.Y. hotline (29-283-283) or through website (www3.ha.org.hk/easy/eng/service.html) in order to discuss any suspected case of early psychosis that you might have noticed among the people around you.

How can make referral and seek professional medical treatment from Queen Mary Hospital ?

Once a case has been referred to them, the service centres will provide the potential client with assessments that will make it possible to offer direct and suitable treatment at the earliest possible time. The potential client will be assessed and information will be gathered from various sources, including his or her family members and friends. Medical checkups, including blood-tests and brain imaging will also be arranged to determine the causes of the condition if needed. Afterwards, the client will receive tailor-made therapeutic treatment – including medication, psychological counselling and early rehabilitation plans. The aim is to help patients resume normal life as soon as possible, and reduce the distress that they and their family members are experiencing. Within the 3-year programme, case manager will provide home-visit and arrange follow-up care including education on symptom management, provision of psychoeducation, stress and anger management, occupational training, counselling and support to family and carer, in addition to social or financial support. Family

or client can have more information regarding the illness and treatment at website (www.ipep.hk).

Question : What are the causes of early psychosis?

Answer : These can be divided into hereditary and acquired factors. Acquired factors include disease triggers susceptible to the influence of stress, misuse of drugs and environmental factors.

Question : Can early psychosis be fully recovered ?

Answer : Emotional and sleep problem is induced by the symptoms. If client is experiencing symptoms such as disorganised thoughts and speech, delusions and hallucinations, those symptoms will be subsided after a few weeks of treatment, and around 80% of clients can be gradually recovered.

Question : Why is early detection and intervention so important?

Answer : Treatment is more effective if early psychosis is detected at its initial stage. Furthermore, the treatment experience will be less traumatic, and he or she will be more likely to make a full recovery and be able to resume normal life. On the other hand, if detection and treatment are delayed, the patient's condition may develop into a mental illness that will require a longer period of treatment. They will also be more likely to exhibit negative symptoms that will make it more difficult for them to resume normal life, even after they have recovered.

Address: 2/F, Block J, Queen Mary Hospital, 102 Pokfulam Road, Hong Kong

Tel: 2255 3067 Fax: 2819 3851

Information provided by Department of Psychiatry, Queen Mary Hospital