

## Continuity of Mental Health Care During the Transition from Child to Adult Psychiatry

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### Abstract:

**Introduction:** This study is related to the mental disturbance and illness among patients. Patients who suffer from mental stress and illness, and they were visiting hospitals from their childhood till adulthood. When these children turn to adulthood, they check their mental level and measure all basic requirements.

**Methodology:** When they were under the age of 18 years, they were getting their treatment at another department of a hospital but when they got to the age of 18 years, they shifted to the other department of health unit where they get different types of care and treatment. They perform multiple tasks and get several types of treatment.

**Results:** In this study, they note down the changes in their mental health at the time of childhood and when they shifted from childhood to adulthood. They conduct interviews to check their psychiatry. They collect results on the basis of different points as they are adults in age but do not have abilities and behavior like adults. They were not able to move everywhere as normal people move and walk. They were afraid to handle their environmental issues.

**Conclusions:** Their caretaker should facilitate them with different processes of their changing behavior and transitions. It is necessary for their relatives to involve themselves in the programs where patients feel free and relax. In this way, they will get better results and it will help them to reduce their mental retardation and illness. People should get proper knowledge related to these transitions.

**Keywords:** Adult's unit, therapies, mental illness, duration of disease

### Introduction:

Patients who were suffering from mental issues and were admitted to the hospitals or coming to hospitals for their regular checkup were studied in this research [1]. We measure the time duration when they start suffering from this disease [2]. They were coming to these hospitals from their childhood and now they were going to turn to adults [3]. When they reach the age of eighteen years, they transfer them to other units of hospitals [4]. In these specific regions of hospitals, they gave them care and treatment as adult patients [5]. We measure the duration of turning from childhood to adulthood [6]. Transition level changes when they turn to adults. When they turn eighteen years of age, they give them a chance to live their individual lives [7]. They tell them how they have to perform their duties and daily activities individually [8]. They give them knowledge, extra practices and many other tasks to perform their duties [9]. Due to mental issues, these patients were not fully prepared to take their responsibilities independently and perform their tasks [10]. They show that they were not prepared to perform their duties and take their responsibilities. Their physicians and guardians also check out their level of development and response [11]. Two methods were discussed in this study. The first one is transfer and the other one is the transition of illness. In the process of transfer, they measure the care which they give to these patients [12]. On the other hand, the transition is considered as the performing different therapies on these patients. They also give them therapeutic treatment to reduce the intensity of mental illness. Continuous care is needed for these types of patients [13]. Transition treatment also shows both positive and negative impacts. Sometimes it shows successful results of transition but sometimes these results were negative or showing some fluctuations [14]. Due to these fluctuations in results, it causes discontinuity among patients. Level of transition increased or decreased with respect to changing in the field of both child psychiatry and adult's psychiatry [15]. Diagnosing specific needs and requirements sometimes cause barriers between the results of these transitions. To complete the process of therapies or we can say transitions, it is necessary to first guide these patients about the treatment. They have to make good relations with their patients [16]. When these surgeons or professionals will be able to make good relations with their patients, it will be easier for them to complete this treatment. We see some reading and results in which they show us that about 55% of patients moved to mental illness at the age of 14-15 years [17]. We should take precautionary measures to prevent these issues and reduce the level of mental illness among patients. In this study, we have seen that about 1/3 of these patients need proper care and treatment as compared to others [18]. Transitions are necessary for the participants who moved to adults and need special care and treatment.

#### **METHODOLOGY:**

In this study, we measure and calculate the level of expectations among these patients. Their experience also matters as they transfer or get shifted from child psychiatry to adulthood psychiatry. They use different types of procedures and methodologies to reach the level of a qualitative approach of this study. In this study, they use different types of methodologies and therapies to treat their patients who were suffering from mental illness and fatigue. This study includes patients who were suffering from this disease since childhood and now they turn to their adulthood period. In this study, a total of about nine people took part. 3 of them were adults and 6

others were their relatives. They held an interview session in which they collected information about them. They ask different types of questions from them. They collect all information related to their medical history and their knowledge related to child psychiatry and general psychiatry of adults. They visit their homes and take these interviews at the home place where they feel more at ease and comfortable. They sometimes also visit their educational institutes to collect information about them. They ask several types of questions from them as when they first visit the psychiatric department of any hospital or when they realize that they need to visit any psychiatrist. They also ask them about the time duration of their visits or treatment. They also ask some questions from their relatives when they realize that these patients have to get shifted from child psychiatry to adult psychiatry. They ask them when they start feeling changes in their behavior. Their relationship between the child psychiatry and then with adult psychiatry was also mentioned and entered into collected data. They collect lots of information from these interviews and they don't repeat these questions again in future interviews because it reduces the quality of the study. They ask multiple questions from participants whether they were patients or their relatives. Duration of these interviews were between 30-90 minutes. In this time duration, they observe each and everything about them. They start analyzing that data after interviews have been done. After collecting and analyzing data, they start comparing the results of every participant. They check out the similarity index among their answers. They make strong relationships and check the level of trust among them. Another act was also performed, which includes coding and divides them into different numbers of categories. This study includes different levels of concepts and ideas. They first initiate and analyze the data and then take comparison of that collected data.

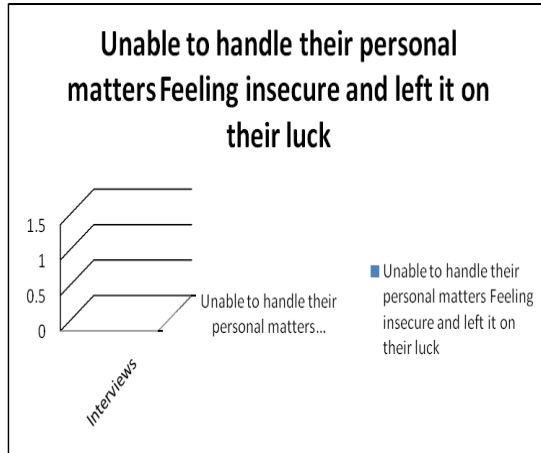
#### **RESULTS:**

The Different number of categories were included in results. They show the results on the basis of age, the level of the participation, age group, either they are mature or not, and many other these types of important points. These consider different types of techniques and methods through which they perform specific types of tasks and hold interviews. They measure the results on the basis of child- psychiatry to adult psychiatry. How much time is required to cover this stage? They show us that it is a time taking process and after a long wait, they were not plenty sure that they will get 100% results. They give another solution of this problem. They give us the suggestions that they can measure results and complete this study if we measure the condition of those patients who turn the age of eighteen years. These patients do not need any child special care and they will be shifted towards the adult unit. In this special unit, they will get different type and quality of treatment. In this study, researchers take deep information and show us that categories used during this study, help us to manage the connection between patients and their relatives.

They were able to know the level of transition taking place and gap of child care as compared to adults care. After analyzing the results, they conclude that these patients were not showing behavior that they were able to take their responsibilities. They were not be able to even perform their daily tasks or take their own responsibilities as per their requirements. They need a proper support and guidelines during transition or therapies. These patients should have friendly behavior with the therapist. In this way, these therapies will be applicable upon them. They also highlight

another point that when they turn eighteen , it doesn't mean that they are mature enough. These patients are not able to reach the maturity level. Their ages increase but due to mental issues, their mental level remains same. Support of close relations and relatives is necessary. When their relatives will give them proper care and will pay attention to their treatment, it will help them to decrease the risk of mental stress. When they know that they have someone who cares for them, it will relax their minds. When they will be mentally relaxed, it will help their mind to generate positive vibes and reduce the level of stress among them.

<b>Categoris</b>	<b>Sub categoris</b>	<b>Interviews</b>
Aged but immature	Need support	Experience different types of patients in clinics, homes and surroundings who suffer from mental illness
Feel insecure and unsafe	Need support of friends and family	Visit the patients who were shifted to adult's unit and were trying to perform their task.
Unable to handle their personal matters	Feeling insecure and left it on their luck	Transfer of patients from one unit to another was happening.



## DISCUSSION:

In this study, we measure the experience and some expectations of patients with the help of transition [19]. As we have discussed, there were two methods of treatment introduced in this study. One of them is the transfer in which they transfer the patients from one department to another as their age increases [20]. But another one is transition, this method includes the number of therapies performed on these patients during treatment. Behavior of patients who were suffering from mental issues and illness also got affected with environmental changes. The Process of transition is not common among them, this fluctuates between their childhood and adulthood time [21]. When these patients got shifted to adult's portion, their requirements of self-care increased. Their trainers ask them to manage their routine activities by themselves. After getting shifted to an adult's unit, their developmental and structural changes also occur [22]. The Reaction of patients depends on the situation and environment. When there will be any specific change in their environment, which they will like or dislike, patients will show their positive or negative behavior towards it. The professionals who were involved in their treatment should make a strong bond with their patients, in this way they can control them and their anger in any alarming situation. Level of transition increased when they moved to the adult's unit. They start performing multiple types of transitions on them which help them to reduce the level of stress from their minds [23]. Another important impact of this study is the support of their relatives. They compare the results of both types of patients and calculate results. Patients who were having support of their relatives were showing more positive responses as compared to those whose relatives were not there for their support. It was seen in this study that patients who suffer from mental stress and illness need the support of their relatives to get well soon. The overview of this study was using different types of methodologies and techniques to treat Patients who were suffering from mental issues [24]. Researchers take their interviews and ask lots of questions related to their daily life and medical history. They ask them from how many years they are visiting a psychiatrist and at which time they realize that they need a psychiatrist. Why do they realize that they need a psychiatrist, which

type of issues and problems they were facing before visiting a psychiatrist. All these points were discussed, and they conclude results. Levels of mental illness increase regarding their age.

### CONCLUSIONS:

After collecting and analyzing the results, they make conclusions. In these conclusions, they mention the level and strategies of transitions they perform on patients. These transitions were performed on patients who were shifted to an adult's unit. Childhood memories and study of mental illness was changed as compared to adults. They take interviews and measure results on the basis of answers to their questions. Some of them showed a positive response towards transition and some of them were facing issues while doing transitions. Professionals and doctors who treat these patients should make strong relationships with their patients and give them awareness about their disease. When they will get good behavior from their doctors, they will try their best to achieve the goals of their lives and reduce the level of mental stress and illness. Co-operation of relatives and friends is also necessary to get rid of this disease.

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