

Assessment of Clinical parameter of general appearance, hair, face, lips of Schizophrenic patient of Raipur districts

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Abstract

clinical examination for everyone was done to identify significant deficiency the prevalence of malnourishment increasing in the Chhattisgarh and similar trends can be observed among schizophrenic patient in Raipur city standard method were for the use in to assess to clinical parameter to schizophrenic patient of Raipur districts the data showed the variation of the investigated parameter schizophrenic 200 sample as fallow the different age group 16 to 19 years boys and girls and 20 to 35 year male and female are determine to different clinical observation of general appearance, hair, face, lips clinical data shown abnormality and deficiencies of both group general appearance was grade as "normal-built", "thin-built" and "Fatty-built", Hair was grade as normal thin and rough, face was grade as normal, molar and supra orbital, Lips was grade as normal, chilosis and rough. Data show abnormality and possible disorder of nutrients deficiency within the guide line recommended by ICMR (Indian council of medical research) and WHO (world health organization) this work is beneficial for nutrition upliftment of schizophrenic patient.

KEYWORDS: schizophrenia, clinical, malnourishments, deficiencies.

Introduction

Schizophrenia is most of common mental diseases now these days it is a general abnormality of people who's suffering from stress and mental abnormalities. It refers to a major mental disorder, or group of disorders, whose causes are still largely unknown and which involves a complex set of disturbances of thinking, perception, affect and social behavior. So far, no society or culture anywhere in the world has been found free from schizophrenia and there is evidence that this puzzling illness represents a serious public health problem. (according to who Dr. J. A. Costa e Silva Director Division of Mental Health and Prevention of Substance Abuse (MSA) World Health Organization). Schizophrenia is a brain disorder that affects the way a person acts, thinks, and sees the world. People with schizophrenia have an altered perception of reality, often a significant loss of contact with reality. They may see or hear things that don't exist, speak in strange or confusing ways, believe that others are trying to harm them, or feel like they're being constantly watched. With such a blurred line between the real and the imaginary, schizophrenia makes it difficult even frightening to negotiate the activities of daily life.⁽¹⁾ (by **Martin Strassnig, Jaspreet Singh Brar, and Rohan ganguli**) The three types of schizophrenia these are paranoid, disorganized, catatonic schizophrenia. Paranoid schizophrenia is the defining feature of suspicious ideas and beliefs. These ideas typically revolve around organized theme or "story" that remains consistent over time. People with paranoid schizophrenia show a history of increasing paranoia and difficulties in their

relationships. Disorganized schizophrenia generally appears at an earlier age than other types of schizophrenia like disorganized speech, disorganized behavior, and inappropriate emotions. Like Impaired communication skills, illogical speech Inappropriate reactions example laughing at a funeral, emotional indifference, infantile behavior baby talk, facial expression etc. the People with catatonic schizophrenia is in disturbance in movement either are decrease motor activity or increase motor activity like long time stay to or sitting in one pose, talk rapidly, mimic others and imitate the action of other⁽²⁾. people with schizophrenia their eating habit is not too good so they get nutrient imbalances so we found to determine the actual health status of the patient through the clinical and anthropometric measurement Clinical data provides information about the individual's medical history, including acute and chronic illness and diagnostic procedures, therapies, or treatments that may increase nutrient needs or induce mal absorption. Current medications need to be documented, and both prescription drugs and over-the-counter drugs, such as laxatives or analgesics, must be included in the analysis. Vitamins, minerals, and herbal preparations also need to be reviewed. Physical signs of malnutrition can be documented during the nutrition interview and are an important part of the assessment process^[3]. Introduction of nutrition: according to WHO Nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition – an adequate, well balanced diet combined with regular physical activity – is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity⁽³⁾ (**World Health Organization Avenue Appia 20 1211 Geneva 27 Switzerland**). in clinical data evaluate of the patient using selected dietary skills because the data was show with their nutritional intakes according to patients physical abnormalities .clinical observation most important part of assessment to schizophrenic patients.

Methodology

This is purposive sample total 200 sample size including them are divided to 50 adolescent boy 50 adolescent girls. Its age between 16 to 19 year and 50 male and 50 females are age between 20 to 35 year ages are classifieds this study was the hospital based study. the hospitalized patient was diagnosed from the institute are Dr. Bheem Rao Ambedkar medical collage Raipur and Post Graduation Mental And Behavior Science Mana Raipur chhattisgarh schizophrenic patient diagnosed report wear confirm by the doctors and attenders. The work done by observation, face to face interview, patient past and present history and patient chart review. Assessment with the carried out after obtaining written information consent according to procedure by the senior doctors and nurses the procedure took about 20 min each patients. in clinical assessment the subject were along with their attenders and close relatives some are patients was sleeping so I go with their attenders or nurses clinical signs seen identify abnormality in built, hair, nails, tongue, teeth, gums, face, eyes, lips, Edema, headache. Result also compared by ICMR standard value and who standard value. Graf and tables create by simple calculators and computer software by Microsoft word and compared with normal standard.

Result and discussion;

Table no1.distribution of according to sex:

sex	No of subject
Adolescent boy	50
Adolescent girl	50
Male	50
Female	50
total	200

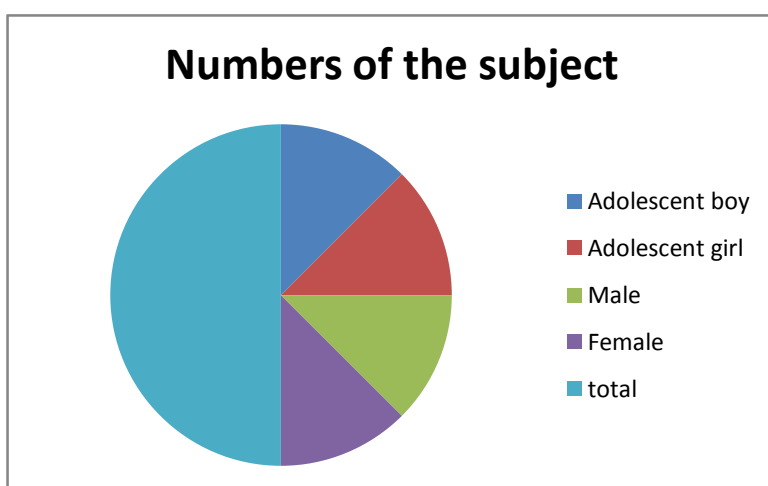


Table no. 2. Assessment of clinical data

Details	Age in year(16 to 19)				Age in year(20 to 35)			
	Adolescent bOY		Adolescent GIRLS		Male		Female	
	N=50		N=50		N=50		N=50	
	NO.	%	NO.	%	NO.	%	NO.	%
Genral appearance:								

1.normal built	25	50%	30	60%	22	44%	25	50%
2.thin built	15	30%	15	30%	6	12%	15	30%
3.fatty built	10	20%	5	10%	24	48%	10	20%
HAIR:								
1.NORMAL	32	64%	30	60%	30	60%	30	70%
2.THIN	8	16%	5	10%	15	30%	-	-
3.ROUGH	10	20%	15	30%	5	10%	20	30%
FACE:								
1.NORMAL	50	100%	50	100%	50	100%	50	100%
2.MOLAR AND SUPRA ORBITAL	-	-	-	-	-	-	-	-
LIPS:								
1.NORMAL	25	50%	35	70%	33	66%	35	70%
2.CHILOSIS	12	24%	10	20%	13	26%	8	16%
3.ROUGH	13	26%	5	10%	4	8%	7	14%

The clinical examination of the subject revealed few abnormalities which are shown in table no 2 the prevalence of the physical signs and their intensity is as follows: general appearance was grade as "normal-built", "thin-built" and "Fatty-built" of the age group 16 to 19 years age group was boys are 50% girls are 60% normal thin built 30% boys and 30% girls 20% boy and 10% girls are fatty built and age group 20 to 35 year found was male are 44% and female are 50% normal thin built male are 12% thin and female are 30% fatty built male was 48% and female was 20% fatty built. All the above observations indicate that in both groups, the number of normal built was high we correlate their dietary intake and find out of the nutritional requirement of these groups. Hair was grade as normal thin and rough. Subject in the age group of 16 to 19 years boys are 64% and girls are 60% are normal hair, thin hair was boys are 16% and girls are 10%, 20% boys and 30% girls have rough hair. In age group 20 to 35 years male are 60% and female are 70% are normal thin hair was male in 30% and female in 0% rough are male in 10% and female are 30% in hair abnormalities we correlated their genetic cause, protein intakes,

disease, infection and other factor shown as further studies .face was grade as normal, molar and supra orbital subject in age group of 16 to 19 year boys 100%are normal and girls are100% normal,in age group 20 to 35 year man are face 100% normal and female also have 100% normal. Thus a complete segment of male and female are normal face appearance. Lips was grade as normal, chilosis and rough age group 16 to 19 years age group boys are 50% and girls are 70% normal, chilosisi are boys are 24% and girls are 20% rough lips in boys are 26% and girls are 10%.19 to 35 year subjects had male are 66% and female are 70% of normal ,26%male and 16%female had found chilosis,8% male and 14 % female had found rough lips. Large number of subject had normal lips and also subject suffer from chilosis and rough lips they indicate symptom related to deficiency of nutrients like vitamin b complex. In this study we correlate the furthered studies with dietary intake.

Conclusion

The sample was analyzed by clinical observation assessment parameters of schizophrenic patient of general appearance, hair, face and lips of seen possible disorder or nutrient deficiency are both group teen age and young's like lake of appropriate calories intake, vitamin B12, lake of protein deficiencies, genetic factor, environmental factor, etc. in this study according to male female are more malnourished, nutrient deficiency, genetic factor, in each groups. All the above observation shown deficiency in nutrient and other factor so we leave at with the help of find out correlate of their dietary intake and compared of the NIN and ICMR standard value. This work is beneficial for correlate their dietary habit and food consumption pattern of schizophrenic patient because they have beneficial for to cure malnourishment and certain degree of nutrition imbalances.

References:

1. Dr. J. A. Costa e Silva Director Division of Mental Health and Prevention of Substance Abuse (MSA) World Health Organization.
2. Nutritional assessment of patients with schizophrenia; a preliminary study by Martin Strassnig, Jaspreet Singh Brar, and Rohan ganguli.
3. World Health Organization Avenue Appia 20 1211 Geneva 27 Switzerland
4. Data was be calculated according to ICMR(Indian council of medical research) and WHO(world health organization)
5. Graf and table was being inserting by the simple computer software Microsoft excel.