

Psycho-education

It is essential to educate both the client and family/caretaker providing information about the MNS condition to the person, including:

- What the condition is and its expected course and outcome.
- Explain the disease process
- Available treatments for the condition and their expected benefits.
- Duration of treatment.
- Importance of adhering to treatment, including what the person can do (e.g. taking medication or practicing relevant psychological interventions such as relaxation exercises) and what carers can do to help the person adhere to treatment.
- Explain the potential side-effects (short and long term) of any prescribed medication that the person (and their carers)
- Provide family counseling
- Need to monitor.
- Potential involvement of social workers, case managers, community health workers or other trusted members in the community.
- Refer to management section of relevant module(s) for specific information on the MNS disorder.