

Table of contents

1. Introduction

- How is schizophrenia classified?
- What is the natural history of schizophrenia?
- What is the prognosis of schizophrenia?
- What are the legal considerations?

2. Who and what to test

- Screening and case finding
- What issues should the GP cover during the 10-minute consultation?
- Differential diagnosis: medical and psychiatric disorders

3. How to manage the patient with schizophrenia

- Who to treat?
- How to treat?
- Preventing new episodes of illness
- Acute treatment
- Maintenance treatment
- Psychotherapy (cognitive-behavioural therapy, electroconvulsive therapy, family interventions, social skills training and patient education)
- Adjunctive therapy (antidepressants and mood stabilizers)
- Co-morbidity (including depression and violence)

4. Person-centred care

- How to identify the patient's beliefs about schizophrenia (their concerns and expectations)?
- What are the patient's cultural beliefs and practices?
- How to recognise nonconcordance with treatment strategies?
- Are any treatments particularly appropriate?

5. Applying the evidence

- What are the implications of the international best-practice guidelines for GPs?
- Selected landmark studies
- What are the GP prescribing options for tackling schizophrenia in primary care: a summary
- When to refer?

6. Review and recall

- What ongoing patient care, monitoring and follow-up are necessary?
- What roles do other key healthcare workers have in managing the patient?
- What is the role of information technology (IT)?
- What is the role of the expert patient?

Further reading