

Discharge planning for persons afflicted with a bipolar disorder IS MY MEDICATION CORRECTLY ADJUSTED?

If your mood stabilisers or a combination of multiple medications are correctly adjusted it means that you sense the positive effect - with no side-effects or only a few. It is only under these conditions that you will be prepared to take medication over a long period of time. However, many afflicted persons feel inhibited about informing their doctor that the medication he selected is not really effective or has side-effects. Do so, all the same! He will thank you for assisting in your therapeutic process.

Together with the „optimal“ dosage of medication, there are a few issues that you should be aware of. Any of the following questions to which you answer "Yes" should be discussed with your doctor again. Please also use the website "Facts about psychoses" for more information. Print this page and highlight your answers. Please discuss the results with your therapist.

1	Have you experienced no significant improvement in manic or depressive symptoms since beginning the medicinal treatment? <i>Please also refer to "What are symptoms?"</i>	<input type="radio"/> Yes	<input type="radio"/> No
2	Are you experiencing side-effects of the medication that have had a subjective negative influence on you? <i>Please also refer to "What side-effects can occur?"</i>	<input type="radio"/> Yes	<input type="radio"/> No
3	Have you never entered 5 to 10 points in the questions about the severity of the mania, depression or anxiety? <i>Please also refer to "Do I feel sufficiently stable?"</i>	<input type="radio"/> Yes	<input type="radio"/> No
4	Have you entered a value of 60 points or fewer in the questionnaire on how you feel about yourself? <i>Please also refer to "Do I feel sufficiently stable?"</i>	<input type="radio"/> Yes	<input type="radio"/> No
5	Are you planning to discontinue medication again after you have been discharged? <i>Please also refer to "How important is it to take medication regularly?" and "How long must I take medication?"</i>	<input type="radio"/> Yes	<input type="radio"/> No

Please discuss this questionnaire with your therapist.