

# Preface

The aim of this handbook is to provide an overview of the management of schizophrenia, focusing on the patient with an apparent suboptimal treatment response. This may include outpatients who are dissatisfied with the progress they are making, patients who seem to have frequent relapses, or hospitalized patients receiving intermediate- and long-term care. There is a high degree of heterogeneity among patients with schizophrenia in terms of clinical course, intensity of symptoms, degree of functional impairment, comorbid conditions, and response to medication. The adage “one size fits all” does not apply to schizophrenia.

This book should appeal to clinicians who are involved in the day-to-day treatment of patients with schizophrenia and who desire a systematic framework in which they can plan their interventions. The book is divided into two parts. Part One provides an overview of the factors that a clinician ought to consider before categorizing a person with schizophrenia as “treatment-resistant.” The first chapter provides an overview of schizophrenia that includes definitions of response, remission, and recovery, and the measurement tools commonly used in clinical trials and reported in journal articles. The second chapter follows with a primer on the philosophy and practice of evidence-based medicine, the importance of the therapeutic alliance, the potential use of motivational interviewing, and a strategy for identifying barriers to care. Adherence, alcohol and substance use, and optimal dosing are then discussed in the context of being the most common roadblocks to treatment response.

Part Two provides information on treatments that can be considered for patients with schizophrenia who are treatment-resistant despite monotherapy with antipsychotics at appropriate doses for an adequate period of time, and where adherence is not in question. Data on psychopharmacological, psychological, and behavioral strategies are discussed in terms of both promise and limitations, with emphasis on results from controlled clinical trials and meta-analyses. This includes exciting new

work regarding glutamatergic pathways in the brain that impact on dopamine neurotransmission.

This book is the result of a 25-year career, almost all of it spent in public mental health systems in the United States on the federal, state, and county levels as a clinician, researcher, and educator. Instilling hope and avoiding therapeutic nihilism is the responsibility of everyone who is involved in the care of patients with schizophrenia.

Handbook of Treatment-resistant Schizophrenia

Citrome, L.

2013, X, 66 p. 1 illus. in color., Softcover

ISBN: 978-1-908517-86-9