

A report about health care for people with an illness called schizophrenia



This report talks about

- what health care is like for people with schizophrenia
- how to make health care better for people with schizophrenia.

Easy read

About schizophrenia



Schizophrenia is an illness. It can change the way people think, feel and do things.

For example some people with schizophrenia can hear voices that other people can't hear.

Why we did this report



A lot of people think that people with schizophrenia do not get good health care.



We wanted to find out if this was true.

What we did



We asked lots of people what health care for people with schizophrenia is like. We asked people like

- nurses and doctors who look after people who are not in hospital
- people with schizophrenia.

We asked them if people with schizophrenia

- get health care they are happy with
- have a say about their health care
- get the right medicines given in the right way
- have someone to talk to who can help them with how they think and feel
- get the right help with other health problems they might have.



What we found out



Many people with schizophrenia are happy with parts of their health care.



But we know that health care could still be better for people with schizophrenia.



People with schizophrenia don't have enough of a say about their health care.

This is because quite a lot of people get information about their health care that is hard to understand.



So it is hard to say what they think about it.

About half of people said they don't have a say about what medicine they get as well.



Sometimes people with schizophrenia are given extra medicine.

This can be because the normal medicine is not working so people try an extra medicine. This is OK.

Sometimes people don't say why people with schizophrenia are given extra medicine. So this could be a bad thing.



Not many people get to talk to someone who can help them with how they think and feel.

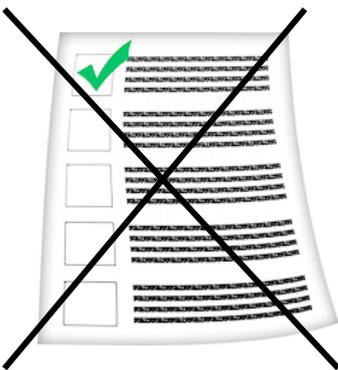


Not enough people get the right help with other health problems they might have.

It is a good idea for people with schizophrenia to have a **health check** every year.

A **health check** is when your doctor checks

- your weight
- if you smoke
- your **blood pressure**. **Blood pressure** tests how blood moves around your body.
- what fat and sugar you have got in your body.



They check these things to help you stay healthy.

Not many people had all these things checked.



Sometimes people do not get the help they need when a health check shows there is a problem.

How to make health care better for people with schizophrenia



We think the people in charge of health care need to do more to make health care better for people with schizophrenia.



We have told the people in charge of health care what this report says.



Here is what we think the people in charge of health care need to do.

Make sure more people are happy with their health care.



There should be a plan about how to make care and support better for people with schizophrenia.

People in charge of health care should make the plan with people with schizophrenia and their carers.

Staff who look after people with schizophrenia should explain why they do things.



They should give people easy information about their medicine.

This will help people with schizophrenia have more of a say about their health care.

Make sure people with schizophrenia get the right medicine.



People who give out medicine should follow rules about what medicine people with schizophrenia should get.



If doctors and nurses sometimes have to give extra medicines they should say why.

This will help make sure more people with schizophrenia get the right medicine.



There needs to be more help for people with schizophrenia to talk about the way they think and feel.



The people in charge of health care should find out what problems people have with getting the help they need to talk about how they think and feel.

Then they should make it easier for people to get help.

Help more people with schizophrenia to have healthy bodies.



Groups in charge of health care should make plans.

The plans should say who will check that people with schizophrenia have healthy bodies.



Everyone who works with people with schizophrenia should be able to help them with other health problems they might have.

How to find out more



We are a group called the **National Audit of Schizophrenia**.



To find out more about the work we did you can go on our website. The address is www.rcpsych.ac.uk/quality/NAS

The website does not have easy words and pictures.



If you are worried about your health you can talk to your doctor or someone that helps you.



You can also get in touch with a group called **Rethink Mental Illness**. They help people with schizophrenia. The website address is www.rethink.org

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