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Perceptions of Changes Reported by Family Caregivers of Schizophrenic Patients with Clinical Improvement From the Use of Clozapine: a Qualitative Study

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Introduction: There is no established a cause of schizophrenia; however it is believed there is involvement of genetic components, environmental and psychosocial factors. Clozapine is an atypical antipsychotic, effective in improving negative symptoms, but with much side effects. Intervention should not be restricted to patients, but cover their caregivers. Thus, improvement also affects the lives of caregivers. *Objectives:* To discuss meanings of experiences from patients' family caregivers after clinical improvement using clozapine. *Method:* Qualitative study. Semi directed interviews with open-ended questions are made. Intentional sample closed by saturation of information. Participants were 13 family caregivers of patients taking clozapine. Interviews were recorded, transcribed and discussed from Medical Psychology. *Results:* We selected two emerging categories: (1) Therapeutic Project vs Life Project: antagonism or synergy? Despite perception of improvement, interviews do not see this issue as the main focus. They can mention differences in efficacy between drugs, but remain in idealization of healing; (2) Retake of both old experiences of own temporality and life planning: speeches indicate that effective rescue medication allows some of these experiences because they perceive patients' improved quality of life, affection and pragmatism, thought and sensory perception. *Conclusions:* Although there are significant changes, the expectations of family caregivers are more comprehensive. The most successful treatment with clozapine was valued, even though desire for complete cure continues explicit.

Keywords: qualitative research, schizophrenia, clozapine.