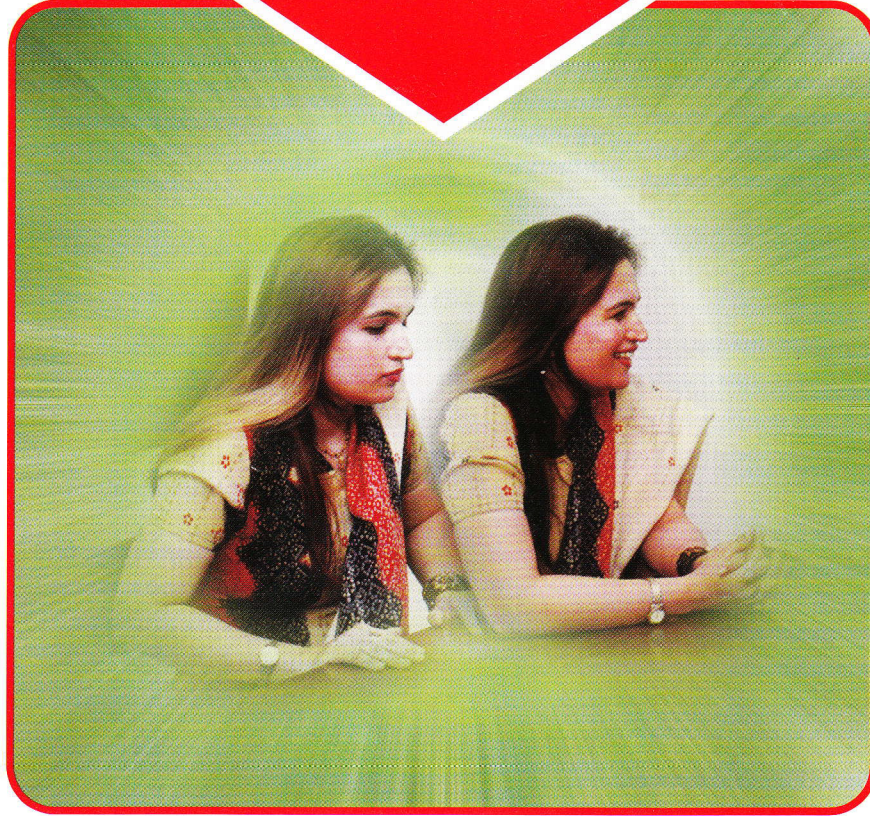


# Bipolar Affective Disorder Manic-Depressive Illness

A Guide For Patients/Families



This brochure provides information about Bipolar Affective Disorder (BAD) its causes, symptoms, diagnosis and treatment options. It is designed to respond to the questions most frequently asked by patients and their families.



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi.

P.O. Box 3500, Stadium Road, Karachi-74800, Pakistan,

Website: [www.aku.edu](http://www.aku.edu)



## **What Is Mania?**

Mania is a disorder of mood in which a person feels excessively happy and has ideas of excessive self-importance. Judgment and insight may be impaired.

## **What Is Depression?**

Depression is also a disorder of mood in which a person feels sad most of the time with lack of interest in day-to-day activities.

## **What Is Bipolar Affective Disorder (BAD) Or Manic-Depressive Illness?**

A mental illness in which a person suffers wide mood swings, from mania to depression and in between, the mood returns to normal

## **How Is Bipolar Affective Disorder Is Diagnosed?**

For a diagnosis of BAD at least three of the following must be present for at least one week

- Ideas of grandeur
- Reduced need for sleep
- Pressured speech
- Flight of ideas
- Distractibility
- Psychomotor agitation
- Increased involvement in pleasurable activities with no regard for consequences



## **What Are The Causes Of Bipolar Affective Disorder?**

Heredity: Bipolar disorder runs in families.

Environment: Plays a role in precipitating the illness.

Both play an important role in severe mood disturbances.

## **What Are The Signs And Symptoms Of Mania And Depression?**

### **Mania**

- Inappropriate dressing and grooming
- Inappropriate giggling and laughing
- Exaggerated sense of well-being
- Increased goal directed activities
- Impaired reality testing

### **Depression**

- Lack of energy. Slow in movement, speech and thinking.
- Sleep and appetite disturbances.
- Inability to concentrate, make decisions.
- Thoughts of death and suicide.
- Neglect personal care and grooming



## **What Is The Treatment?**

- Medication:  
Tranquilisers and mood stabiliser e.g. lithium, and valporic acid.
- Occupational / recreational therapy.

## **How To Care For Someone With Bipolar Affective Disorder:**

### ★ Maintain a safe environment:


- Maintain calm and quiet environment;
- Set limits and give reasons;
- Suggest preferred behaviour;
- Focus on what can be done rather than what cannot done.

### ★ Promote physical health/ nutrition

- Assist in grooming and personal hygiene;
- Ensure adequate fluid intake;
- Regular elimination pattern;
- Provide sufficient hours for sleep.

### ★ Communication:

- Listen carefully;
- Use simple and clear sentences;
- Help them to focus;

- 
- Use firm, low pitch voice. Avoid loud demanding tone;
  - Emphasise upon the here and now;
  - Be consistent.

★ Direct physical activities:

- Involve the person in physical exercises;
- Encourage participation in a variety of different activities. (avoid competitive element).

★ Reinforce reality;

- Do not challenge or encourage delusions;
- Focus on reality;

★ Expression of undesirable social and sexual dreams:

- Limitations must be clearly and firmly set;
- Disapprove verbally;
- Remove person from the situation;
- Give time to reflect upon the undesirable consequences.

**Medication:**

- Patient and family should know and understand the treatment;
- Medication must be monitored carefully;
- Blood tests must be carried out as advised.



**Medical follow-up:**

**It is very important that you keep your clinic appointments so that your doctor/nurse can monitor your progress and make sure you are recovering safely.**

**For further information, please call:**

Psychiatry Clinic  
Aga Khan University Hospital  
Karachi.  
Phone : 4930051, Ext : 1016

Psychiatry Ward  
Aga Khan University Hospital  
Karachi  
Phone : 4930051, Ext : 3090-91