

## **Psychosis in Youth in Basildon**

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Grade Assignment Help

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## 1.0 Introduction

Mental health issues among the youth are a persistent as well as thriving public health concern in the UK. The area of public health selected for the report is psychosis in the youth. The place selected is Basildon, Essex, in the UK. The report will begin by furnishing a brief detail about the demography of Basildon. The report will review the current service provision for psychosis in the selected locality. The role of the nurse in health promotion and screening will be conferred in the report. Based on all the findings of the report, a few pertinent recommendations will be made. In the end, the main findings of the reports will be summarised coherently.

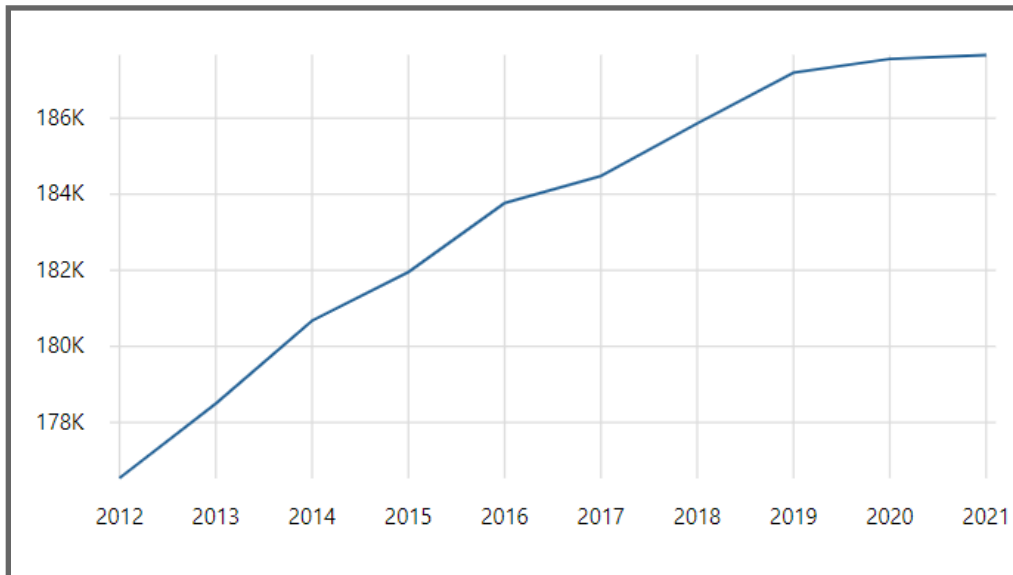
## 2.0 Locality

Basildon is a non-metropolitan district in the county of Essex in south-east England founded in the year 1934. As per data from ONS, the population of the district in 2021, as well as 2020, was 187,659 and 187,558 respectively (ONS, 2022). As per Figures 1 and 2, the population of the district has increased, however, the growth rate has been diminishing over the years. Change in population is due to migration, natality and mortality. As per Table 2, the highest inhabitants of Basildon are aged between 35 years to 50 years. As per the Census 2021, 48.6% of the population of the district are males and 51.4% are females (Varbes, 2022). As per Table 3, in Basildon, the largest ethnic group is White followed by Black and Asian (ONS, 2023).

<i>Year</i>	<i>Population</i>	<i>Growth rate (in %)</i>
2021	187,659 (Varbes, 2022)	0.05
2020	187,558	0.19 (Varbes, 2022)
2019	187,199	0.72

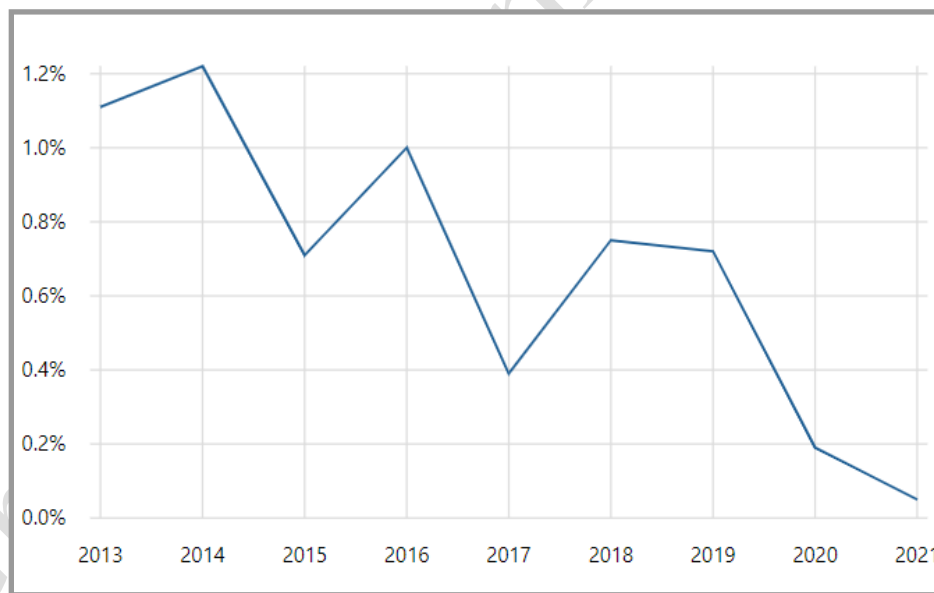
**Table 1: Population and population growth of Basildon from 2019 to 2021**

(Source: Author)



**Figure 1: Population of Basildon from 2012 to 2021**

(Source: Varbes, 2022)



**Figure 2: Population growth in the percentage of Basildon from 2013 to 2021**

(Source: Varbes, 2022)

*Year 2021*

<i>Age range (in years)</i>	<i>Population in percentage</i>
85+	2.3 (ONS, 2023)
75-84	5.6
65-74	9.1
50-64	19.1
35-49	19.8
25-34	14.0 (ONS, 2023)
20-24	5.1
16-19	4.3
10-15	7.6
5-9	6.7
0-4	6.5

**Table 2: Age range of the population of Basildon in 2021**

(Source: Author)

<i>Ethnicity of population</i>	<i>Population (in %)</i>
White	87.5 (ONS, 2023)
Asian	4.3

Black	4.8 (ONS, 2023)
Mixed group	2.6
Other ethnicities	0.9

**Table 3: Ethnicity of the population of Basildon in 2021**

(Source: Author)

### **3.0 Data on health and social care**

A mental health illness, psychosis, is primarily characterised by a loss of awareness of reality. The symptoms include hallucinations, disordered thinking, delusions as well as cognitive impairment (Fusar-Poli *et al.*, 2020). It frequently occurs in conjunction with illnesses including schizophrenia, bipolar disorder and profound depression. Varied demographics and geographical areas may have varied rates of psychosis prevalence. The rates can be affected by several variables like socioeconomic status, environmental factors, genetic predisposition and access to medical treatment.

Increasing demand for mental health services is prevalent in Basildon. In 2021, approximately £52,000 was provided to the district for mental health services. Considering the small size of the population, this grant raises questions about the increasing number of mental health concerns in Basildon. According to statistics, among residents aged 16 and older in the region, Basildon has the second-highest prevalence of mental health issues (Basildon.Gov.UK, 2019). As per research, mental health issues, particularly psychosis, can trigger suicidal tendencies in the youth (Schäfer and Fisher, 2022). As per other data, 25000 people aged 65 years and above are suffering from depression. 8000 people belonging to the same age group are suffering from severe depression (Southend Modern, 2018). As per a report of JSNA, the prevalence of mental health illness in the

youth is 9.29 (Essex Open Data, 2019). This value is higher than the prevalence of the same category in Essex which is 8.71.

According to research, some ethnic minorities may be more susceptible to developing psychosis than the general population (Bardol *et al.*, 2020). Research from the UK suggests that people of African, Caribbean and South Asian ancestry are more prone to psychosis. As per Table 3, Basildon has only 4.8% and 4.3% of Black as well as Asian population. The number of people suffering from psychosis based on ethnicity is lower than 2% in Basildon. As per a study, women suffer from psychosis 1.6 times more than men (Baryshnikov *et al.*, 2020). In England, 1 in 5 women suffers from mental health issues (Gov.UK, 2019).

50 in 10,000 persons in the UK are thought to have experienced a psychotic episode at some point in their lives (Calabrese and Al Khalili, 2019). The frequency of psychosis in the youth of the UK is 3% (NHS 75, 2022). 1.5% to 3.5% of youth across the globe suffer from psychosis at some point in their lives (Calabrese and Al Khalili, 2019). However, because of many factors including socio-cultural variations and access to healthcare, the incidence rates might vary dramatically among regions.

The above-mentioned data hints that Basildon has a greater prevalence of youth mental health conditions including psychosis than those reported nationally and internationally. Adults aged 16 and older in Basildon experience the second-highest rate of mental health issues in Essex. This highlights the severe burden of mental health issues in the area.

#### **4.0 Determinants, inequalities and barriers to health**

##### ***Determinants of health***

**Socio-economic status:** As per research, the results for mental health are significantly influenced by socioeconomic status (SES) (Ding *et al.*, 2020). The chance of getting psychosis is greater in

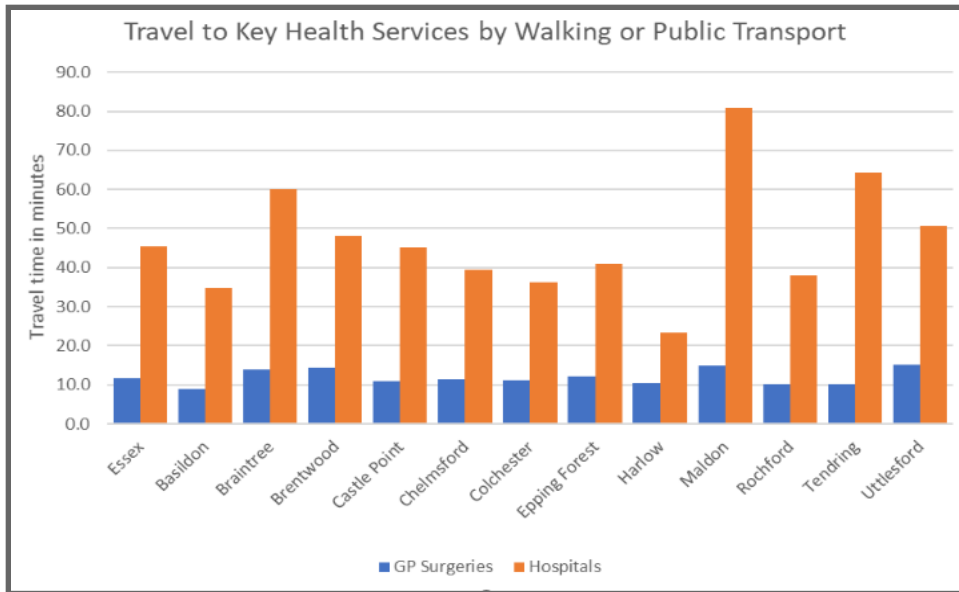
people with lower SES. Socioeconomic differences like variances in income levels, employment rates and economic deprivation, occur in Basildon. The Basildon Local Authority area was ranked 111 out of 317 lower-tier authorities in England in the Indices of Multiple Deprivation 2019 (Essex Open Data, 2019).

**Education:** A study revealed that the consequences of education are intimately related to mental health (Maj *et al.*, 2021). People with no or basic education are less able in identifying and seeking care for psychotic symptoms. As per data, one-third of children do not attend school in Essex (Meyler, 2023). As per other data, the rate of school dropouts is increasing in Basildon (Essex Open Data, 2019). These young people do not have the theoretical knowledge to identify symptoms of psychosis. These individuals experiencing psychosis may suffer from delayed treatment and worse health outcomes as a result.

**Access to healthcare:** Access to quality healthcare services is essential for the proper management of psychosis. As per Figure 3, healthcare services are located approximately 10 minutes to 30 minutes distance in Basildon (Essex Open Data, 2019).

These health determinants create inequality in the treatment of psychosis among the population of Basildon.





**Figure 3: Travel distance to key healthcare services in Essex**

(Source: Essex Open Data, 2019)

### ***Inequalities in health***

**Socio-economic status:** Basildon holds 136th rank nationally and 5th rank in Essex for overall deprivation (Smith and Jevonharper, 2021). Access to mental health treatments may be more difficult for those from lower socioeconomic backgrounds. This can result in insufficient treatment, delayed diagnosis and worse health outcomes. According to a study, those with lower socioeconomic statuses had a greater frequency of psychosis than people with better socioeconomic statuses (Smith and Jevonharper, 2021). Basildon exhibits high inequality and deprivation in terms of income. The district also holds 9th rank in terms of holding the lowest net household income in Essex (Lee, 2023). The infrastructure of the place creates employment disparity when compared to the UK in general. 2.7% of the total population was unemployed in 2021 in Basildon (Varbes, 2022).

**Gender:** As per research, inequalities in psychosis-related health can also be influenced by gender (Cénat *et al.*, 2023). Although both sexes can develop psychosis, there may be variations in the

incidence as well as symptoms between men and women. Gender-related disparities in access to mental health support in Basildon are attributed to social norms, cultural influences and discrepancies in help-seeking behaviours.

**Ethnicity:** Disparities between ethnic groups in mental health outcomes have received extensive research (Cénat *et al.*, 2023). Diverse ethnic groups in Basildon have diverse access to mental health treatments. Health disparities associated with psychosis can be attributed to elements including cultural attitudes, linguistic difficulties and prejudice. Basildon is primarily a white dominant district.

### ***Barriers to health***

**Discrimination and stigma:** According to research, stigmatising beliefs and discrimination regarding mental health continue to exist in the public (O'Connell *et al.*, 2022). The stigma attached to mental health disorders like psychosis can result in many challenges. These include social marginalisation, a reluctance to seek assistance and a lack of access to support systems. Discrimination and stigma have been highlighted as major obstacles to health for people with psychosis in research.

**Merge resources:** A major hindrance in the provision of treatment for people suffering from Psychosis in Basildon is underfunding. The government has taken steps in recent times. However, it is not enough to address the increasing problems in this area. As per a research study, there are problems with the capabilities of mental health care (O'Connell *et al.*, 2022). It includes a dearth of personalised health professionals and inadequate facilities for diagnosis as well as treatment. Youth are considered a population with no big issues.

**Mental health illiteracy:** As per a study, victims of psychosis face health issues due to mental health illiteracy as well as lack of awareness (O'Connell *et al.*, 2022). As per research, the youth

have a poor knowledge of the early symptoms of psychosis (White *et al.*, 2019). As the symptoms are not identified early, it leads to a delay in starting the treatment. Organisations in Basildon release newsletters and pamphlets on mental health issues. Programs are organised in schools and colleges to raise awareness of mental health,

## **5.0 Review of current service provision**

### ***National Health Services***

In Basildon, the NHS offers numerous treatments for the treatment of psychosis. This covers general practitioners who are crucial in the first evaluation, diagnosis and referral to specialised mental health treatments. NHS trusts work in collaboration with the Basildon and Brentwood Clinical Commissioning Group (Brentwood, 2022). They are responsible for managing the provision of mental health services in the neighbourhood. The Basildon and Thurrock University Hospitals NHS Foundation Trust and the South Essex Partnership University NHS Foundation Trust provide specialised mental health care for psychosis (EPUT NHS, 2022). These programs offer evaluation, treatment and support to people between 14 to 65 years who are suffering from psychosis. These include community mental health teams, early intervention in psychosis teams and assertive outreach teams.

### ***Private and charitable services***

There are many charitable and private organisation that operates in the district as well as Essex to support people with psychosis. A registered charity, Basildon Mind help people suffering from any kind of mental health problems, including psychosis. Being a charitable organisation, they are dependent on grants, charity and fundraising for finances (BasMind, 2023). They work in partnership with South Essex Crisis Sanctuary. They offer various types of services to the mental health sufferers like counselling, forensic advocacy and support homes (BasMind, 2023). Anyone

can reach this organisation using their helpline number or email address. Essex Support and Treatment for Early Psychosis (ESTEP) is an organisation that provides care specifically for psychosis. It provides care for adults ranging from 14-65 years. They offer primarily two types of services namely, EIP services and ARMS services (EPUT NHS, 2023). In EIP services are directed at those who are suspected to be in the early stage of psychosis or are already in the stage. ARMS services are directed at those who are at risk of psychosis. They provide referrals to General Practitioners after assessing the patients in the EIP services (EPUT NHS, 2023). They work in a regulated manner within the guidelines of the UK. They are accessible all across Essex which means people of Basildon can easily access this service.

### ***National services and guidelines***

In Basildon, the provision of care for those with psychosis is heavily influenced by national services. Guidelines for the assessment, treatment and management of psychosis have been issued by the National Institute for Health and Care Excellence (NICE). On the detection, evaluation and treatment of psychosis, the NICE Clinical Guideline CG178, titled "*Psychosis and schizophrenia in adults: prevention and management*," provides in-depth advice (NHS 75, 2023). The themes covered in this recommendation include early detection, psychological therapies and pharmaceutical treatments.

## **6.0 Role of the nurse in health promotion and screening**

The nurse is crucial to the management of psychosis as well as the promotion of health and the avoidance of illness. Nurses may actively promote mental health, stop the onset of psychosis and facilitate early intervention. They can accomplish it using health promotion ideas and using screening instruments.

### ***Health promotion***

**Increasing awareness:** The health promotion theory aids the nurse in educating young people about the dangers and warning symptoms of psychosis (Edelman and Kudzma, 2021). The nurse may support young people by educating and informing them through targeted campaigns as well as seminars. As a result, young people can identify potential signs and seek assistance right away.

**Empowering decision-making:** According to the health promotion theory, it is critical to provide people with the information they need to make wise decisions about their health. The nurse can help young people comprehend the effects of their actions and the advantages of early psychosis care (Korteland *et al.*, 2019). They can assist young people in acquiring the knowledge and self-efficacy they need to make decisions. These decisions will support their mental health through counselling and one-on-one sessions.

**Supportive surroundings:** According to the theory, supportive surroundings have a significant role in shaping people's health practices. The nurse can work with families, communities and schools to develop environments that support mental health (Korteland *et al.*, 2019).

**Development of policy and advocacy:** As per health promotion theory, the nurse can promote laws and initiatives that can address the root causes of poor health. They can actively participate in discussions about psychosis health policies. They ensure resource allocation for the prevention of psychosis, early interventions as well as continuous assistance for the youth.

### ***Screening***

Prompt treatment of psychosis calls for early identification of the disease. The nurse can play a vital role in psychosis screening individuals using various techniques.

**Risk assessment:** The nurse can undertake a thorough examination to identify people who are at a high risk to develop psychosis (Cheng *et al.*, 2020). The examination may include psychosocial

as well as psychiatric evaluation. They can evaluate various parameters like trauma, family history, genetic disposition and recent change in cognition.

**Symptom monitoring:** In order to spot early indications of psychosis, the nurse can use screening instruments like the Prodromal Questionnaire or the Comprehensive Assessment of At-Risk Mental States. Early identification and management might benefit from routine symptom evaluation as well as monitoring.

**Collaboration and referral:** The nurse can help with referrals to specialised mental health services like early intervention teams for psychosis, for additional evaluation and treatment. They can work together with psychiatrists and other medical experts (Cheng *et al.*, 2020). This guarantee a thorough assessment along with the creation of individualised care plans.

**Support and follow-up:** The nurse can offer continuous support as well as follow-up for those who have had screening or have been given a psychosis diagnosis. In order to encourage adherence to treatment regimens and enhance general well-being, they can provide psychoeducation as well as medication management.

## 7.0 Conclusion

Psychosis in the youth in Basildon is a growing problem. The report has briefly described the demography of the chosen locality, Basildon. The prevalence of the chosen disease, psychosis, in Basildon, has been delineated. National and global data for the disease has been briefly touched on. The report has further conferred determinants, inequalities and barriers to the chosen disease. Various statistics as well as research data analysis have been used to support the provided information. They have revealed how socioeconomic status, gender and ethnicity affect the occurrence as well as treatment of psychosis in this population. Many important variables have been found to have a substantial impact on the general health of people with psychosis. These

include socioeconomic inequality, gender inequities and ethnic variances in mental health outcomes. Additionally, an assessment of the present service offerings in Basildon has been made. It has demonstrated that a variety of agencies, including NHS, private and charitable organisations provide support as well as treatment for people with psychosis. National services and guidelines, like those offered by NICE, were essential for directing the delivery of evidence-based treatment as well as guaranteeing uniform standards.

## **8.0 Recommendations**

### ***Recommendation 1: Strengthening the mental health literacy***

Basildon can implement focused mental health literacy programs. This can help the general public better understand psychosis, its early symptoms and the available support options. According to research, raising mental health literacy can help with psychosis early identification and treatment (Kim *et al.*, 2019). Implementing mental health literacy programs can enable people in Basildon to spot the first symptoms of psychosis and get the help they need.

### ***Recommendation 2: Increasing collaboration and integrated care***

Promoting cooperation among medical professionals like nurses, psychiatric patients, psychologists and social workers. This can help in coordinating and integrating care for youth with psychosis. In early intervention settings, a systematic study emphasised the value of collaborative treatment (O'Connell *et al.*, 2022).

### ***Recommendation 3: Promoting peer support and community engagement***

Creation of peer support groups and community-based programs for people with psychosis in Basildon. These programs can be assisted by nurses and mental health organisations. According to research, including peers who have experienced psychosis might offer helpful support and lessen feelings of loneliness (Fusar-Poli *et al.*, 2022).

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