

Day treatment programme is clinically-based 6-week structured integrated programme for out patients with schizophrenia, best after first attack, when patients need psychological support as soon as possible to cope with their illness and with reality, that they have to use drugs. The programme is led by psychiatrist and nurse-therapist. The group day treatment programme consists of individual and family psychoeducation, social skill training, life style improvement intervention, cognitive remediation and information aided relapse prevention programme ITAREPS.

The principal aim of day treatment programme is to afford place for psychiatric rehabilitation and surmount stage after release from hospital. Combination of all those interventions is more effective. And by this way doctors try to improve quality of patient's life and make easy return to society. Although they try to educate patients and their families to recognize early warning signs of relapse. Main problems are: recognize illness, bad manipulation with informations, changing relapse and remissions, stigma of schizophrenia in society, support in family. Patients have to know, that they are ill. They have to understand, that if they take pills every day, the relapse does not come. And they will take pills, if they will understand, why is it so important. They have to get stress under kontrol, healthy life style and fixed daily regime are important too. Support in family is although important. People with support have better compliance. Absence of informations for patients and their families are also problem and day treatment programme try to minimalized it. All these interventions try to minimalized relapse of illness and day treatment programme is successfull in it.

We made the study by questionnaire, sent out to 52 patients hospitalized during years 2006-2009. Returnability was 46%, 70% women and 30% men. In a field questionnaire survey we mapped basic demographic data and frequency of hospitalizations. Day treatment programme is benefical for them. He improved quality of their lifes, made possible to understand their illness, lowered social isolation and made easier return back to life.