

# A patient's perspective on treatment in mental hospitals

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# 1 Introduction

In the past, well almost ten years, I have seen things that will make most people very uncomfortable, so in reading this I hope you as the audience realise that I know, people have problems and some of them act out on those problems irrationally blaming the world.

I have a couple of concern's about the systems in place to help these people and reasoning behind diagnosis and treatment of these people.

The document below serves to address these issues and make them visible to the general public.

## 2 Background

### 2.1 My history

I have a pretty colourful history with quite a few mistakes made and quite a few life lessons learnt. I don't however want to focus on relationships and other aspects of life.

What I want to emphasise here is that in the academic work I have done, I need three credits for a second Bsc Degree. To be specific Bsc Physical Sciences.

I need between six and eight credits to complete a B Ing degree started by me in 1998.

Point I want to make is that I have quite a bit academic and practical experience in matters of Science.

I was diagnosed as a Schizophrenic in May of 2005 and the symptoms listed for this diagnosis was delusions of hacking in corporate companies, even though I have evidence of this happening in various companies, I can't find a lawyer in South Africa to take my case and the people wasting my time, well lets just say, I suspect there ego's and academic agendas stops them from addressing the matter in a scientific way.

### 2.2 Academic agendas

I Gauteng, a province in South Africa, there are two main Universities that train people to be medical professionals.

These two are the University of the Witwatersrand and the University of Pretoria.

For most part in Gauteng, Doctors in various fields learn and work in academic hospitals affiliated with these two Universities.

The work they do for these hospitals is considered there practical part of there education, on the job training, if you will.

These hospitals are normally in the same city as the University and the doctors who diagnose and treat people there are trained by something these guys call a consultant. A senior doctor who is employed by the university as an academic,

professor or lecturer or something to that effect.

Before one of these trainee Doctors can be classified as a Orthopedic surgeon, Psychiatrist or what ever else they like... They have to do something called a dis-rotation. These guys pay the University involved to do this dis-rotation and the University on the other hand received hard cash, quite a bit more than the student fees paid by the doctor, for each dis-rotation done under there guidance. The competition between varsities is fierce as certain statistics about that varsity are calculated around those academic achievements.

So the more doctors qualify without any difficult questions asked, the better the varsity performs on the international stage.

Currently, there is no independent, transparent audit mechanism in place around all these actions. No big brother, if you will.

### **3 What is science?**

In today's society, everyone is doing science, you get hard sciences, you get soft sciences, you get social sciences, it's considered a science to pick up a girl and so on and so forth. The question to be answered here is to try and describe science at it's core. What should all of these sciences have in common?

In all the science I've done in my life, chemistry, physics, computer science, applied mathematics, statistics and engineering... There are a couple of commonalities. Before I continue... These sciences are also considered to be the hard sciences, the type of science that Newton and Einstein did...

The commonalities are as follows.

#### **3.1 You always work in a controlled environment**

If you don't control the environment the observation takes place in, you can't determine why something happened. Be it chemistry, physics or computer science. This always hold true.

#### **3.2 You want to limit something called the observer effect**

The observer effect is pretty simple... It states that if you observe something, you will influence what happens to it, so whether your a particle scientist at CERN worried about measurements taken on particles so small that a atom looks like a skyscraper, or your in a coffee shop admiring a girl for some time. You want to limit the observer effect.

### **3.3 Trust no observations made by non scientists**

If your a physicist and a psychologist is dictating how reality is bent by the subconscious, you might not be to successful.

### **3.4 Trust no observations made in an uncontrolled environment**

Classic physics example... When people start arguing that gravity has different effects on different objects... The above reason is probably why.

## **4 Your basic day in hospital**

So I'm pretty sure, at some point, people have wondered about other people. "Should that guy be in a mental hospital". Some might have even wondered about themselves... "Am I crazy?" These questions should be familiar...

The average day in hospital however, is not quite what you would expect. Doctors aren't hovering over you, analysing what you say and do.

Rather, for the most part, your sitting around socialising with other patients.

Sometimes you meet nutty, but interesting people. I remember one time in a ward I was sitting between two guys having a smoke. The guy to my left thought he could speak directly to Christ and the guy to my right believed he was an ancient Egyptian god and had been around for at least five thousand years.

When they tried to involve me in a conversation... I told them.. "god comes out twice a year in a funny suite with a big hat, taps people on the head with it, and that I was thrown out of his kingdom like the devil." It gave me some piece and quiet for about ten minutes...

Every now and again, there is a fight, either two patients or some or other psychotic nurse who and a patient who knock it out but doctors are never involved in this.

If your lucky, very lucky once or twice every three to five weeks... You get to go outside.

All the time, when you do see a doctor, they tell you what's wrong with you. They don't ask you anything.

This is the average day, in most hospitals in South Africa.

## **5 Ideas behind diagnosis**

Now, as I stated above, I have been diagnosed with Schizophrenia. When this happened almost ten years ago, I started looking into the science behind the disease and how Psychiatrists make such a diagnosis.

I found quite a few interesting things. First off Psychiatrists don't get the bulk

of there information from observing patients.

They speak to family members and bosses and ex girlfriends and whoever else will speak to them about you.

They don't look at evidence patients present. They are more interested in the tone of voice a patient uses, than what he or she is saying.

Psychiatry claims that mental illness is caused by a chemical imbalance in the brain. Either you have too much Serotonin or too little. In my case, I'm supposed to have too much dopamine in my brain.

By the way, Dopamine and Serotonin are both something called neurotransmitters and are responsible for electrical impulses sent through the brain.

Recently I took a closer look at what dopamine does as I had my doubts about these methods

It would seem dopamine is specifically responsible for muscle control. Now the interesting thing about this is the fact that if something changes the level of dopamine in your brain, that pretty much screws up all of your muscle control. That means your breathing, your heart, your ability to speak and moving around all of these should be affected.

This is pretty much what happens with a Parkinson's patient. Someone who has too little dopamine in their brain.

With Schizophrenics it's different though. Some become catatonic, some are aggressive and some have extremely weird ideas.

All though are supposed to have the same imbalance and no tests are ever conducted to confirm this.

As far as I know, there is no evidence that heart attacks are higher in Schizophrenics because of the imbalance. There is absolutely no evidence that breathing is affected in any way by this claimed imbalance. What there is ample evidence of is assault, mistreatment, torture human rights violations and various other bullying techniques to keep that academic agenda in place.

## 6 Conclusion

The conclusion is a very short one, I think.

If someone buys into Psychiatry, they sell out on real science that can better people's lives. When they do that in today's society where everything is a science, they sometimes get angry, sometimes switch off and it always ends up the same... They don't help themselves in life.