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## Case Study of a Male with Polydipsia and Schizophrenia

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Poster Presentation 37

CASE STUDY OF A MALE WITH POLYDIPSIA AND SCHIZOPHRENIA

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Polydipsia involves excessive drinking of water, which can lead to mild weight gain, hyponatremia (water retention and loss of sodium), water intoxication (with electrolyte imbalances), coma, and even death. The polydipsia-hyponatremia syndrome and self-induced water intoxication is prevalent among the chronically mentally ill population, especially those who have schizophrenia. Therefore, professionals make considerable efforts to modify over drinking behavior. The current project presents a case study of a man with polydipsia and schizophrenia whose treatment consisted of fluid restriction and daily weigh-ins. The following data were gathered from monthly treatment records: average daily weight gain, greatest weight gain, and days above critical weight gain per month. Results indicate that the client's fluid consumption decreased following the implementation of treatment. Recommendations are made for further treatment and changes in some of the documentation.