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Od svemoći do nemoći: prikaz slučaja pacijentice iscrpljenih adaptacijskih kapaciteta

/ From Omnipotence to Helplessness: A Case Report of a Patient With Exhausted Adaptive Capacity

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Suvremeno društvo svakodnevno nameće razne ideale u kojima se ponekad teško snaći. Očekivanja koja su ponekad nametnuta ženama od strane partnera, obitelji i društva, znaju premašiti mogućnosti osobe da ih provede u djelo. Tijekom kliničkog rada autori opažaju kako se sve češće susreću sa pacijenticama koje se žale na poteškoće u svakodnevnom funkcioniranju uz pojavu simptoma iz kruga anksiozno depresivnog poremećaja. U ovom prikazu slučaja opisuje se jedna od navedenih situacija, u kojoj se mlada žena u dobi od 29 godina javlja u hitnu psihijatrijsku ambulantu zbog poteškoća usnivanja i prosnivanja, no dubljom eksploracijom sadržaja doznaje se kako je unatrag pola godine snižena raspoloženja uz izraženu anksioznost. Stanje se drastično pogoršava ne-

Contemporary society imposes various ideals on a daily basis, in which it is sometimes difficult to find one's way. Expectations that are at times imposed on women by partners, family, and society may exceed the individual's ability to fulfill them. In their clinical work, the authors increasingly encounter female patients who complain of difficulties in everyday functioning accompanied by symptoms within the spectrum of anxiety–depressive disorder. This case report describes one such situation, in which a young woman aged 29 presents to the emergency psychiatric outpatient clinic due to difficulties with falling and staying asleep. However, through more in-depth exploration, it emerges that, over the past six months, she has had low mood with pronounced anxiety. Her condition worsened dramatically in the days before the examination, when the patient report-

koliko dana pred pregled, kada pacijentica navodi kako nije mogla spavati unatoč primjeni anksiolitika i zolpidema, a pri samom vrhuncu tegoba navodi prisutnost suicidalnih misli i ideja o njihovoj provedbi u djelo na bizaran način. Opterećena realitetnom problematikom i na poticaj obitelji javlja se na prvi psihijatrijski pregled u Hitnu psihijatrijsku ambulantu, nakon čega se zaprima na prvo hospitalno psihijatrijsko liječenje. Tijekom hospitalizacije učinjena je indicirana psihodijagnostička obrada uz primjenu psihofarmakoterapije, a nakon stabilizacije stanja otpušta se uz preporuku nastavka psihijatrijskog tretmana putem Dnevne bolnice, gdje je uključena u grupnoterapijski rad te joj je pružen individualni psihosuport. S vremenom blijedi depresivno raspoloženje, a pacijentica iznosi zadovoljstvo poboljšanjem svojega stanja, naglašavajući poboljšanje u svakodnevnom funkcioniraju i sretnom povratku u uloge majke.

ed that she had been unable to sleep despite taking anxiolytics and zolpidem, and at the peak of her distress she described suicidal thoughts and ideas of carrying them out in a bizarre manner. Burdened by real-life problems and encouraged by her family, she attends her first psychiatric evaluation at the Emergency Psychiatric Clinic, after which she is admitted for her first inpatient psychiatric treatment. During hospitalization, the indicated psychodiagnostic assessment was performed and psychopharmacotherapy initiated. After stabilization of her condition, she was discharged with a recommendation to continue psychiatric treatment in the Day Hospital, where she was included in group therapy and provided with individual psychological support. Over time, the depressive mood faded, and the patient reported satisfaction with the improvement in her condition, emphasizing better everyday functioning and a happy return to her role as a mother.