

Psychiatric Nursing 2024

Nursing Therapy Group

Directions: Please answer the following questions, typing your response in the space provided. This document is due in the dropbox labeled Nursing Therapy Group by **Monday at 0800** the week you are scheduled to lead a nursing therapy group.

1. What activity will you be leading during your assigned nursing therapy group? Give a **detailed outline** of your activity, and explain how you plan on running your nursing therapy group.

I will lead a bingo therapy group using an outline with icebreaker-like prompts such as “2 things that you are grateful for” or “name a short term goal”, this activity may be run by either going around the group per pip each player chooses and expanding on them if in a small group, or the players could expand on all 5 once a bingo is achieved in a larger group, and multiple bingos could be achieved. After this, if time allows I can run a quick grounding activity in the five senses 5-4-3-2-1 format.

2. What is the purpose of your nursing therapy group activity?

The purpose of the activity is to be a fun or entertaining way for the patients to say a few things about themselves in an attempt to open up their feelings or themselves and recall things they enjoy.

3. How will this activity benefit the patients in the milieu?

This activity will allow the patients to more easily interact with their fellow patients after knowing a little more about them, and if the longer version of the game is played with fewer people it could strike some conversation immediately. Because the game is focused on positive parts on their lives, I think it could be therapeutic to some if they have been feeling like they do not feel they have many positive parts of their life, which could improve their overall mood during the stay.

4. Describe the anticipated level of participation, cognitive level and affect of patients in the milieu after completion of the nursing therapy group activity (what you expect to happen)?

I anticipate that most will pick a bingo board, but some may not be willing to expand on their pips consistently while most patients will participate in the grounding activity silently. As I noted before, I think the game should allow people to think a little more about things they like to do which may bring some patients to a positive affect or at least change their focus from the negatives of the floor for a while. Also, the grounding activity will help calm the patients and might make some patients more aware of their surroundings cognitively.