

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.

For my activity I will be leading a coping skills bingo game. Each person will have a different card that has different ways to utilize coping skills on them. I will draw the different coping skills and whoever gets bingo first wins.

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

The purpose of this activity is to educate the patients on different ways to cope. They can also use these skills in different aspects as well in their.

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

Bingo will help bring the patients together in a fun and social way. It can be an education tool along with being competitive in an easy going manner.

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

I think bingo is pretty fun and there will be a small to medium crowd of patients just depending on how social the patients are feeling at the time. My last clinical on this unit sometimes there was a bigger crowd than the previous day.