

Schizophrenia Activity

Psychiatric Nursing 2024

Chapter objectives:

1. Discuss conceptualization of schizophrenia and other psychotic disorders. (1,2)
2. Identify symptomatology associated with these disorders and use this information in patient assessment. (1,7)
3. Describe relevant criteria for evaluating nursing care of patients with schizophrenia and other psychotic disorders. (1,2,7)
4. Describe appropriate nursing interventions for behaviors associated with schizophrenia. (1,6,7)

*Course Objectives

Directions:

Please complete the following activity and turn it into the appropriate dropbox on Edvance360. This assignment is due at **0800 on Monday, June 24th**.

This reflection assignment should be a minimum of 500 words and is worth 1 hour of online content. In order to receive full credit for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed theory time and must be made up.

The activity is an audio representation of auditory hallucinations to obtain a greater appreciation for patients who experience these false sensory perceptions on a regular basis. To truly appreciate and understand the video clip, please use ear buds or headphones for this activity and listen to the YouTube clip that is posted below. The clip is 3:38 minutes in length; try to listen as long as you can. The sounds may be distressing to you, so if you choose not to listen at all or only for a brief moment, that is fine but, after you listen you will have a greater understanding of what patients with auditory hallucinations experience.

While you are listening, try to complete the word search that is provided (see next page). The goal is to attempt to perform other tasks while the “voices in your head” are speaking to you. You are not expected to submit the word search; but please answer the following questions in reflection of the activity.

<https://www.youtube.com/watch?v=0vvU-Ajwbok>

1. Discuss your feelings while listening to the video. How did it impact your focus on the activity? Were you distracted?

I felt very uncomfortable. It was very hard to focus and pay attention on what the people were saying throughout the video. Just when you think you are focusing on something, the words change. I was very distracted because there were so many voices speaking at once. I felt like my mind was going crazy. I had the volume up to 100 on my headphones and had to turn it down because my head was hurting. (76)

2. What did you hear? Was there more than one voice? Was it loud or quiet? What was being said?

I heard multiple voices. I heard a voice saying “stupid, look at you, just look at you, pointless, worthless.” Then another deep voice saying “yes you will, I can see you.” At one point there was also a female voice talking down to you calling you stupid and worthless. Then a robot man voice was talking almost very similar to what I would image would sound like if the world was about to end. The sounds were both loud and quiet. I could not image having schizophrenia and having to deal with auditory hallucinations daily. It makes me feel sad that this group of patients have to deal with voices in their head. It must be frustrating not having any control of what the voices are telling you or what they are telling you what to do. Its unbelievable that the human brain is capable of “doing” these things. (149)

3. How long were you able to listen to the video while completing the word search? Why did you stop listening?

I was only able to listen for only 30 seconds. My mind was exhausted, and I could not comprehend on what I wanted to focus on. My mind wanted to focus on the voices, while my physical body wanted to complete the word search. I had to stop listening because I could not focus and I was becoming anxious. I am the type of person that can get very easily distracted. As an example, when I’m studying for a quiz, I need to sit in complete silence and have my undivided attention on my studying materials. If I were a patient that had schizophrenia, I would immediately let my nurse know and let them know what was going on during these auditory hallucination episodes. I would also write down what I was hearing so I am able to inform someone especially if the voices were telling me to do harmful things. (151)

4. How does this change how you will care for a schizophrenic patient?

It makes me scared because just in the video that I had to listen to, the voices were saying harmful things. It makes me scared to wonder what my patient(s) are possibly hearing. After listening, it makes me be more conscious on how to approach schizophrenic patients. Because if you catch them “at the wrong time” based off what the voices are saying to them or telling them what to do. I (the nurse) could get seriously injured. I would never approach a schizophrenic patient with touch at first due to their safety and yours. I would approach the patient from the front and never from behind. Its important to be aware of your surroundings and to have a clear path to the door way. (125)

5. Discuss how your communication or attitudes will change towards a schizophrenic patient after this activity.

My communication with a schizophrenia patient will be supportive and understanding. During conversation I will be straight forward and clear. I would probably avoid standing over them, touching them, looking into their eyes as this may be threatening to a schizophrenic patient. I would plan on informing the patient on the daily schedule and also write it down so the patient has a clear idea on what’s going on that day. (71)

Schizophrenia

K K U C Z V M C C M Z T U G M F D
Z L A T D F I A Z O Y C Z X D S A
F S P N U Y T G D C G E B I E W L
P E O P I A S I Q O A F T Q T V A
I D D V T W N S B I P F I H T H S
L E J O A D O F T J A A R W Y P D
Z Z N H Y I I W U F A T M P S L R
I I U O Q O S M B B S A I I J J O
A N J H R N U B G Z I L A C N T W
V A F E L A L X Z N Y F U M L E Y
S G S R H R E V I T I S O P C V X
E R P M Q A D N B I Q Q Z U E P K
N O S V W P U C F U F I I O W Y W
S S N H A L L U C I N A T I O N S
O I Y G M G Q H U G G P A M Z L Y
R D F A L S E B E L I E F S R D W
Y T B N J G E N E T I C S E Y X O

Catatonia
Dopamine
Genetics
Positive

Delusions
False beliefs
Hallucinations
Sensory

Disorganized
Flat Affect
Paranoid
Word Salad