

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?

While listening to the video I initially felt bad for the people who have auditory hallucinations. I was not aware of how extreme or drastic hallucinations can be. The video made me feel sad, overwhelmed, and slightly frightened. The negative words made me feel bad about myself and it made me feel bad for the ones who experience this every day. The voices made me feel scared and made my flight or fight responses turn on. The voices made my mood feel negative and it made me feel like I was inferior to them. I was able to complete the word search because I am good at tuning out noise, but it hindered my concentration. I kept focusing on the words being said rather than the words I was looking for.

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

I heard the word “stupid” very repetitively while listening, it stood out to me the most in the beginning. I heard both male and female voices ranging from high and low pitches. The voices were coming from both sides of my speaker, which I interpreted as how patients probably hear things in both ears. I heard other negative words such as “you are bad”, “you are disgusting”, “you are filthy”, “pointless” and “worthless”, and many more. The loud abrupt laughing frightened me, because I was tuning out all the words while completing the crossword and the laughing was so loud and prominent in my ears. It reminded me of something I would hear while watching a horror movie. The grunting and moaning noises made me feel tense as well. The video was overwhelming and put auditory hallucinations into a different perspective.

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

I was able to complete the word search but I had to tune out all the voices I was listening to. This was difficult to do, but I attempted to direct my attention to only the words I was looking for. There were multiple times when I heard something that caught me off guard and my attention dissipated. There were times I found myself only listening and not looking for words. Especially when there were both male and female voices at the same time, I was attempting to listen to each voice and determine if they were saying the same thing. The voices made me feel frightened, and I felt like I was frantically looking for the words rather than enjoying the puzzle.

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

In the future when I am caring for a patient with schizophrenia, I will be sure I am understanding and supportive. After listening to the videos, it made me want to establish good rapport and therapeutic communication with all of my patients so they can feel comfortable opening up to me about their stressors. In the future, I will also care for the patient by utilizing more stress reduction and relaxation techniques so the patient can try to get a sense of calmness and relaxation regardless of what they are hearing. If patients are having auditory hallucinations that say pessimistic words, I will ensure I implement an activity or education on positive self-talk or affirmations.

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

This changed my perspective of a schizophrenic patient in many ways. I am aware that auditory and visual hallucinations are very real and very distressing, but being able to hear them in that video allowed me to empathize with them more. Next time I care for a patient with this disorder, I will be more understanding and I will remember how overwhelming and sad it can be. I will make sure I am patient, kind, and considerate. I will be more patient because I realize how difficult it must be for them to gather their thoughts and express their emotions appropriately when they have so much going on internally. I was able to learn a lot from this assignment and it allowed me to reflect on when I had clinicals in the psychiatric facility and understand some of the patients more.

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