

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?

This is extremely creepy and disturbing. I can not imagine living in a world where these types of auditory hallucinations were in my head. Very difficult to concentrate and be able to complete daily activities, even momentary activities. It is difficult for me to hear something like this because I don't even watch horror films of any kind because it makes my hair stand up on my body and it causes me to have nightmares at night when I try to sleep. I think I replay these types of sounds in my head and it is very disturbing.

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

I heard creepy type voices that repeated themselves over and over trying to tell me to do things that would hurt me and telling me I am stupid and so many other disturbing voices that if I had to listen to that daily, hourly, or even less than that I can see how it would drive an individual to do things that would be harmful to them. There were several voices in this recording. These voices whispered and then would get louder, I do not want to listen again, but I remember them telling me I was stupid and that they know I have touched them. Telling me I was stupid I heard the most. I also remember something about going out in front of a car.

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

I actually was able to listen to the entire video. I tried to do the word search while I was listening, but I found myself pausing and stopping to be able to think clearly. I did complete the word search, but it definitely was a task I would not recommend to others. I was trying to do the word search but struggled to think over the voices. The voices were so disturbing that trying to complete a task and ignore the voices became very challenging. This was very difficult to do though. It would be important to educate the patient that they will have difficulty following through with their daily tasks. This is where educating a patient on things they could do or notifying their psychiatrist/HCP of these auditory hallucinations so they can provide the patient with maybe a dose change to improve the patient's mental health.

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

The one thing I can think of that I would change because I would never have thought about before would be to ask the patient if they heard voices and if so, what are these voices telling you or saying to you and how these voices make them feel. I would try to gently explain to the patient that these voices are not real and that these voices should not be something that the patient should listen to. Maybe try to explain to the patient that this is a common symptom of the disorder that they have and in order to stay safe they should not listen to what these voices are saying to them.

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

I'm not sure that my attitude would change because we are taught to trust and believe the patient, so my attitude would still be one of trust and empathy. In regards to my communication I would probably talk a little slower, or have more patience and take time to let the patient talk and tell me what they are hearing and how they are feeling.

Schizophrenia

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

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