

Schizophrenia Activity

Psychiatric Nursing 2025

Mallory Jamison

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 23rd**.

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? **The video made me feel scared and anxious. I didn't expect for the video to cause a reaction out of me to be honest, but now I can understand why mental health disorders like Schizophrenia are so crucial to be treated, and hard to live with. I felt very distracted, and I had a hard time focusing on the word search. I found the word delusions right away, but other than that it took me very long to find any other words. I am normally good at word searches, so this goes to**

show how having auditory and/or visual hallucinations can impact your ability to do day to day things.

2. What did you hear? Was there more than one voice? Was it loud or quiet? What was being said? **I heard multiple different degrading statements as well as statements trying to persuade me to do bad things. For example, the voices were saying things like “you are so stupid”, and “you must not cross the road there are bad things on the other side of the road;” which is what I meant by persuading statements. I heard two voices, one that was deeper pitch and one that was a slightly higher pitch. The voices tended to cross over one another, which could cause your thoughts to get jumbled and difficulty focusing. I thought the voices were loud, though one seemed to be more of a shouting tone while the other one was kind of whispering. I heard things such as stated before, and I also heard statements that could cause these individuals with Schizophrenia to be paranoid, such as “I can see you sweating... I can see you,” and “Jump in front of the car, jump now!”**
3. How long were you able to listen to the video while completing the word search? Why did you stop listening? **I listened to the video for a minute and thirty-eight seconds before stopping it. I stopped listening because it was making me feel anxious, especially being that I had headphones on and so the noises were right in my ear. I also wasn't really making much progress on the wordsearch because I had a hard time focusing with the voices, being another reason that I stopped. The video clearly depicts how experiencing auditory hallucinations can be scary for an individual.**
4. How does this change how you will care for a schizophrenic patient? **The video changes how I will care for a schizophrenic client because I now have a deeper understanding of what they go through. This video made sense of why a schizophrenic client may veer off topic in the middle of a conversation, as the hallucinations clearly make it hard to focus. I will need to be patient when working with a Schizophrenic client and allow them more time to gain understanding of what I am trying to say when communicating with them, as well as allowing them plenty of time to express how they are feeling. With the tone, volume, and types of things that were being said, it also makes more sense why a Schizophrenic client may be paranoid. With this being said, I will approach them in a neutral demeanor, and make sure to tell them before I do any interventions that require touching them or that may make them feel afraid, due to this increased level of paranoia. After doing this activity, I feel more prepared to care for a Schizophrenic client and like I can empathize with them more adequately.**
5. Discuss how your communication or attitudes will change towards a schizophrenic patient after this activity. **After this activity, I know that I should make sure to remain neutral with a schizophrenic patient. That is, to have good volume and not talk too loud or quiet. I also should use therapeutic communication techniques as we learned about in class, such as exploring and focusing, so that I can gain more insight as to what the patient is experiencing. I should not belittle the patients or give them advice, but I can actively listen to them when they are trying to communicate with me and present reality to let them know that although I understand what they are experiencing, that is not my perception of the environment. It also will be helpful in communicating with a schizophrenic patient to do so in a neutral environment that minimizes stimuli so that**

their symptoms don't worsen, because they already likely feel paranoid and anxious or scared.

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