

Schizophrenia Activity

Psychiatric Nursing 2025

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?
 - My feelings on the video were just that it made me uncomfortable and paranoid. I was trying to complete the word search, and I could not stop looking over my shoulder. I couldn't focus on one task. I was only able to locate a few words, then I just wanted to get up and keep moving. It was also harder to complete the word search because it was a copy and pasted image that I couldn't highlight like it was normal text. It was jumbled and hard to focus on. Hearing the voices saying people are watching me creeped me out

so much. I also was watching a scary movie before completing this assignment which was not helpful because it made me more anxious.

2. What did you hear? Was there more than one voice? Was it loud or quiet? What was being said?
 - I heard many voices throughout the video. Voices changed, the combination of people changed, and the things they were saying changed. The things they were saying changed from things like “she is watching you”, “you are so stupid”, “stupid”, “disgusting”, “pointless”, “do it, jump in front of the car”, laughing, and other nonsense things. The echoing of the words is enough to give me a headache and cause me more distress and anxiety. There were points where it was loud and others very faint, but it was consistent and did not stop. In this video it was mainly words and phrases that were all over the place. They did tell you to do things but not as specific as some others can be.
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 listen to the whole video, but I did stop working on the word search after 2 minutes or so. I decided to get up and walk around and try to do normal things in an attempt to relax myself a little bit. After turning off the video I got a massive headache which is affecting how I work on this assignment. After listening to the video it still also caused me to feel anxious and paranoid. I can understand more of the stress that patients with schizophrenia feel, because even when they do not experience these visual/ auditory hallucinations, they are anxious for when they will start again. They also do not feel back to normal once the voices stop.
4. How does this change how you will care for a schizophrenic patient?
 - This changes how I will care for patients with schizophrenia because I understand more of why they have certain actions and thoughts. When I listened to the video, I wanted to stop trying to complete my task and get up and move to relax. I understand why they talk to themselves and walk around. It’s a way to try to relax themselves and try to reason with the voices they have. Having these voices causes the paranoia they experience along with the visual hallucinations they experience as well. If I experienced these kinds of auditory and visual hallucinations in the way those with schizophrenia do, I understand why they struggle working and completing tasks as well as how much they want the voices to stop.
5. Discuss how your communication or attitudes will change towards a schizophrenic patient after this activity.
 - This activity shows me that I need to reduce external stimuli as much as possible, speak using clear concise language, use active listening skills, and to be consistent and reliable to relax them as much as possible. I would also need to stay calm and understanding to the patients’ experiences, respect their autonomy, and try my best to ensure their safety from themselves and others. I would want the patient to communicate with me to ensure I can give them the care they desire and deserve. I would check my personal biases to make sure I am giving them the correct medications and am able to advocate for them, when trying to reduce their auditory and visual hallucinations.

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