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 it 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 audio I find this very disturbing and scary. I could not concentrate on the word search because there were so many different things being said, and it is hard to try and find words and read while you're hearing multiple different voices. I have never been able to concentrate on anything when there is a lot of noises or sounds. I have to study and work on assignments in the silence, or I lose my train of thought and forget what I am

writing or studying. This audio was very disturbing, and I can see how it would drive someone crazy to have to listen to it all the time.

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

In the video there were multiple voices that were telling me what to do and some of the voices were very degrading to a person's self-esteem. The voices were saying things like "you're stupid", "you're worthless", "I can see you, and "jump now." Hearing all these things on a daily basis can really affect yourself image and make you depressed. It sounds like other people are telling you that you're worthless and stupid even though it's all in their head. I can see where the paranoia comes in as well because the voices are saying "why are you ignoring me" "I can see you" and "they'll kill you". These are very scary things to hear and even though they might know it's not real it sounds very real and would scare anyone who was listening to it. Some of the voices were loud like they were yelling, and other voices were very monotone and repetitive.

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 video for 2 minutes and 29 seconds. I had to stop listening to the audio once the voices started laughing and saying "they're going to kill you" because it was very creepy, and I could not even find more than 3 words on the word search while listening to the voices. This audio is very overwhelming to listen to when you're trying to concentrate.

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

This changes how I will care for schizophrenic patients because I will be more understanding and patient with them. Hearing these voices is very overwhelming to me and I only had to listen to it for 2 minutes and I could stop it at any time. Schizophrenic patients have to listen to it every day 24 hours of the day. Some of the things the voices say are scary and seem like someone is out to get you. Therefore, if I have a schizophrenic patient who is paranoid, I will be more understanding of why they think it is real because if I had to listen to voices saying someone was going to kill me or they're watching me I would believe it. I feel like sometimes nurses and other people forget that they are hearing these things all day and it for them to believe that it is not real.

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

   If I have a patient with schizophrenia I will be understanding and with them know that I am here to talk to them if they want to. I will reassure them that the voices are not real and are part of their diagnosis. I will ask them to report any auditory hallucinations that are making them feel like they are going to harm themselves or others. I will have patience and will acknowledge their feeling and empathize with them. Overall, I will be more empathetic to my patients with schizophrenia because having to listen to voices everyday would send me into a spiral and I know it cannot be easy for them to listen to it and live a normal life.

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