

1. While listening to this video I got anxiety from hearing all these voices at once. It was hard to concentrate on the activity and distinguish the voices. So many voices at one you don't really know which one to focus on. It's like so many voices at once thrown at you and you can't even keep up with what they are all saying. I was very distracted because you started trying to focus on what the voices are saying but then do the word puzzle but it's too many things at once.
2. While listening to the recording you could hear many voices saying different things all at once. I thought there were three voices, but I felt like maybe there were more voices. While listening all the voices at once were all saying different things. A couple things I was able to hear was one voice saying you're so stupid, another voice said look at you, and another voice said I can see you.
3. I was not able to listen much to the video while doing the cross-word puzzle as it was difficult to concentrate on doing the puzzle and hearing the voices all at once. I stopped hearing it because it was giving me anxiety and felt like I could not concentrate anymore due to so many voices and trying to focus on what the voices were saying.
4. This changes how they would care for a patient who has schizophrenia because before I did not have an idea of what they heard when they hear voices. I didn't know if it was one voice or multiple. I also did not know how they felt. Hearing what they experience helps you understand a little of what they are going through. It helps understand their behavior more. In the way you care for these patients would be different. You would have more patience and more therapeutic communication and having to redirect them to reality.
5. After participating in the activity my communication and attitude towards a patient with schizophrenia will be more therapeutic, more patient centered, and non judgmental. I will be more careful with how I ask things. I will prioritize using simple clear and concrete language to avoid irritating or overwhelming the patient, especially if they are hearing voices and are hallucinating. I will have more empathy and an understanding of their conditions as mental illness. I will try and orient them to reality and ensure they are heard and validated. I will be supportive and mindful of my tone and body language to prevent anxiety or agitation. I will use more active listening, build trust, and reassure them of their safety but also have limits. I hope to be able to be using all these therapeutic communications in the future to help care for these patients and be there to help them. On this activity I realized how different it is to care for patients with mental illness then

someone post op or on a unit who are there for surgery or complications of health. With mental health it is more how you talk to the patient to get them to open up and for them to get the help they need to get better before the medications are given.