

6. Provide teaching to clients, families, caregivers, and community members to increase knowledge and understanding of schizophrenia.

- How to manage illness and symptoms
- Recognizing early signs of relapse
- Developing a plan to address relapse signs
- Importance of maintaining prescribed medication regimen and regular follow-up
- Avoiding alcohol and other drugs
- Self-care and proper nutrition
- Teaching social skills through education, role modeling, and practice
- Seeking assistance to avoid or manage stressful situations
- Counseling and educating family/significant others about the biologic causes and clinical course of schizophrenia and the need for ongoing support

8. Evaluate your own feelings, beliefs, and attitudes regarding clients with schizophrenia.

I feel somewhat cautious and alert regarding clients with schizophrenia because they are perceived to be emotionally unstable. Schizophrenia clients tend to manifest themselves and progress in a person depending on the time of onset, severity, and duration symptoms. As a nurse, I should be understanding with clients with schizophrenia or other mental health problems and disregard any feelings and attitudes I have.