

## Videbeck Chapter 16 Objectives (6 & 8)

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
- Importance of maintaining contact with the community and participating in supportive organizations and care

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

Schizophrenia is a chronic psychiatric illness that may be seen in various inpatient areas. By understanding the symptoms, common medications, and techniques to communicate and maintain a safe environment, we can feel more confident about caring for patients.

I have worked with them in the past; I feel a small amount of fear depending on the client. For example, if a client were a larger male who goes through episodes of anger, this would cause me to feel scared if they began to hallucinate, and it aggravated them.

If patient becomes agitated, don't turn your back on him. Remain calm, talk softly, and ask what patient needs. Always be alert of exits and objects in the environment with any patient with a psychiatric illness.