

# **Nursing Intervention on Self Care Skills for Chronic Hospitalized Schizophrenic Patients**

*Thesis*

*Submitted for Partial Fulfillment of the Requirement of  
Doctorate Degree in Psychiatric Nursing*

*Under Supervision of*

**Prof. Dr. Zeinab Abdel Hamid Loutfi**

Professor of Psychiatric/Mental Health Nursing  
Psychiatric Nursing Department  
Faculty of Nursing –Ain Shams University

**Dr. Nevein Mustafa El-Ashry**

Assistant Professor of Psychiatric/Mental Health Nursing  
Head of Psychiatric Nursing Department  
Faculty of Nursing – Ain Shams University

**Faculty of Nursing  
Ain Shams University  
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*By*

**Nagwa Ahmed Mohamed Souilm**

M.Sc. Nursing

**Faculty of Nursing  
Ain Shams University**

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✍️ Nagwa Ahmed Mohamed Souilm

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## **List of Abbreviations**

<b>ADL</b>	: Activities of daily living
<b>BRAC</b>	: Basic Rest-Activity Cycle
<b>CBT</b>	: Cognitive behavioral therapy
<b>DSM-IV-TR</b>	: Diagnostic and Statistical Manual of Mental Disorders
<b>EPA</b>	: Environmental Protection Agency
<b>ICD-10</b>	: International Classification of Diseases- 10th Revision
<b>MCT</b>	: Metacognitive Training
<b>NAMI</b>	: National Alliance for the Mentally Ill
<b>NICE</b>	: National Institute for Health and Clinical Excellence
<b>NOSIE</b>	: Nurses' Observation Scale for Inpatient Evaluation
<b>SANS</b>	: Scale for the Assessment of Negative Symptoms
<b>SAPS</b>	: Scale for the Assessment of Positive Symptoms
<b>SLPs</b>	: Social learning programs
<b>UK</b>	: United Kingdom
<b>UNICEF</b>	: United Nations Children's Emergency Fund

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## ABSTRACT

Schizophrenia is a serious public health problem. People with schizophrenia are at increased risk for multiple and chronic social, cognitive, and behavioral deficits that may lead to inadequate health and self care practices. The study aims for enhancement of nursing interventions on self care skills for chronic hospitalized schizophrenic patients through assess self care skills of schizophrenic patients, Plan and implement a nursing intervention and evaluate its impact on self care skills of schizophrenic patient. The sample consisted of (40) schizophrenic patients, (20) patients were subjected to the nursing intervention program and the other 20 patients were considered as a control group. The study was conducted in El-Abbasia hospital for Mental Health. Five tools were utilized to measure the concepts of the study: Sociodemographic data sheet, The Scale for the Assessment of Positive Symptoms, The Scale for the Assessment of Negative Symptoms, Nurses' Observation Scale for Inpatient Evaluation and self care scale: patient version. A nursing training program was developed by the researcher to increase patients' engagement in self care. It is a planned activity; begin with assessment, planning, and description of the program content, implementation and evaluation.

Results revealed that, there was a highly significant statistical difference between both group in relation to positive & negative symptoms, patient self care and nurses observation inpatient evaluation. Also all patient post experimental groups showed improved as a consequence of the nursing program intervention Compared to cases which are subject to the daily routine of the hospital. The schizophrenic patients who attend to the nursing intervention program showed significant improvement in self care and control over their symptoms. Also suggested that the nursing intervention program should be considered an effective therapy and complementary to existing treatments and should be used in psychiatric wards to achieve highest self care.

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**Key Words:** Schizophrenia, Self Care Skills, Skills Training Program.

## Introduction

Schizophrenia is the most common chronic psychosis in Egypt and accounts for the majority of in-patients in our mental hospitals. Schizophrenia is a severe form of mental illness affecting about 7 per thousand of the adults; it is a chronic illness consisting of both positive and negative symptoms. The most evident symptoms include; disruption of thought processes that can cause delusions and hallucinations. Delusions were affected by the individual characteristics of the patients in relation to the Egyptian culture. Religious, political, scientific and sexual delusions were the most frequent types. Schizophrenia often becomes apparent in late adolescence or early adulthood, but the signs and symptoms vary from a person to another (*Okasha, 2005; Regier et al., 2008; WHO, 2010 and NIMH, 2012*).

These symptoms may leave them fearful and withdrawn, their speech and behavior can be so disorganized that they may be incomprehensible or frightening to others. Available treatments can relieve many symptoms, but most people with Schizophrenia continue to suffer from some symptoms throughout their lives; it has been estimated that not more than one among five individuals recovers completely (*NAMI, 2010, and Volavka et al., 2012*).

People with Schizophrenia are at increased risk for multiple and chronic social, cognitive and behavioral deficits that may lead to insufficient health and self care practices (*Felker et al.,*

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2012). In addition, *Fennig (2004)* reported that, Patients with schizophrenia often lack basic self maintenance skills such as; personal grooming, table behaviors and social interaction skills. In addition, *Gold (2009)* said that, people with Schizophrenia may ignore bathing, changing clothes and attending minor grooming tasks such as; combing their hair. *Lauer (2004)* stated that, the negative symptoms of Schizophrenia develop over a long time so that they interfere with the person's ability to maintain adequate hygiene and grooming.

In the same respect, *Hurford et al.(2011)* added that, individuals with Schizophrenia may have cognitive impairments that limit their ability to learn and acquire new skills in psychiatric rehabilitation interventions. In this background, *NIMH (2012)* concluded that, Schizophrenia is a heterogeneous disorder characterized by a broad range of symptoms rarely found together in a single individual.

Studies show that once a person has Schizophrenia, the environment in which he or she lives (that is family, work, etc.) can help the individual get better, if people in that environment provide the individual with plenty of support and encouragement to gradually regain former skills. If family and friends tend to push, nag or criticize these behaviors, this may make things worse. On the other hand, allowing the individual to lie around all day doing nothing, may also make things worse (*Cheryl et al., 2011*).

Early intervention aimed at shortening the course and decreasing the severity of an initial psychotic episode, this in turn minimizes the many complications that can arise from untreated psychosis. Numerous retrospective and several prospective studies have found that the longer a person remained psychotic before treatment was initiated, the more likely he or she to suffer from more relapses, (*Restek-Petrovic et al., 2012*), some patients have difficulty in returning to their previous level of functioning (*Leucht, 2012*).

Admission to the hospital is stressful for anyone, but for someone with Schizophrenia who can find change difficult and who is suffering from an exacerbation of his or her symptoms, it can be particularly frightening. The role of the inpatient staff, particularly the psychiatric nurse, is to assess the cause of the hospitalization; monitor the response to therapy and provide education, support, reassurance and encouragement (*Frankenburg and Dunayevich, 2013*).

On the other hand, psychiatric nurses and workers in the field of psychiatry emphasize continuous, comprehensive, coordinated and indefinite treatment of lifelong mental disorders to maintain symptom control, prevent or reduce relapses and optimize psychosocial performance, (*Lieberman et al., 2009*).

## Significance of the Study

*Auster (2013)* reported in his study that Patents with schizophrenia who attended the learning program on social functioning, showed important gains in information relevant to their condition and reduction in negative symptoms. Although studies recommend that patents with schizophrenia can learn and apply trained skills such as; affirmation and self care management, he found that more data are required to clarify the degree to which skills training strategies are effective adjuncts to pharmacological interventions.

The patients with schizophrenia who attend the nursing training program will show a development in their self care skills. It can be an admirable chance for patients to learn how to be cooperative to others. It also provides a chance for patients to examine their interpersonal connections and relations with others whose views may differ from their own.

Developing, enhancing and maintaining skills among patients with schizophrenia, especially self- care management may assist their discharge. As a result, the psychiatric nurse should encourage the patient with schizophrenia to increase his personal neatness, by providing the social environment for increased sense of worth, increased social interest and decreased manifested psychosis through enhanced perception. The nurse not just satisfies the patient's basic requirements, but also promotes him to get more successful ways of doing so, (*Baker et al., 2011*).

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