

## **Nursing Care For Schizophrenia Patients With Mindfulness Therapy Intervention In The Mentari Room Muhammadiyah Lamongan Hospital**

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### **Abstract**

Schizophrenia is a type of mental disorder that is often found. Schizophrenia is a disease that affects the brain and causes strange and disturbed thoughts, perceptions, emotions, movements, behavior. The prevalence of schizophrenia is estimated at around 1% of the world's population. 5 clients with a medical diagnosis of schizophrenia with nursing problems of sensory perception disorders in the Mentari ward of Muhammadiyah Lamongan Hospital. The research design uses descriptive in the form of a case review. The approach used is nursing care which includes assessment, nursing diagnosis, planning, implementation and evaluation. The results of the implementation of nursing care for 5 patients obtained the same nursing diagnosis, namely sensory perception disorders. The problem of sensory perception disorders in 5 patients was partially resolved within 2-3 implementations. The healing process differs for each patient, due to the history of illnesses that aggravate the patient's condition, such as hypertension, age, nutrition, and psychological control which are different for each patient. From the results of this study it can be concluded that mindfulness therapy techniques can be implemented in patients diagnosed with schizophrenia. because it can increase the control of hallucinations in clients.

**Keywords:** Nursing Care, Schizophrenia, Mindfulness Therap

## INTRODUCTION

Schizophrenia is a type of mental disorder that is often found. Schizophrenia is a disease that affects the brain and causes strange and disturbed thoughts, perceptions, emotions, movements, behavior. The prevalence of schizophrenia is estimated at around 1% of the world's population. About 1 in every 100 people in the United States (2.5 million) has schizophrenia, regardless of race, ethnic group, or gender.

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The cause of patients committing violent behavior cannot be separated from Stuart's concept of stress adaptation which includes predisposing factors (background factors) such as family members who often exhibit violent behavior, violence, unfulfilled desires and precipitating factors (factors that trigger problems) such as stressors in the form of losing loved ones, worry about illness.

Hallucinations are false perceptual distortions that occur due to maladaptive neurobiological responses, sufferers actually experience sensory distortions as real things and respond to them.

The impact of hallucinations is loss of social self, which in this situation can kill oneself, kill someone else, even damaging the environment. To minimize the impact of hallucinations, appropriate treatment is needed. With the many incidents of hallucinations, it is a problem of nursing care providing modern wound care. The approach used is a nursing care approach which includes assessment, nursing diagnosis, planning, implementation and evaluation. Increasingly clear that the role of nurses is to help patients control hallucinations. (Maulana, et al 2021).

## RESEARCH METHODS

The approach used in this research is descriptive in the form of a case review to explore the problem of nursing care providing modern wound care. The approach used is a nursing care approach which includes assessment, nursing diagnosis, planning, implementation and evaluation.

This research was carried out in the Mentari room of the Muhammadiyah Lamongan Hospital, which began in March 2023. The initial observations were on March 27 2023 to a client with visual hallucinations in the Mentari room at Muhammadiyah Lamongan Hospital.

The subjects used in this case study were clients who experienced visual hallucinations in the Mentari room at Muhammadiyah Lamongan Hospital. The number of research subjects was 5 clients with the same nursing problems.

## Discussion

### 1. Research

Based on the study, the results showed that Mrs. A was 44 years old female with a medical diagnosis of F.20.0 (paranoid schizophrenia), Mrs. K is 41 years old, female with a medical diagnosis of F.20.0 (paranoid schizophrenia), Mrs. ), Mrs. M, 55 years old, female with a diagnosis of F.20.0 (paranoid schizophrenia), Mr. W, 48 years old, male with a diagnosis of F.20.0 (paranoid schizophrenia).

From the results of the study, 4 clients were female and 1 client was male. This is in line with

The client said he often saw white shadows around him. When the previous interview was conducted, the client was only a housewife. On physical examination it was found that the client appeared to be talking to himself, BP: 120/85 mmHg, N: 96x/minute, S: 360c, RR: 20x/minute, TB: 155cm, BB: 60kg. When interviewed, the client said he still had a father and mother, husband and 2 children. In the family the client plays the role of a mother and wife, the client can also carry out her role, the client also says the client wants to go home and feel fine. clients can interact well. The client's appearance is good according to his function, clean, neat, willing to shower twice, wash his hair and brush his teeth. During the interview, the client found it difficult to concentrate and moved easily. Currently, the client routinely takes medication given by hospital staff and regularly undergoes follow-

research by Albert (2019), that schizophrenia is more common in women than men, thus schizophrenia is also found more often in women than men.

The results of the study showed that 5 clients were >40 years old. This is in line with research by Habib (2020), stating that schizophrenia with hallucinations occurs most often at ages <40 years.

From the results of the data collection above, the results obtained for the 1st client were that the client was under the care of the family at Muhammadiyah Lamongan Hospital on April

During the second client's assessment, the result was that the client was taken by her husband to Muhammadiyah Lamongan Hospital on March 27 2023. The client said that she often saw other people's reflections when looking in the mirror. when interviewed, the client said he still had a father, mother,

2 brothers, husband and 2 children. The client said she was only a housewife. On physical examination, the results showed that the client appeared closed continuous eye BP 112/80mmHg, N 87x/minute, S 360C, RR 20/minute, BB 57kg, and TB 156cm. During the assessment the client felt sad and wanted to go home. Clients can interact well. The client's appearance is also neat, clean, showering twice a day, brushing his teeth twice a day and shampooing his hair once every two days. During the interview, the client's eye contact was lacking, currently the client routinely takes

medication given by hospital staff and regularly undergoes follow-up treatment by a therapist.

During the third client's assessment, the result was that the client was taken by his family to the Muhammadiyah Lamongan Hospital on March 29 2023. The client said he often saw snakes around him. When interviewed, the client said his parents had died, he had 1 sibling, his husband had died, and he had 3 children. The client said she was only a housewife. On physical examination, the results showed that the client appeared to be sitting alone, BP 139/80mmHg, N 78x/minute, S 360C, RR 20/minute, BB 56kg, and TB 155cm. Clients complain of frequent dizziness and headaches. Clients can also interact well. The client's appearance is also neat, wears a cap, is clean, showers twice a day, brushes his teeth twice a day and washes his hair once every two days. When conducting an interview, the client finds it difficult to concentrate and easily switches

This client routinely takes medication given by the staff and regularly undergoes follow-up treatment by the therapist.

During the assessment of the 4th client, it was found that the client was taken by his family to the Muhammadiyah Lamongan Hospital on April 23 2023. The client said he often saw the figure of the royal princess. On physical examination, the results showed that the client appeared to be talking to himself, BP 120/88mmHg, N 78x/minute, S 36C, RR 20/minute, BB: 61kg, and TB 155cm. During the interview, the client said he had 1 child and had died, he had a husband and

1 child. Clients can interact well. The client's appearance is also neat, clean, showering twice a day, brushing his teeth twice a day and shampooing his hair once every two days. During the interview, the client was less cooperative, eye contact was lacking, the client sometimes answered or diverted the conversation to another topic and had difficulty concentrating. Currently the client routinely takes medication given by the staff and regularly undergoes follow-up treatment by the therapist.

During the assessment of the 5th client, the results showed that the client had taken his child to the Muhammadiyah Lamongan Hospital on the date April 14 2023, the client said he often saw the figure of his dead wife. On physical examination The results showed that the client appeared to be talking to himself, BP 110/80mmHg, N 83x/minute, S 360C, RR 20/minute, BB 74kg, and TB 172cm.

During the interview, the client said he had 1 daughter. During the assessment, the client felt sad and was waiting to be picked up by his child. The client rarely socializes, looks neat, clean, showers twice a day, brushes his teeth twice a day and shampoos his hair once every two days. During the interview, the client had difficulty concentrating and moved easily. Currently, the client regularly takes medication given by the staff and regularly undergoes follow-up treatment by the therapist.

This is in line with the theory of schizophrenia with visual hallucinations, namely a disturbance

in perception where the patient perceives the existence of something that is not actually happening (Suart & Laraira 2017). Schizophrenia can also be influenced by several factors such as predisposing factors including developmental factors, biological factors, sociocultural factors, psychological factors, genetic factors and parenting patterns, while precipitating factors include behavior which is usually characterized by client responses in the form of anxiety, fear, confusion, withdrawn behavior. self, and cannot differentiate between real and unreal behavior (Ermawati et al. 2020).

#### 5. Nursing Evaluation

Based on the evaluation table above, it can be concluded that clients with sensory perception disorders related to visual disturbances (hallucinations) can take nursing care using mindfulness therapy techniques. In 5 clients there was an improvement after the intervention. Clients can understand that when hallucinations appear, they use mindfulness therapy techniques to control their hallucinations.

The decrease in visual hallucinations is different for each individual, because the decrease in visual hallucinations is influenced by several factors such as developmental factors, sociocultural factors, biological factors, psychological factors, genetic factors and parenting patterns as well as compliance with taking medication, compliance with activity therapy, and routine check-ups. poly soul in each individual.

#### CONCLUSION

The assessment was carried out on 5 clients diagnosed with schizophrenia with nursing problems, sensory perception disorders, visual hallucinations. The

nursing diagnosis in this case is sensory perception disorder related to visual impairment as evidenced by looking in one direction, being alone, daydreaming, poor concentration, disorientation of time, place, person or situation, pacing, talking to himself. The nursing plan is based on data analysis, the plan given is visual hallucinations with a strategy for implementing mindfulness therapy techniques. The nursing implementation provided was in accordance with the intervention, namely carrying out strategies for implementing mindfulness therapy techniques for 4 days. Nursing evaluations carried out on 5 clients for 4 days yielded positive results increasing control of hallucinations in clients based on the SOAP technique.

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