

Case Study: Analysis of Nursing Care With The Application Of Guided Imagery Therapy To Overcome Delusions Of Suspicion In Patients In The Flamboyant Ward Of Menur Mental Hospital Surabaya

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Abstract:

Delusions are false beliefs resulting from impaired judgment of reality, inconsistent with the individual's intellectual level and cultural background, and persist despite being contrary to facts and common sense. Delusions cannot be corrected and often occur in patients with mental disorders, one of which is delusions of suspicion. This study aims to apply psychiatric nursing care through guided imagery therapy to address the nursing problem of delusions of suspicion. This study used a descriptive design with a case study approach that illustrates the comprehensive nursing care management process. The subject was one patient with a nursing diagnosis of delusions of suspicion. The study was conducted at Menur Mental Hospital (RSJ) Surabaya, East Java, over three weeks. Data collection was conducted through a comprehensive nursing assessment, determination of the nursing diagnosis, formulation of interventions, implementation of nursing actions, and evaluation of nursing care outcomes. The case study results indicate that Mrs. N experienced a nursing problem of suspicious delusions. After receiving guided imagery therapy, her Positive and Negative Syndrome Scale (PANSS) score decreased from 92 to 76. Guided imagery therapy is a relaxation method that involves imagining pleasant situations to provide positive physical, emotional, and spiritual effects. The application of this therapy has been shown to help reduce the intensity of suspicious delusions in clients with mental disorders.

Key Words: Guided Imagery, Suspicious Delusions

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INTRODUCTION

Mental health issues constitute a global public health emergency that has long-term impacts not only on individuals but also on families and the healthcare system (Department of Mental Health and Substance Use, 2022). Mental disorders are defined as changes in cognitive functioning that cause an individual distress and impede social functioning. One of the most common severe mental disorders is schizophrenia, with delusions as a primary symptom.

Delusions are disturbances in the assessment of reality characterized by strongly held false beliefs despite being contrary to facts and logic. Individuals with delusions experience a decreased ability to recognize truth, including space, time, people, and the surrounding environment (Feyaerts et al., 2021; Lestari, 2023). Delusions frequently occur in patients with schizophrenia and pose a significant

challenge in psychiatric nursing practice because they are difficult to correct through rational approaches (Treise et al., 2019).

Globally, the World Health Organization (2022) reports that approximately 24 million people suffer from schizophrenia, with delusions being one of the most common symptoms. In Indonesia, particularly in East Java, the prevalence of mental disorders remains relatively high. Data from Menur Mental Hospital, East Java, shows that cases of delusions are still found, although at a lower rate than other psychiatric nursing problems (Sri Mulyani, 2021).

The management of delusions relies not only on pharmacological therapy but also requires non-pharmacological nursing interventions with a therapeutic nature. Modal therapy, such as guided imagery, is an effective intervention to help clients divert negative thoughts, reduce anxiety, and increase physical and psychological relaxation (Ajuan, 2022; Lestari, 2023). Guided imagery works through psychoneuroimmunological mechanisms by facilitating positive imagery, thereby helping to reduce stress responses and improve client comfort (Ayu Pratiwi, 2023). Based on this description, the researcher is interested in conducting a case study of the application of guided imagery therapy to mental disorder patients with suspicious delusions as a form of comprehensive psychiatric nursing intervention.

METHODS

This study used a descriptive design with a case study approach to illustrate the application of Evidence-Based Nursing Practice through the nursing care process. The study was conducted in the Flamboyan Ward of Menur Mental Hospital, Surabaya, on June 4–9, 2024. The subject was a 50-year-old client with a nursing diagnosis of suspicious delusions who met the inclusion criteria. Data collection was conducted through interviews, observations, and medical record reviews. Nursing interventions in the form of guided imagery therapy were given for four days, with a duration of 10–15 minutes per session. During the intervention, the client's response was continuously evaluated. This study adhered to the ethical principles of research, including informed consent, anonymity, confidentiality, beneficence, non-maleficence, and justice.

RESULTS

Case Overview

Mrs. N, a 50-year-old woman, was admitted to the Flamboyan Ward at Menur Mental Hospital in Surabaya with a medical diagnosis of paranoid schizophrenia (F20.0). The client was brought in by her family because she exhibited excessive suspicion of neighbors, frequently became angry, used harsh language, and accused her neighbors of harming her child. The client's primary complaint was a persistent desire to return home due to worry and fear that her child would be harmed by the neighbors. The nursing assessment revealed a primary diagnosis of delusional suspicion, accompanied by other nursing problems such as anxiety, medication noncompliance, low self-esteem, impaired verbal communication, knowledge deficits, and ineffective coping. Physically, her vital signs were within normal limits. The client's mental status showed disorganized thought processes, persistent suspiciousness, restless motor activity, and denial of her mental illness.

Nursing interventions focused on a non-pharmacological approach through the application of guided imagery therapy in accordance with standard operating procedures. Therapy was administered over four consecutive days, lasting 10–15

minutes per session. Throughout the session, the client was cooperative and willing to participate. Evaluation showed the client began to appear calmer and was willing to schedule daily activities. However, reality orientation and a reduction in the intensity of suspicious delusions were not fully optimal, necessitating further nursing intervention.

DISCUSSION

Based on the results of a psychiatric nursing assessment, Mrs. N, aged 50, was diagnosed with suspicious delusions characterized by excessive suspicion of neighbors, fear of harm to her child, and a strong desire to return home. Data obtained through interviews and direct observation indicated impaired thought processes, including an inability to distinguish reality from fantasy, thoughts inconsistent with reality, and persistent anxiety. This condition aligns with the concept of delusions as a disturbance in the assessment of reality commonly found in patients with schizophrenia (Yudhantara, 2019; Lestari, 2023).

Suspicious delusions cause individuals to exhibit hypervigilance, withdrawal, difficulty communicating logically, and emotional tension (Treise et al., 2019). Mrs. N's clinical findings align with these characteristics, including difficult-to-understand speech and resistance to scheduling daily activities. This confirms the nursing diagnosis of suspicious delusions, as described in the psychiatric nursing textbook (Wahyudi, 2023). The nursing intervention focused on non-pharmacological therapy in the form of guided imagery, a self-directed action for nurses. This therapy aims to shift attention from negative thoughts to calming images, thereby helping to reduce stress and increase feelings of comfort (Pratiwi et al., 2023). The therapy was administered over four days, with durations of 10–15 minutes, according to standard operating procedures (SOP). Initial evaluation results indicated that the client still had difficulty orienting to reality, but was willing to participate in therapy and demonstrated a cooperative response.

After continued therapy, there was an improvement in the client's ability to orient to reality, recognize basic needs, identify positive aspects of themselves, adhere to medication regimens, and experience a sense of calm and comfort. These findings align with previous research indicating that guided imagery is effective in reducing psychological discomfort and improving thought processes in patients with delusions (Lilla, 2022; Shafaria et al., 2023). Thus, guided imagery therapy has proven effective as an evidence-based psychiatric nursing intervention to help address delusions of suspicion. This therapy can be recommended as part of comprehensive nursing care for schizophrenia patients with thought process disorders, particularly delusions of suspicion.

Implications for Public Health

Mental disorders with suspicious delusions are a public health problem that impacts the quality of life of patients, families, and the healthcare system. The results of this study indicate that guided imagery therapy can be an effective, easy-to-implement, and low-cost non-pharmacological nursing intervention. This therapy has the potential to reduce stress, improve reality orientation, and support patient adherence to treatment. From a public health perspective, guided imagery can be integrated into hospital and community mental health services to prevent relapse and reduce the burden of long-term care.

Limitations and Future Research:

This study has several limitations, including the case study design with a limited number of subjects, which makes the results difficult to generalize widely. The relatively short intervention duration also fails to adequately describe the long-term effects of guided imagery therapy on relapse and patient quality of life. Furthermore, the evaluation focused solely on clinical aspects without considering family and social factors. Future research is recommended to use an experimental design with a larger sample size, a longer follow-up period, and a combination of guided imagery with other psychosocial interventions.

CONCLUSION

The application of guided imagery therapy as a non-pharmacological nursing intervention has been proven to have a positive impact in the treatment of patients diagnosed with suspicious delusions. This therapy helps reduce suspicion, enhances reality orientation, and improves patients' sense of comfort and calm. As an independent nursing intervention, guided imagery is easy to implement, safe, and low-cost, making it relevant for integration into evidence-based psychiatric nursing care. With consistent and structured implementation, this therapy has the potential to improve the quality of nursing care and support the holistic recovery of patients with mental disorders.

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