The Effect of Physical Exercise as A nursing Intervention on Management of of positive and Negative symptoms Schizophrenic Patients

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Abstract:

The health benefits of physical activity and exercise are well documented and these effects could help people with schizophrenia. Therefore the aim of this study was to design, implement and evaluate advanced physical exercise program as nursing intervention to improve outcome of management plan for schizophrenic patients. It was carried out at the psychiatric inpatient unit of the department of Neurology and Psychiatry at Assiut University Hospital and Assiut mental health hospital. The study included one hundred patients with schizophrenic disorders diagnosed according to DSM-5, and They were randomly assigned to 45 mint of physical activities. They were classified into two subgroups. One of them as experimental group (No=50) and others as a control group(No=50). Four tools were used as Socio Economic Assessment scale, Positive and Negative Syndrome Scale, the Arabic version of Offer, Ostrave and Haward's self image questionnaire, Nurse's Observation Rating Scale for inpatient evaluation scale. The experimental group receive three time per week for one months physical activity program. Started from first of September 2012 to the end of August 2013. The program evaluated through pre and immediate post test. The main results concluded that the experimental and control group aged from 20 to 60 years old with mean score 33.4± 11.06 and 30.96±10.04 respectively. 60% presents of experimental group were single and 70% of control group were single, 48% and 44% respectively experimental and control group not working. 60% of experimental group and 63.2% at secondary school level of education, while 80% and 82% of experimental and control group respectively had middle socioeconomic statues. Also the results illustrate that 74% of patients of experimental groups were males and 26% were female. There were statistically significant difference in total PANSS, NORS, and self concepts between pre and post experimental and control group. The study concluded that the mental health for schizophrenic patients and self concepts improved by physical activity as nursing intervention, also the needs of care of schizophrenic patients reduced. The study recommended that develop psychiatric policy by provision of new trained to apply physical exercise as nursing intervention to be addressed in treatment of schizophrenic patients.

Keywords:

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