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## Case Study: Nursing Implementation of Taking Medication in Patients with Auditory Hallucinations

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### ABSTRACT

Medication adherence is the level of individual accuracy with medical advice that describes the use of medication according to the instructions and instructions on the prescription, including using it at the correct time. Patients who are not compliant in taking medication tend to experience relapses easily. Frequent relapses in sufferers result in bad effects on the brain which makes it difficult for sufferers to recover. This research aims to obtain an overview of the level of adherence to taking medication and provide knowledge about the importance of taking medication in patients with sensory perception disorders, auditory hallucinations. This case study research is descriptive in nature, with an implementation method using nursing care which was carried out on 8-15 April 2021, the case study subjects were two patients with sensory perception disorders, auditory hallucinations in the Cempaka ward of the Ernaldi Bahar Hospital, South Sumatra Province. After implementing it on patients, the result was that taking medication regularly was very effective in controlling hallucinations because patients were taught to know the five correct principles in taking medication, namely the correct patient, the correct drug, the correct dose, the correct method/route of administration, and the correct time for administering the drug. where compliance occurs if the rules for taking prescribed medication and administering it in the hospital are followed correctly.

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## 1. INTRODUCTION

People with mental problems are people who experience disturbances in thoughts, behavior and feelings in the form of a set of symptoms or changes in behavior, and can cause suffering and obstacles in carrying out their functions as human beings. (Republic of Indonesia Law Number 18 of 2014). Mental disorders are disorders in thinking, will, emotions and actions. A collection of abnormal behavioral states, both physical and mental [2].

People with mental disorders tend to be treated more often with stigma (bad views) and greater discrimination (difference) from the surrounding community due to a lack of knowledge about mental disorders. [2]. People with mental disorders (ODGJ), experience syndromes with various causes with acute and chronic illnesses. Estimates of recurrence in mental disorders reach 50% in the first year, 70% in the second year, and 100% in the fifth year after treatment. This condition can occur due to lack of support from family and environment (Sulastri & Kartika, 2014).

According to Indonesian Ministry of Health Data and Information Center (2019), in three decades (1990-2017) there has been a change in the pattern of mental illness, where those experiencing an increase in DALYs (the largest contributor to the burden of disease) include schizophrenia, bipolar, autism, and eating disorders, where depressive disorders remain in first place in three decades. Depressive disorders can be experienced by all age groups, and begin to occur in the adolescent age range (15-24 years), with a prevalence of 6.1%.

Hallucinations occur when the five senses respond incorrectly to stimuli that should not exist. Sufferers think that they are receiving a stimulus that is not real. There are several types of hallucinations, including auditory, visual, olfactory, tactile, taste, cenesthetic & kinesthetic hallucinations.[5].

Compliance in taking daily medication is the behavior of complying with suggestions or procedures regarding medication use. Several aspects used to measure compliance in taking daily medication are frequency, number of pills/other medications, continuity, metabolism in the body, biological aspects in the blood, and physiological changes in the body.[6]

Medication adherence is the level of individual accuracy towards medical advice which describes the use of medication in accordance with the instructions and directions on the prescription which includes using it at the correct time.(Kaunang, Kanine & Kallo, 2015). Compliance with taking medication is still an obstacle to recovery, compliance in taking medication is less than 50% of patients who comply. One of these conditions occurs in South Sumatra with a percentage of medication compliance of only 35.4%, which is still below the national level, while the national level percentage is 48.9% (Ministry of Health, 2019).

Recurrence due to non-compliance with treatment because they felt healthy was 36.1% and 33.7% did not go to health facilities regularly.[8]. The impact of sufferers who are not compliant in taking medication will result in sufferers experiencing more relapses of their mental illness. Patients with low levels of compliance tend to experience recurrence easily. Frequent relapses in sufferers result in bad effects on the brain which makes it difficult for sufferers to recover(Pasaribu & Hasibuan, 2019).

The author conducted research on 2 patients, namely Mrs. M and Mrs. J, with a nursing diagnosis of sensory perception disorder, auditory hallucinations. Both patients had the same signs and symptoms, namely talking and laughing to themselves, hearing voices telling the patient to hit someone, and often babbling to themselves.

Efforts made to overcome the auditory hallucinations experienced by patients are by taking an approach by building a relationship of mutual trust, always inviting the patient to interact, inviting the patient to rebuke the hallucinations and conversing with friends and nurses in the room and taking medication. Based on the background described above, The author will conduct research on the implementation of medication compliance nursing in patients with sensory perception disorders, auditory hallucinations at Ernaldi Bahar Mental Hospital, Palembang.

## 2. RESEARCH METHOD

Descriptive research in the form of case studies uses a nursing process approach which includes assessment, nursing diagnosis, planning, implementation and evaluation. The research subjects were two patients with nursing problems with sensory perception disorders: auditory hallucinations in the Cempaka Room at the Ernaldi Bahar Mental Hospital, South Sumatra Province. The research was carried out for seven days on April 8-15 2021.

Before conducting research, researchers apply for research permission by sending ethical review documents to the Ethics Committee of the Palembang Health Polytechnic with number 765/KEPK/Adm2/III/2021 and the Ernaldi Bahar Hospital Ethics Committee, South Sumatra Province with number 460/KEPK/RS.ERBA/06622/ 2021.

## 3. RESULTS AND DISCUSSION

### 3.1. Result

#### Case Overview

The first patient, Mrs. calling the patient's name, telling someone to hit someone around the patient, laughing and crying alone, and throwing a tantrum by hitting things in the house.

The second patient, Mrs. J, 32 years old, female, was admitted to hospital on March 23 2021, brought by her family to the hospital because Since childhood, the patient has often experienced violence by his mother, the patient often gets teased by his friends, the patient looks scared, hears voices telling him to hit people around him, often laughs to himself and throws tantrums by throwing things around the patient.

Based on the results of the study and data analysis, nursing diagnoses were obtained, namely impaired sensory perception of auditory hallucinations, risk of violent behavior injuring oneself, others and the environment, loss and grief, and low self-esteem with the main nursing diagnosis namely sensory perception disorders of auditory hallucinations.

#### Results

The implementation carried out on April 9 2021 was maintaining therapeutic communication techniques, identifying the causes, signs and symptoms of hallucinations, evaluating clients regarding things they had been taught while in the hospital.



Implementation carried out on April 12 2021, namely asking the client whether the hallucinations still occur frequently, conveying and evaluating the client on how to control hallucinations by taking regular medication, explaining to the patient the name of the drug, type of drug, color of the drug, benefits of the drug and side effects of the drug as well as time to consume it. So that the method of controlling hallucinations with this drug can be remembered and applied by both patients, the author carried out this implementation in 4 meetings, namely April 12-15 2021.

At the implementation stage, the results showed that Mrs. M could do it well, in contrast to Mrs. J who still seemed difficult to put into practice. At the next meeting, both Mrs. M and Mrs. J were able to practice how to control hallucinations using medication as they had been taught quite well.

After evaluating the two patients, the results showed that controlling hallucinations by taking medication, both patients said that the voice disappeared after the patient took the medication. Apart from that, it was also seen through the results of observing the patient's progress which showed that there was a difference in the ability to control hallucinations in the two patients before and after being given it. Nursing implementation controls hallucinations using medication.

The results of this research can be proven by research conducted by Yulianty, Cahaya & Srikartika (2017) who said that the effect of pharmacological therapy consumed was one of Chlorpromazine, which functions to inhibit chemicals in the brain that can reduce symptoms of psychosis in people with mental disorders. Antipsychotics can improve the symptoms of schizophrenia and are more effective in treating resistant patients, and the drug combination most often used by patients is chlorpromazine, haloperidol, and trihexyphenidyl.

The successful implementation of nursing to control hallucinations by consuming medication has been carried out on patients Mrs. M and Mrs. J, successfully and effectively in accordance with theory Lestari (2016) which says that patients are taught to know the five correct principles in taking medication, namely the correct patient, the correct drug, the correct dose, the correct method/route of administration, and the correct time for administering the drug, where compliance occurs if the rules for taking the prescribed medication and administering it in the hospital are followed properly.

### 3.2. Discussion

Implementation of Mrs. taking medication. Taking medication itself aims to control the hallucinations in Mrs. M and Mrs. J. This is in accordance with theory Muhith (2015) which says that to be able to control hallucinations, patients are also trained to use medication regularly according to the program. Patients with mental disorders who are treated in hospital often experience drug withdrawal when they return home, resulting in the patient experiencing a relapse. Therefore, patients need to be trained to use medication according to the program and on an ongoing basis.

Before implementation was carried out, to control hallucinations the patient was preceded by BHSP (building a relationship of mutual trust). For the two patients, there were differences when they first met the researcher. This was seen on April 8 2021, patient Mrs. M was easy to communicate with, in contrast to Mrs. J who tended to feel strange and did not want to communicate with researchers.

This is in line with the research conducted by Sumangkut, Boham & Marentek (2013) which states that a good relationship between nurses and patients with mental disorders will occur if there is a sense of trust from the patient towards the nurse, where the nurse truly understands the wishes and whereabouts of the patient so that they can be patient and sensitive to changes that may occur in the patient.

This research focused on controlling hallucinations by consuming medication. Patients who adhere to taking medication can reduce the risk of recurrence, according to research conducted by Pasaribu & Hasibuan (2019) that patients who are not compliant in taking medication tend to experience relapse easily. Frequent relapses in sufferers result in bad effects on the brain which makes it difficult for sufferers to recover.

When implementation was carried out on the first day, researchers did not find any signs of hallucinations in the two patients, such as laughing to themselves or talking to themselves. This happened because both patients were still affected by the pharmacological therapy they were taking, one of which was Chlorpromazine, which functions to inhibit chemicals in the brain that can reduce symptoms of psychosis in people with mental disorders. This is in accordance with research conducted by Yulianty, Cahaya & Srikartika (2017) that antipsychotics can improve the symptoms of schizophrenia and are more effective in treating resistant patients, and the combination of drugs most often used by patients is chlorpromazine, haloperidol, and trihexyphenidyl.

After carrying out nursing care to the evaluation stage, the researcher concluded that the level of success in providing nursing implementation to mental patients was influenced by several factors, namely supporting factors and inhibiting factors.

In implementing nursing implementation for patients, the supporting factor for the success of this research is the implementation of therapeutic communication with a trusting relationship building approach. This is in accordance with research conducted by Jatmika, Triana & Purwaningsih (2020) which states that therapeutic communication is an interpersonal relationship between the nurse as a caregiver and the patient, so that both the patient and the nurse obtain the emotional experience felt by the patient, thereby creating a therapeutic relationship.

Based on the evaluation during the implementation of nursing, there were inhibiting factors in both patients, namely, Mrs. M, namely the patient's focus, who was easily distracted, and also Mrs. M, who spoke in a low tone and looked unsure. The inhibiting factors that influence the implementation of Mrs. This is similar to the research conducted Amir, Siregar & Silondae (2019) Anxiety arises when someone communicates either interpersonally, speaking in public or group discussions, which makes it difficult for someone to communicate or express their feelings so that information is not conveyed well.

#### 4. CONCLUSION

After the researchers carried out the nursing implementation which was carried out from April 8 2021 to April 15 2021, the results obtained were that both patients knew and applied the ways to control hallucinations that had been taught. In this study, the factors that support the success of the research are the closest family who often visit, with obstacles namely lack of knowledge, ineffective individual coping and long treatment time. The success rate of regularly using medication in patients with sensory perception disorders, auditory hallucinations, is successful and effective, because patients are taught to know the five correct principles in taking medication, namely the correct patient, the correct drug, the correct dose, the correct method/route of administration, and the correct time for administering the drug, where compliance occurs if the rules for taking the prescribed medication and administering it in the hospital are followed correctly.

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