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## Nurses' Experiences In Implementing Recovery Nursing Care To Prevent Relapse Among Schizophrenia Patients : Qualitative Study

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### ABSTRACT

**Background:** Schizophrenia is a serious mental disorder that affects the way an individual thinks, feels, and behaves. Patients with schizophrenia are susceptible to relapse, with approximately 80% of patients experiencing at least one episode of relapse in their lifetime. **Objective:** This study aims to explore nurses' experiences in implementing recovery nursing care to prevent relapse in patients with schizophrenia. **Methodology:** The research method used was a qualitative study with in-depth interviews with 15 nurses who were experienced in caring for patients with schizophrenia in various hospitals in Indonesia. **Results:** Nurses reported positive experiences, such as strong therapeutic relationships with patients and success in helping patients manage their symptoms. These findings indicate the importance of systemic support and ongoing education for nurses in order to implement effective care. **Conclusion:** Nurses' experiences in implementing recovery nursing care vary widely and are influenced by many factors. Therefore, collaborative efforts are needed between health care providers, government, and the community to improve the quality of care for patients with schizophrenia and prevent relapse. This study is expected to provide deeper insight into the role of nurses in the recovery process of schizophrenia patients.

**Keywords:** Schizophrenia, Relapse, Nursing Care, Recovery

## INTRODUCTION

The task of providing care for individuals with schizophrenia is intricate and multidimensional. A severe mental illness that alters a person's thoughts, feelings, and behavior is schizophrenia (Painter et al., 2021). The World Health Organization (2022) estimates that schizophrenia affects around 20 million people globally, with a prevalence of 1.7 per 1,000 individuals in Indonesia (WHO, 2022). Even though medication can help control symptoms, many patients relapse, necessitating more comprehensive and long-term care strategies.

In the context of nursing care, the recovery approach is becoming increasingly important. This approach focuses on empowering patients and helping them achieve a better quality of life, even though they still experience symptoms. According to Slade et al. (2021), recovery-based care not only focuses on reducing symptoms, but also on improving life skills, social support, and participation in society (Slade, 2020). This requires nurses to have good communication skills, empathy, and a deep understanding of the patient's experience.

The experience of nurses in implementing recovery-based nursing care is very important to understand. Nurses play a crucial role in supporting patients with schizophrenia, acting as a bridge between patients and the healthcare system (Harris et al., 2019; Johnson & Stellwag, 2022). They are instrumental in building therapeutic relationships, providing psychoeducation, and improving medication adherence (Oliveira et al., 2023; Thongsalab et al., 2023). Barriers to effective care include time constraints and communication issues (Harris et al., 2019). However, challenges such as lack of training and resources often hinder their effectiveness in implementing this approach.

Furthermore, research indicated that approximately 50% of patients with schizophrenia in Indonesia relapsed within a year of therapy, indicating that the recurrence rate is still significant (Riset Kesehatan dasar, 2018). This suggests that patient care requires improved and more comprehensive interventions. It is believed

that by learning about nurses' experiences, better methods for preventing relapse and enhancing the quality of life for patients with schizophrenia, such as forming connections and creating supportive networks, would be discovered (Lin et al., 2022). Hope-inspiring nursing treatments can help patients feel less stigmatized and have a higher quality of life (Ozturk et al., 2022).

Through this qualitative study, the researcher aims to explore the experiences of nurses in implementing recovery-based nursing care to prevent relapse in schizophrenia patients. This study is expected to provide deeper insight into the challenges and successes faced by nurses, as well as provide recommendations for better nursing practice in the future. Thus, this study is not only relevant to the development of nursing science, but also to mental health policy in Indonesia as a whole.

## METHODS

### Research Design

This research used a qualitative approach with a phenomenological study design. This research used a qualitative approach with a phenomenological study design. Phenomenological studies aim to understand and describe the essence of lived experiences, focusing on how individuals perceive and interpret phenomena (Ismail et al., 2023). This approach was chosen to understand nurses' experiences in implementing recovery care for schizophrenia patients and how they seek to prevent relapse.

### Population and Sample

The population in this study are nurses who work at the health center and have experience in caring for schizophrenia patients. The study sample consisted of 15 nurses selected by purposive sampling. Purposive sampling is a qualitative research method that selects participants based on specific criteria relevant to the study objectives, enhancing rigor and trustworthiness (Campbell et al., 2020). Inclusion criteria include nurses who are responsible for the mental program and have been involved in the recovery treatment program.

### Data Collection Technique

Structured in-depth interviews were used to gather data. In social science research, structured in-depth interviews are a popular technique for gathering qualitative data (Eppich et al., 2019; Knott et al., 2022). In their own words, they enable researchers to examine participants' ideas, emotions, and experiences (Knott et al., 2022). With the participants' consent, the interviews in this study were recorded and done in-person. The purpose of the interview questions was to learn more about nurses' perspectives, experiences, and opinions about the use of recovery care to keep patients with schizophrenia from relapsing. Researchers observed nurses' interactions with patients in a clinical setting in addition to conducting interviews. The purpose of this observation is to better understand the context of the care procedures used.

### Data Analysis

A thematic analysis approach, which consists of a number of phases, including becoming acquainted with the data, coding, looking for themes, evaluating themes, and labeling themes, was used to analyze the data (Campbell et al., 2020; Dawadi, 2020; Fuchs, 2023). After the interviews are recorded and transcribed, the researcher will read the transcripts to understand the context and meaning contained in the data. Next, the researcher will conduct coding to identify important information relating to the nurses' experiences. After coding, the emerging themes will be grouped and further analyzed to understand how the experiences are interrelated.

### Research Ethics

This study adhered to applicable principles of research ethics. Before conducting the interviews, the researchers obtained approval from the Research Ethics Committee with **Number 002429/KEP STIKes Alifah Padang/2024**. Every participant had to sign an informed consent form outlining the study's goals, the procedures that would be followed, and their freedom to discontinue participation at any moment without facing any repercussions. In addition, participants' identities will be kept confidential by using alphanumeric codes on the interview transcripts. The researcher is also committed to protecting the participants' well-being throughout the research process. In this

case, the researcher provides psychological support if participants feel uncomfortable during or after the interview.

## RESULTS

The results of analyzing the results of in-depth interviews with participants found ten themes as a result of the research. The themes found were 1) Nurses' experience in helping patients identify symptoms of relapse, 2) Challenges faced by nurses when helping patients recognize symptoms of relapse, 3) Methods used by nurses in training patients' problem-solving skills, 4) Factors that affect adherence to treatment, 5) Methods used by nurses in explaining the importance of correct treatment, 6) Nurses' experience in forming *peer groups*, 7) How nurses resolve conflicts that may arise in *peer groups*, 8) Nurses' experience in empowering patients, 9) Nurses' efforts in encouraging patient participation in the recovery process, 10) The role of the family in supporting recovery.

### Theme 1. Nurses' experience in helping patients identify symptoms of relapse

#### Sub Theme 1. Communication Techniques

Communication techniques are the main method used by nurses in helping patients recognize the early symptoms of relapse. Based on the results of this study, participants described two approaches used in communication techniques, namely empathy, and education, which were obtained through the expression of participants:

*"I start by building rapport, listening to their stories, and asking gentle questions, such as 'How has your sleep been lately?' or 'Is there something bothering you?'"* (P1)

*"Family is very important. I often encourage them to recognize signs such as the patient becoming more silent or sudden changes in behavior."* (P3 and P6)

*"I use simple examples, such as asking, 'Have you been feeling more irritable lately?' If yes, I explain that it may be an early sign of relapse."* (P2 and P5)

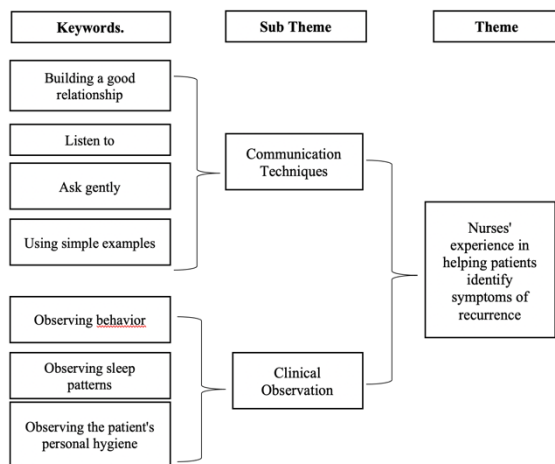
#### Sub Theme 2. Clinical Observation

Clinical observation is carried out by nurses as a step to detect signs of relapse that the patient may not be aware of. Based on the results of this study, nurses observed the patient's behavior, sleep patterns, and personal hygiene, through the following expressions:

*"I observe whether the patient starts to isolate themselves, has trouble sleeping, or is more agitated than usual. Small changes like these are often a clue." (P2)*

*"I have a daily record of the patient's behavior. If there are significant changes, I immediately discuss with the medical team to adjust the treatment plan." (P3)*

*"I ask families to report what they see at home, such as unusual eating patterns or activities."(P6)*



**Figure 1.** Theme: Nurses' experiences in helping patients identify symptoms of relapse

*sometimes it takes a long time for them to feel confident to speak up."(P6)*

*"Yes, some patients have certain cultural expressions that affect how they explain their condition. I have to learn to understand their context."(P5)*

**Sub-theme 2. Patients' Understanding of Their Condition**

Patients' lack of understanding of schizophrenia is often a challenge in helping them recognize the early symptoms of relapse. Based on the results of the study, this is illustrated through the nurses' expressions:

*"Many patients do not understand that symptoms such as sleeplessness or irritability can be signs of relapse. They tend to ignore this." (P1)*

*"I often provide education repeatedly using simple language. But the challenge is that some patients do not want to accept the fact that they have schizophrenia." (P4)*

*"Families sometimes do not support education because they themselves do not understand or are embarrassed by the stigma of schizophrenia."(P5)*

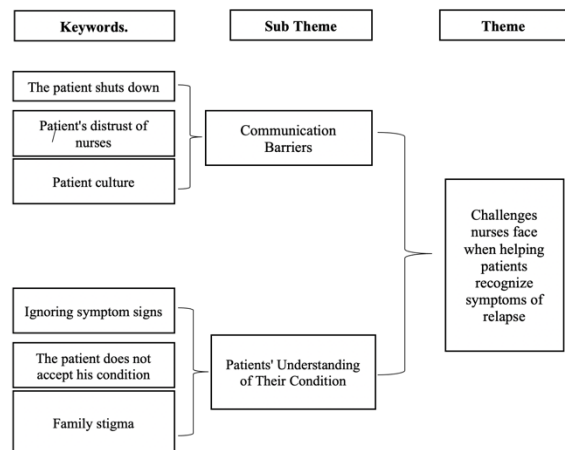
**Theme 2. Challenges nurses face when helping patients recognize relapse symptoms**

**Sub Theme 1. Barriers in Communication**

Communication barriers often occur because patients find it difficult to express experiences or understand messages from nurses. Based on the results of the study, this is illustrated through the nurse's expression:

*"Some patients tend to shut down"(P2), "They don't want to talk about their feelings or experiences"(P3), "This makes it difficult for me to get information."(P5)*

*"I try to create a comfortable and non-judgmental environment"(P3), "However,*



**Figure 2.** Theme: Challenges nurses face when helping patients recognizing symptoms of relapse

**Theme 3. Methods used by nurses in practicing patients' problem-solving skills**

**Sub-theme 1. Education Approach**

Based on the results of the study, nurses provide education in a structured manner to increase patients' understanding of the importance of problem-solving skills, which is illustrated by the expression

*"I start by explaining to patients what the problem is and how they can deal with it. Education is given using real-life examples that they often experience, such as how to resolve conflicts with family." (P4)*

*"I use simple language and repeat the information several times. In addition, I also provide written or visual materials, such as posters or diagrams, to help them understand better." (P5)*

*"No, the patient's family is also involved so that they can help the patient apply this method at home."(P6)*

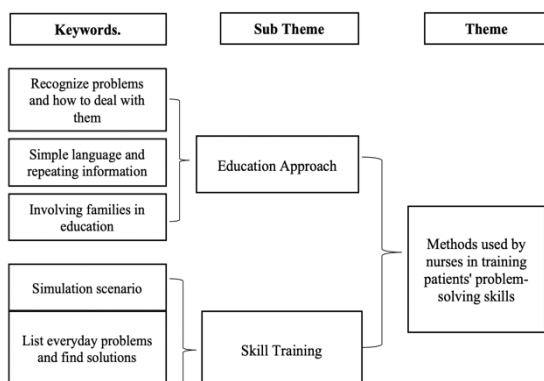
**Sub Theme 2. Skill Practice**

Based on the results of the study, nurses taught patients through simulation exercises and hands-on practice to strengthen their problem-solving skills. The following is an excerpt of the nurses' answers:

*"I use simulated scenarios. For example, we pretend to be someone challenging the patient, and they have to think of ways to respond." (P2)*

*"I encourage them to make a list of everyday problems and together find solutions. This helps them learn to think systematically." (P4)*

*"Not always. It takes time and repetition, but I keep assisting until they feel more confident." (P5)*



**Figure 3.** Theme: Methods used by nurses in training patient problem solving ability

**Theme 4. Factors affecting medication adherence**

**Sub Theme 1. Patient Motivation**

Based on the results of the study, nurses revealed that patient motivation is an important factor influencing the level of adherence to treatment. The following is an excerpt of the nurses' answers:

*"Most patients are motivated because they want to get better or reduce symptoms. When they feel the medicine helps, they are more likely to comply." (P1)*

*"The challenge is that some patients feel hopeless. They think their condition won't improve, so it's difficult to build up their will to continue taking their medication." (P4)*

*"I provide education about the importance of treatment and give examples of other patients who manage their condition well."(P5)*

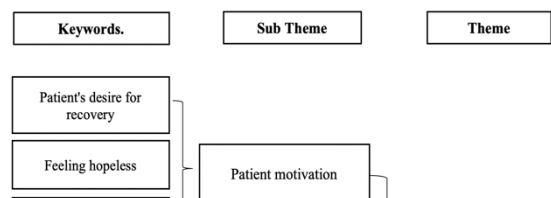
**Sub Theme 2. Social Support**

Based on the results of the study, nurses revealed that support from family and the surrounding environment also plays a major role in patient compliance. This was obtained through the nurse's expression:

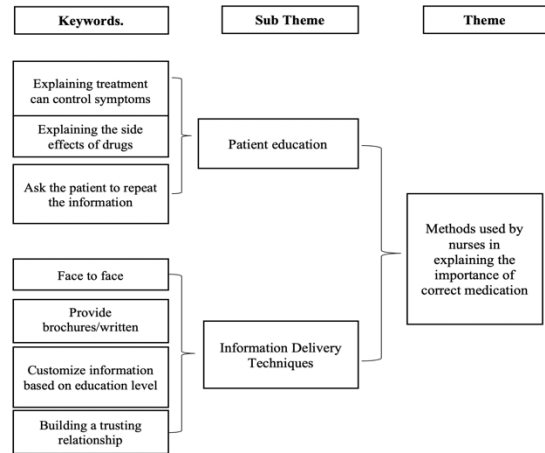
*"A supportive family, such as reminding patients to take their medication, is very helpful for patients to remain compliant." (P2)*

*"Sometimes families do not understand the importance of treatment. Some also give up because they feel caring for the patient is too difficult." (P4)*

*"I hold family education sessions to explain their role in the patient's recovery. I also encourage them to be patient and supportive."(P5)*



*"Sometimes the patient does not focus on listening or does not fully trust the treatment. In these cases, I try to build a closer relationship first."(P6)*



**Figure 4.** Theme: Factors affecting medication adherence

**Figure 5.** Theme: Methods used by nurses in explaining the importance of correct medication

**Theme 5. Methods used by nurses in explaining the importance of correct treatment**

**Sub-theme 1. Patient Education**

Based on the results of the study, nurses revealed that patient education is the main step in helping patients understand the importance of correct treatment. This was obtained through the nurse's expression:

*"I explained that treatment helps control symptoms and prevent relapse. I gave real-life examples of patients who were successful with therapy."(P1)*

*"I explain how the medicine works, possible side effects, and what to do if they feel uncomfortable after taking the medicine."(P3)*

*"I ask them to repeat the information we conveyed. If they are still confused, I explain it again in a simpler way."(P6)*

**Sub-theme 2. Information Delivery Techniques**

Based on the results of the study, nurses revealed that information delivery techniques play an important role in ensuring the message is well received by patients. This was obtained through the nurse's expression:

*"I use a face-to-face approach and provide brochures or written guidelines that they can read at home." (P3)*

*"I customize based on the patient's level of education and understanding. For less educated patients, I use simpler language and involve their families."(P4)*

**Theme 6. Nurses' experience in forming peer groups**

**Sub Theme 1. Group Dynamics**

Based on the results of the study, nurses revealed group dynamics to be one of the challenges and opportunities in forming *peer groups*. This was identified through nurses' expressions:

*"It was difficult at first because the patient had a low level of confidence and tended to withdraw. I started with small activities, such as introductions and sharing experiences."(P1)*

*"I choose group members who have similar characteristics so that they feel comfortable. In addition, I set group rules such as taking turns speaking and supporting each other." (P2)*

*"Sometimes there are patients who are too dominant in the discussion, so I have to make sure all members have a chance to speak." (P4)*

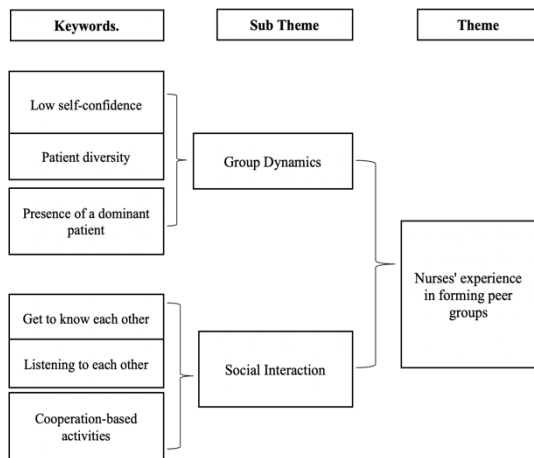
**Sub Theme 2. Social Interaction**

Based on the results of the study, nurses revealed that social interaction in peer groups helps patients learn communication skills and increase self-confidence. This was identified through nurses' expressions:

*"It was awkward at first, but with regular activities, patients began to get to know each other and feel comfortable sharing their stories."*(P1)

*"They learned to listen and support each other. There are even patients who start reminding other members to take their medication regularly."*(P5)

*"I provide cooperation-based activities, such as simple case discussions or games that involve communication."*(P6)



**Figure 6.** Theme: Nurses' experiences in establish peer groups

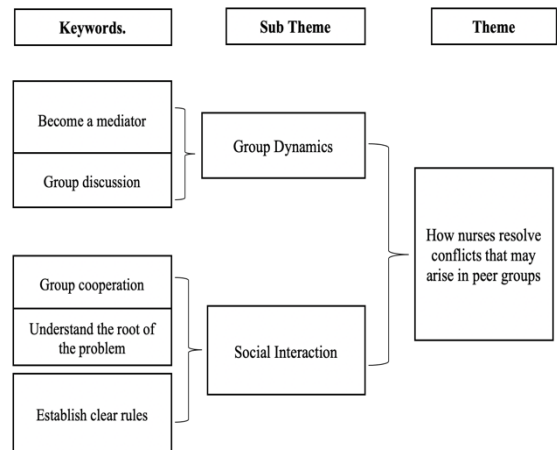
**Sub Theme 2. Social Interaction**

Based on the results of the study, nurses revealed that social interaction in *peer* groups is often a challenge in maintaining group harmony. This was identified through nurses' expressions:

*"I organize cooperative activities, such as group games or light discussions, to build trust among members."* (P2)

*"I pay special attention to the member and try to understand the root of the problem, both individually and as a group."*(P3)

*"I set clear rules from the start, such as listening to each other and not interrupting. We also model respect in every interaction."*(P5)



**Figure 7.** Theme: How nurses deal with conflicts that may arise in a peer group

**Theme 7. How nurses resolve conflicts that may arise in peer groups**

**Sub Theme 1. Group Dynamics**

Based on the results of the study, nurses revealed that group dynamics often lead to conflict between members. This was identified through the nurse's expression:

*"When there is a conflict, I try to be a mediator. We listen to both sides and find a solution together."* (P2)

*"Usually, conflicts occur due to differences in opinion or the attitude of one member who is too dominant in the discussion."* (P5)

*"The first step is to calm the atmosphere and make sure no member feels intimidated. After that, we hold a group discussion to solve the problem."*(P6)

**Theme 8. Nurses' experience of patient empowerment**

**Sub Theme 1. Patient's Active Role in Recovery**

Based on the results of the study, nurses revealed that patient empowerment encourages active involvement in the recovery process, which can increase motivation and self-confidence. This was identified through nurses' expressions:

*"When patients are given the opportunity to make decisions in their care, they become more confident and feel valued. For example, I involve them in setting their medication schedule or planning their daily activities."* (P2)

*"I start by educating them about their condition, so that they understand the*

importance of care and treatment. This understanding becomes the basis for their active involvement." (P3)

"Success can be seen from changes in patients' attitudes, such as starting to remind themselves to take their medication or actively participating in group discussions."(P6)

**Sub Theme 2. Challenges in Empowerment**

Based on the results of the study, nurses revealed that in addition to the positive impact, there are several obstacles in empowering patients. These were identified through nurses' expressions:

"Some patients initially find it difficult to believe in themselves because they feel inadequate. In such cases, I provide extra support, such as intensive mentoring." (P3)

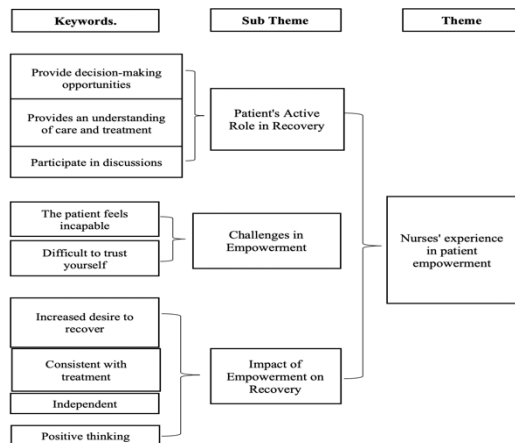
"I use a stepwise approach, starting from small tasks that patients can do easily to bigger challenges according to their development."(P6)

**Sub Theme 3. Impact of Empowerment on Recovery**

Based on the research results, nurses revealed that patient empowerment has a significant impact on the recovery process. This was identified through nurses' expressions:

"Patients who felt empowered showed an increase in motivation and desire to recover. They were also more consistent in following the treatment plan." (P4)

"They become more independent and have a more positive outlook on their future."(P5)



**Figure 8.** Theme: Nurses' experiences of patient empowerment

**Theme 9. Nurses' efforts to encourage patient participation in the recovery process**

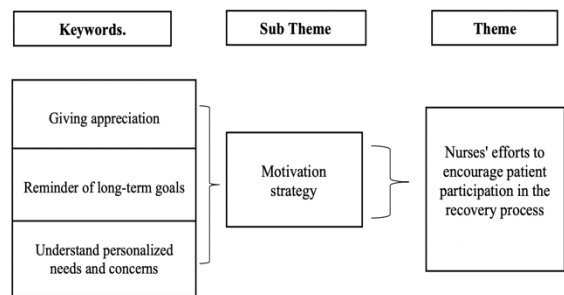
**Sub Theme: Motivation Strategies**

Based on the results of the study, nurses revealed that patient **participation** in the recovery process was strongly influenced by the motivational approach taken by nurses, including the provision of emotional support and individual strategizing. This was identified through nurses' expressions:

"I often give small appreciation whenever patients show effort, such as attending therapy sessions or participating in group activities. This makes them feel appreciated." (P3)

"I always remind them of their long-term goals, such as being able to live independently or return to work. This helps them stay focused and motivated despite the challenges."(P5)

"I try to understand their needs and concerns on a personal level. For example, if a patient is afraid of failure, I give real-life examples of other patients who have successfully gone through similar situations."(P6)



**Figure 9.** Theme: Nurses' efforts to encourage patient participation in the recovery process

**Theme 10. The role of family in supporting recovery**

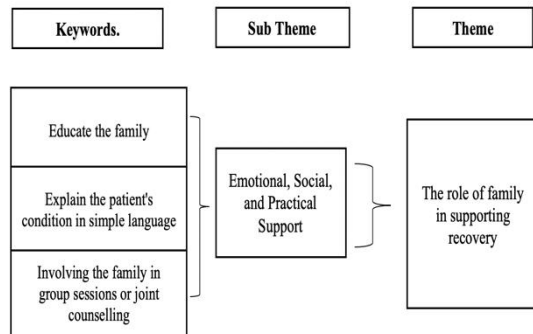
**Sub Themes: Emotional, Social, and Practical Support**

Based on the results of the study, nurses revealed that families play an important role in providing emotional, social, and practical support during the patient's recovery process. This was identified through the nurse's expression

*"I involve the family by educating them about the signs of relapse, the importance of treatment, and how to support the patient emotionally."(P2)*

*"I usually explain the patient's condition using simple language. For example, I describe how daily routines can help the patient's stability." (P4)*

*"I invite families to attend group sessions or counseling together, so that they feel part of the recovery process."(P6)*



**Figure 10.** Theme: The role of family in supporting recovery

## DISCUSSION

### Nurses' Experiences in Helping Patients Identify Relapse Symptoms

In the context of schizophrenia patient care, nurses' experience in helping patients identify relapse symptoms is crucial. Research shows that the function of nurses is crucial in educating patients regarding the early signs of relapse, which can include behavioral changes, increased anxiety, and social withdrawal (Smith et al., 2022). Through in-depth interviews, the nurses revealed that they often use evidence-based approaches to help patients recognize these symptoms, use assessment tools such as the Positive and Negative Symptom Rating Scale (PANSS) to help patients understand their condition better (Vitiello, 2023).

In their experience, nurses often find that patients are not always aware of the changes taking place

in them. Therefore, nurses need to build strong and trusting relationships with patients. Research by McInnes et al. (2023) showed that a good therapeutic relationship can increase patients' awareness of their symptoms (McInnes et al., 2019). Nurses also reported that they use effective communication techniques to help patients identify symptoms of relapse. This not only helps patients to be more open, but also provides nurses with the necessary information to identify potential relapses (Crivelli et al., 2024; Engel et al., 2023)

Lower relapse rates can result from nurses' implementation of relapse prevention treatments, which can greatly improve patients' and caregivers' capacity to identify and address early warning indicators (Sabra et al., 2022). This suggests that nurses' experience and skills in educating patients greatly influence treatment outcomes. In order for nurses to perform this function efficiently, it is crucial that healthcare facilities give them the necessary training. The nurse assisted the patient in identifying early indicators and creating a plan of action by using a methodical approach.

### Challenges Nurses Face When Helping Patients Recognize Relapse Symptoms

Although nurses play an important role in helping patients recognize relapse symptoms, they often face various challenges. One of the main challenges identified in this study is the stigma attached to mental illness, which can prevent patients from opening up about their symptoms (McKenzie et al., 2022; Votruba et al., 2020). Nurses reported that this stigma comes not only from society, but also from within the patients themselves, who feel embarrassed or afraid to talk about their condition (Rezayat et al., 2019).

In addition to stigma, nurses also face challenges in terms of limited time and resources. Psychiatric nurses face significant time constraints, spending limited time in direct patient care and frequently experiencing interruptions during medication administration (Glantz et al., 2019). This lack of time can hinder the development of therapeutic relationships with patients, particularly those with schizophrenia (Harris et al., 2019). Research shows that nurses who have more time to interact with patients can be more effective in educating them (Sun et al., 2024).

Another challenge nurses face is resistance from the patients themselves. Some patients may feel skeptical of the treatment approaches offered or not believe that they can manage their symptoms (Freeman et al., 2019). Nurses can foster trust through effective communication, demonstrating caring and competence, and creating a welcoming environment (Greene et al., 2021; Greene et al., 2021). Trust-building strategies include active listening, showing compassion, and sharing personal experiences (Greene et al., 2023; Shanahan et al., 2021).

Research indicates that building patient trust is crucial for effective healthcare delivery and patient outcomes. Nurses play a vital role in establishing trust, particularly during transitions in care (Gabay et al., 2020). Therefore, it is important for nurses to develop adaptive and creative communication skills.

#### **Methods Nurses Use in Training Patients' Problem-Solving Skills**

Problem-solving skills training methods are an important part of recovery nursing care. In this study, nurses reported that they used a variety of approaches to train patients in addressing issues related to their mental health. One of the most common methods is the use of role-playing techniques, such as psychodrama, can enhance recovery and help patients practice dealing with challenging situations (Miller et al., 2021).

Nurses also often use cognitive-behavioral approaches to help patients identify negative thought patterns that may trigger relapse symptoms. Research shows that CBT-based interventions can improve problem-solving skills and reduce anxiety levels in schizophrenia patients (Guaiana et al., 2022). In interviews, some nurses stated that they combine these techniques with education about relapse symptoms, so that patients can understand the relationship between their thoughts, feelings, and behaviors.

By providing individualized care and facilitating collaborative decision-making, nurses are essential in helping patients with schizophrenia recover. Research shows that involving patients in care planning enhances their sense of responsibility and motivation (Kurniawan et al., 2021; Wesseldijk et al., 2021). In patients with schizophrenia, personalized nursing based on

quantitative evaluation techniques has been shown to enhance symptoms, treatment compliance, and quality of life (Tang et al., 2022).

Group interventions for patients with various health conditions have shown promising results in improving social skills, reducing isolation, and enhancing coping mechanisms. Studies have demonstrated that sharing experiences in group settings facilitates learning and self-management (Lindblad et al., 2020), while also improving self-control, problem-solving, and social confidence (Barrera et al., 2021). Group activity therapy has been effective in enhancing social interaction skills among patients with social isolation (Suhanda et al., 2022).

#### **Methods Used by Nurses in Explaining the Importance of Correct Treatment**

Nurses have an important responsibility in explaining to patients the importance of proper medication. In this study, nurses reported that they used various methods to effectively convey this information. One of the most common methods is the use of educational materials, such as brochures and videos, designed to explain the benefits of treatment and the consequences of non-adherence (Nusbaum et al., 2019).

Research indicates that effective nurse-patient communication is crucial for medication management and patient care. Nurses play a key role in facilitating dialogue, encouraging patient involvement, and providing information about medications (Bullington et al., 2019; Mortelmans et al., 2023). This approach can reduce patient anxiety and improve understanding of treatment (Pratiwi et al., 2021). Nurses' ability to assess patients' health status and treatment appropriateness is enhanced through quality communication (Meizyte et al., 2022).

Nurses also reported that they use positive reinforcement techniques to encourage adherence. For example, they give praise to patients who successfully follow their treatment plan, which can increase patients' motivation to continue doing so (Simpson et al., 2019). This suggests that recognition of patients' efforts can contribute to treatment success. In some cases, nurses also involve family members in the education process. By involving families, nurses can create stronger support for patients, which in turn can improve adherence to treatment

(Alcindor et al., 2021). This is important because social support can be a determining factor in successful treatment.

### **Nurses' Experience in Forming Peer Groups**

When it comes to helping individuals with schizophrenia develop peer groups, nurses are crucial. These groups aim to provide the social and emotional support necessary for recovery. Peer support groups facilitated by nurses can promote social connectedness and friendship-building (Getty et al., 2019). These groups offer service users informational, emotional, and assessment support (Chien et al., 2019).

Creating peer groups presents additional difficulties for nurses, such as opposition from patients who are too hesitant or scared to talk about their experiences. In a study by Jo et al. (2023), it was found that nurses need to use sensitive and empathic approaches to encourage participation (Jo et al., 2023). One successful strategy was to start the discussion with more general topics before addressing more personal issues. This makes it easier for patients to share in a secure and welcoming environment (Benzon et al., 2024). In one case, a nurse successfully changed the group dynamic by introducing a fun ice-breaking activity, which made patients feel more engaged (Bennett et al., 2023).

Nurses' experience in establishing peer groups also includes managing group dynamics. Nurses must be able to recognize and handle conflicts that may arise among group members (Jo et al., 2023). In a study by Bhat et al. (2020), it was explained that nurses trained in conflict mediation can help maintain group harmony and ensure that all voices are heard (Bhat et al., 2020).

Overall, nurses' experience in forming peer groups is a key component in recovery nursing care for schizophrenia patients. Through the formation of these groups, nurses not only assist patients in the recovery process, but also create a supportive and inclusive environment. With the right approach, peer groups can be a very effective tool in preventing relapse in schizophrenia patients.

### **Nurses' Experience in Empowering Patients**

Empowering patients is one of the important components of recovery nursing care. Nurses

have a responsibility to help patients develop the skills and confidence necessary to manage their condition. The relationship between personal recovery and global function is totally mediated by empowerment (Lee et al., 2021; Liu et al., 2020). Empowerment programs can significantly boost recovery and reduce helplessness among schizophrenia patients (Mohamed et al., 2024). One way nurses empower patients is by providing accurate and relevant information about their condition. Providing accurate information about the condition is a key aspect of this empowerment (Harris et al., 2019). With better knowledge, patients can make better decisions regarding their health, which is an important step in the recovery process.

Nurses can also empower patients by encouraging them to set personal recovery goals. Empowerment-based interventions have shown significant improvements in personal confidence, goal-setting, and symptom reduction (Paul et al., 2020). In practice, nurses can help patients formulate realistic and measurable goals, and provide the necessary support to achieve them.

### **CONCLUSION**

The results of the study showed that nurses play a very important role in supporting schizophrenia patients in their recovery process. Through empathetic interactions and emotional support, nurses can help patients understand their condition and manage possible symptoms. The study also revealed that recovery-focused care strategies, such as health education, coping skills development, and community support, are very effective in reducing relapse rates.

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