

# PSYCHIATRIC NURSING

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MENTAL HEALTH – balance in a persons internal life and adaptation to reality

- Mental ill. Health – state of imbalance characterized by a disturbance in a persons thoughts, feelings and behavior
- Poverty and abuses are major risk factors
- Psychiatric nursing – interpersonal process whereby the professional nurse practitioner ,through the therapeutic use of self(art) and nursing theories (science), assist clients to achieve psychosocial well being.
- Core of psych nursing – interpersonal process – human to human relationship(both for mentally healthy and ill)
- Mental hygiene – measures to promote mental health , prevent mental illness and suffering and facilitate rehabilitation.....(and if necessary find meaning in these experiences)
- Main tool – therapeutic use of self
- It requires self-awareness
- Methods to increase self-awareness:
  - Introspection ,Discussion, Experience, Role play

### Neurosis

- any long term mental or behavioral d/o in which contact with reality is retained the condition is recognized by the patient as abnormal. Essentially features anxiety or behavior exaggerated designed to avoid anxiety
- ( anxiety d/o ; hysteria to conversion d/o,amnesia,fugue,multiple personality and depersonalization- dissociative d/o ,oc d/o)
- Result of inappropriate early programming(psychoanalysis little value)
- Benefits from Behavior Therapy

### Psychosis

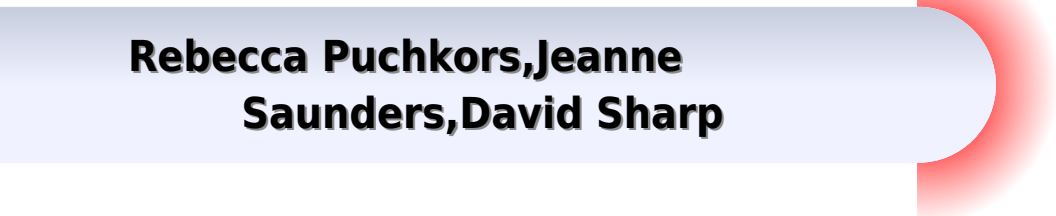
- Mental or behavioral disorder wherein patient loses contact with reality
- Presence of delusions, hallucinations,severe thought disturbances,alteration of mood, poverty of thought and abnormal behavior
- (schizophrenia , major disorder of affect ( mania – depression), major paranoid states and organic mental disorder
- Benefits from psychoanalysis and antipsychotics

## Common Behavioral Signs and Symptoms

- Disturbances in perception
  - ✓ Illusion- misinterpretation of an actual external stimuli
  - ✓ Hallucinations – false sensory perception in the absence of external stimuli
- Disturbances in thinking and speech
  - ✓ neologism – coining of words that people do not understand
  - ✓ Circumstantiality – over inclusion of inappropriate thoughts and details
  - ✓ Word salad – incoherent mixture of words and phrases with no logical sequence
  - ✓ Verbigeration – meaningless repetition of words and phrases
  - ✓ Perseveration – persistence of a response to a previous question
  - ✓ Echolalia – pathological repetition of words of others
  - ✓ Aphasia – speech difficulty and disturbance
    - ✓ Expressive , receptive or global
  - ✓ Flight of ideas- shifting of one topic from one subject to another in a somewhat related way

# Nursenotes Psychiatric Mental Health Nursing

**Rebecca Puchkors, Jeanne  
Saunders, David Sharp**



## **Nursenotes Psychiatric Mental Health Nursing:**

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offers unparalleled insights into the human side of mental illness It enables readers to empathize with psychiatric patients and treat them with dignity and understanding A unique holistic approach prepares readers to care for all of their patients needs physical psychological social and spiritual This second edition contains new one of a kind appendices on patient family teaching and spiritual interventions clinical practice guidelines for home care testimonials from mental health nurses in a full range of settings new full color brain scan images that depict visible differences in the brains of patients with certain mental illnesses and much more

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MS, 1996-10-01 This text offers mental health nursing students supplementary reading and provides an overview of the

subject including life cycle and development framework health assessment health teaching pathophysiology nutrition

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Developmental Stages Freud s Stages of Psychosexual Development and Piaget s Stages of Cognitive Development

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mental health provides you with an uncomplicated way to understand the often intimidating subject of psychiatric nursing

Inside you ll find two themes of psychiatric mental health nursing the How of Communication and the Why of Evidence You

will also find easy to understand explanations of the research that applies to psychiatric nursing issues and how to incorporate this evidence into everyday care

**Psychiatric-Mental Health Nursing** Rebecca Puchkors, Jeanne Saunders, David Sharp, 2024-06-06 Psychiatric Mental Health Nursing is designed to support a one semester psychiatric mental health nursing course offered at both two year and four year institutions Serving students specializing in psychiatric nursing and those from other health disciplines this learning resource integrates evidence based practices with practical strategies for communication readying students to build therapeutic relationships with patients and caregivers Psychiatric Mental Health Nursing uses a logical thematic organization that breaks content down into manageable sections Each unit is designed to foster a deep understanding of the biological psychological and social dimensions of mental health The content helps students make meaningful connections between various psychiatric conditions and the corresponding nursing approaches By focusing on tailored psychiatric interventions and emphasizing patient centered approaches Psychiatric Mental Health Nursing equips students with the knowledge and skills necessary to navigate diverse mental health settings This is an adaptation of Psychiatric Mental Health Nursing by OpenStax You can access the textbook as pdf for free at openstax.org Minor editorial changes were made to ensure a better ebook reading experience This is an open educational resources OER textbook for university and college students Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License

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