Course   : B.Sc. Nursing

Subject   : Mental Health Nursing

Unit   : I – Introduction

Topic   : Perspectives:Historical

Development and
Current Trends in Mental
Health Nursing

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Objectives:

At the end of the class the students will be able to:

➤ define mental health, illness and psychiatric nursing.
➤ explain the evolutionary changes in care of mentally ill patients from 14th to 20th century.
➤ list out the some important milestones of psychiatric/mental health nursing history.
➤ enlist the development of psychiatric/ mental health nursing in India.
➤ briefly describe the trends in psychiatric/ mental health nursing.

Introduction

History of History :

The word 'History derived from both Latin and Greek languages(historia) which means 'inquiry', 'knowledge from inquiry' or 'judge'.

Although the concept of caring for the sick, 'nurturing' or 'nursing' existed since time immemorial, the mentally ill were tortured, persecuted, ridiculed, neglected and shunned. Untrained people controlled (not cared) the mentally ill patients.

Mental Health:

A state of well being in which an individual realizes his or her own abilities and can cope up with the normal stressors of life , can work productively and is able to make a contribution towards his or her community.

(WHO)

Mental Illness :

Mental and behavioural disorders are understood as clinically significant conditions characterized by alterations in thinking, mood (emotions)or behaviour associated with the personal distress and/ impaired functioning.

(WHO,2001)

Psychiatric nursing definition:

it is a specialized area of nursing practice, employing theories of human behaviour as it is a science, and the purposeful use of self as it is an art, in the diagnosis and treatment of human responses to actual or potential mental health problems.

(ANA – 1994).

Definition Cont'd

Thus psychiatric nursing deals with the promotion of mental health, prevention of mental illness, care and rehabilitation of mentally ill individuals both in hospital and community.

Evolution of mental Health

Period of persecution (1552 BC – 1400 AD)

Earlier, treatment of mentally ill depended on men's various superstitious beliefs. Patients with mental illness were avoided, thrown out of society and beaten up by people. Since nobody was allowed to interact with them, it was felt that nursing care was not needed.

Continued

Egyptians, chinese and Greeks believed that the mental illness was caused by demons.

They were treated by exocrism (prayer, Noise making).

Hippocrates stressed that brain pathology led to mental illness and recommended marriage for mental illness.

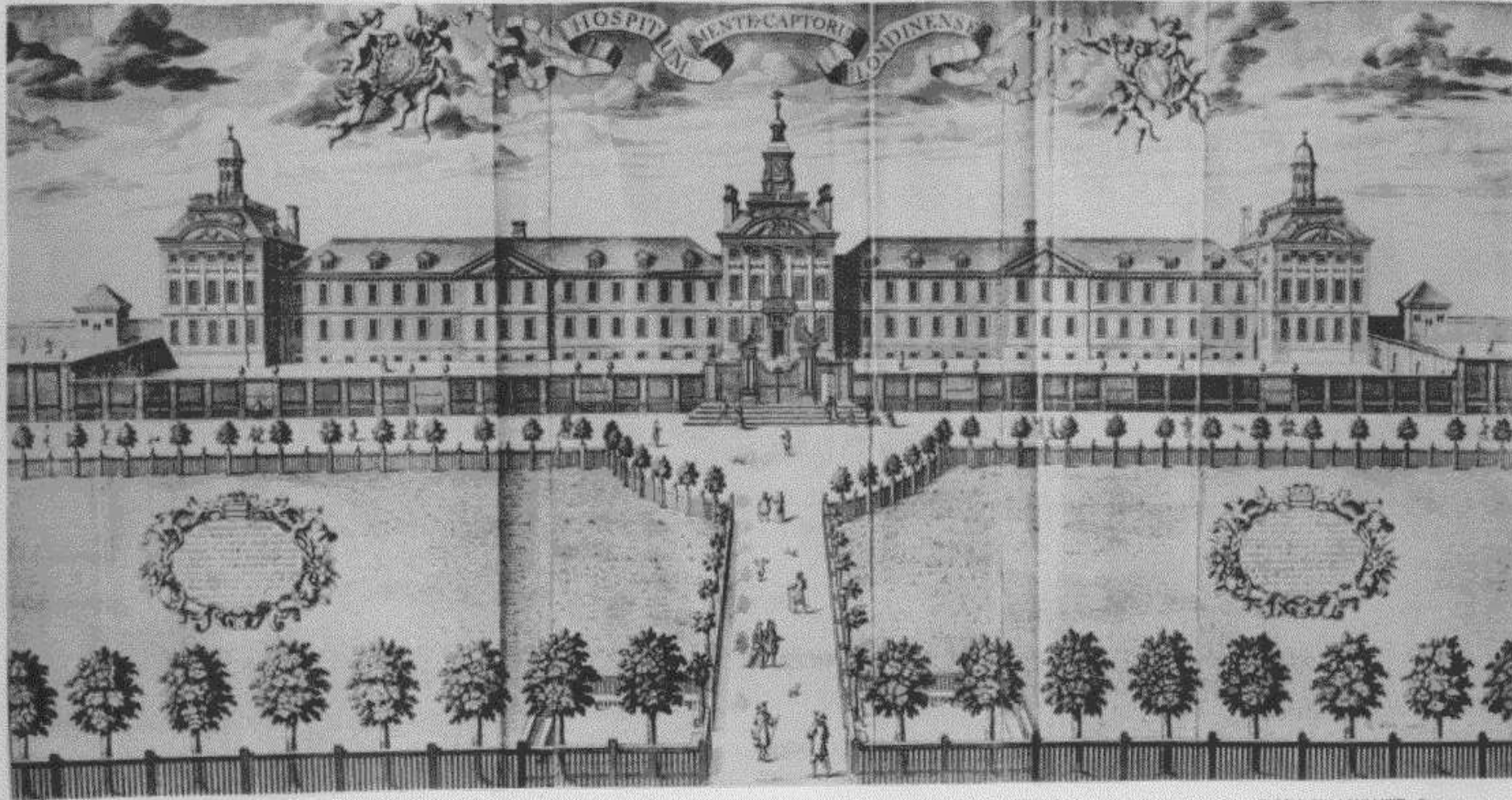Gradually Man began the quest for scientific knowledge and the truth.

Mentally ill are chained in Somalia

Period of segregation :
(1545 AD – 1800 AD)

To prevent the mentally ill patients from straying into streets they were kept separately in asylums. In England they were kept in Bethlam asylum for the first time. However the living condition was not suitable for the patients. The aim was to segregate patients from general public.

Bethlehem Hospital,'Bedlem'

BEDLAM HOSPITAL, MOORFIELDS, LONDON, ENGRAVED BY ROBERT WHITE. PLATES BY WHITE WERE APPROVED BY THE COURT OF GOVERNORS IN AUGUST 1677
By Permission of the Guildhall Library

Humanitarian period: (1745 AD – 1826AD)

Philippe Pinel in France and William Tuke in England opened the chains of mentally ill, paving the way for humanitarian care. Atlast total care was provided to the patients without restraints or chains. In 1773, in the U.S. mental patients were admitted to Pennsylvania Hospital. No specially trained nurses, only General nurses took care of the patients.

"Pinel Removing the Shackles"

Beginning of Scientific Attitude: (1796 –1878 AD)

Gradually insanity was regarded as an illness.

Sigmund Freud (1856 – 1939)founder of psycho analysis believed in hypnotism for easing psychic tension.

Emile krapelin (1856 – 1926) classified the mental illness.

Continued

First Florance Nightingale School was opened at St. Thomas Hospital in London.

In 1873, Linda Richards the first psychiatric nurse was graduated from England.

In 1956, an integral basic psychiatric nursing concept was introduced in General nursing programme.

Period of prevention: (1885 – 1960 AD)

In the 20th century, psychological clinics for problem children were established.

In 1950, the National association of mental health was formed.

In 1950, Paplau's theory provided a framework for practicing psychiatric nursing.

In 1960, first the first worldwide mental health year was celebrated.

Continued

In 1960, first Doctoral programme in psychiatric nursing was started in Boston.

The role of psychiatric nursing was widened in caring mentally ill patients with Maxwell Jone's concept of Therapeutic Community.

In 1963, Journal of psychiatric nursing and Mental health services was published.

Some Important milestones

1773, The first mental hospital in US was built in Williamsburg, Virginia.

1793, Phillip pinel unchained the mentally ill patients.

1812, The first American text book in Psychiatry was written by Benjamin Rush.(Father of American Psychiatry).

1912, The Indian Lunacy Act was passed.

Continued

1927, Insulin shock treatment was introduced for Schizophrenia.

1946, Bhore Committee established an All India Institute of Mental Health at Bangalore.(currently known as NIMHANS).

1956, One year post certificate course in psychiatric nursing was started at NIMHANS, Bangalore.

Continued

1965, The Indian Nursing Council included Psychiatric Nursing as a compulsory course in B.Sc Nursing Programme.

1975, Psychiatric Nursing was offered as an elective subject in M.Sc. Nursing at RAK College, New Delhi.

1986, INC made psychiatric Nursing a component of DGNM course.

Development of psychiatric Nursing in India

psychiatric patients were considered as sinners and family members treated them by branding, dipping in cold water, secluding them with chains, leaving in the Temple etc. Shamans, Priests were the treating personnels. Even today this practice continues in some parts of India

Mental Hospitals as they exist today in India were entirely a British Concept.

Continued

In 1787, First Mental Hospital was constructed at Calcutta, primarily for the custodial care.

In 1918, the Britishers had constructed a European Mental Hospital at Ranchi. (currently Jharkand's Capital).

In 1925, Indian Mental Hospital was established exclusively for Indians at Ranchi.

Continued

During 1950's based on Bhore Committee's (1948)recommendations four more Mental hospitals started.

The Indian Government sent four Indian nurses to UK for diploma course in psychiatric nursing.

Four to six weeks orientation course started at NIMHANS, later converted this duration to one year.

Continued

In 1962, Mysore government offered psychiatric Nursing for Male Nurses instead of Midwifery.

In 1967,TNAI formed a separate committee for psychiatric nursing for further development.

In 1976, RAK College of Nursing, New Delhi offered a Psychiatric Nursing at Masters Level.

In 1991, "Indian Society of Psychiatric Nurses" was established at NIMHANS.

Current trends in Psychiatric Nursing

A psychiatric nurse faces various challenges because of changes in inpatient care approach.

Trends in Health care:

❖ Increased mental health problems.

❖ Provision for quality and comprehensive services.

❖ Multi disciplinary team approach.

❖ Care is provided in alternative settimgs.

Trends continued

Economic Issues:

➤ Industrialization

➤ Urbanization

➤ Raised standard of living

Changes in illness orientation:

Prevention (modification of style), specific to holistic, quantity of care to quality of care.

Trends continued

Changes in care delivery:

Care delivery is shifted from institutional services to community services, genetic services to counselling services, nurse patient relationship to nurse patient partnership.

Deinstitutionalization:

Bringing mental health patients out of the hospital and shifting the nursing care at community level.

Trends continued

Information Technology:

➢ Telenursing

➢ Telemedicine

➢ Mass media

➢ Electronic systems

➢ Nursing informatics

Trends continued

➢ Create awareness to the health team members in community for early detection and treatment of mental illness as well as proper utilization of available psychiatric Hospitals.

➢ Patients are health care consumers demanding quality health care services at affordable cost with less restrictive and more human rates.

Trends in Role of psychiatric Nurse

- ✓ Primary mental health nursing
- ✓ Collaborative psychiatric nursing practice
- ✓ Registered psychiatric Nurse (RPN).
- ✓ Clinical nurse specialist (CNS).
- ✓ Case Management
- ✓ Nurse Psychotherapist
- ✓ Psychosocial rehabilitation nursing

Continued

- ✓ Child psychiatric nursing
- ✓ Gerontological and Geriatric nursing
- ✓ Deaddiction nursing
- ✓ Neuropsychiatric nursing
- ✓ Community mental health nursing
- ✓ Advanced practiced roles.

Research in Psychiatry

Commencement of publication of first journal dedicated to mental health, The "Indian Journal of Neurology and Psychiatry" in 1949.

The Indian Journal of Psychiatry started in 1958 and has now completed 50 golden years of continuous enrichment in the field of psychiatry in India.

The journal got indexed in National Library of Medicine, the Catalogue of Index Medicus as the present review has been written in 2009.

Continued

 Psychoanalytically oriented literature and theoretical texts dominated the research literature from 1947 to 1960.

During the second phase of psychiatric research (1960- 1972),distinctive trend emerged as research publications moved from individual psychopathology to the interface between the individual and society and group behaviour.

Continued

The year 1980 saw a fresh surge in mental health research programmes as many projects were started in various parts of the country in collaboration with Indian Council of Medical Research and World Health Organization (WHO).

The researchers in last two decades have matured, and studies on diverse subjects including mental health in children, have been published.

Summary

Today we have discussed regarding the historical development of mental health nursing at different levels, specially the five historical Era's such as period of persecution, segregation, humanitarian period, scientific attitude and the period of prevention, followed by this we have discussed about development of psychiatric nursing in Indian context and the trends of mental health nursing.

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"Mental illness is nothing to be ashamed of, but stigma and bias shame us all," – Bill Clinton.

THANK YOU