

# **B.SC (NURSING)**

## **MENTAL HEALTH NURSING**

**UNIT II : PRINCIPLES AND CONCEPTS OF MENTAL HEALTH NURSING**

**TOPIC : CONCEPTUAL MODELS & THE ROLE OF NURSE**

- PREPARED BY
- MS.SUNDARI
  - TUTOR
  - ICON

# OBJECTIVES

At the end of the class the student will be able to

1. Define conceptual model
2. List the characteristics of model
3. Explain the conceptual models in mental health nursing.

# INTRODUCTION

A model is a means of organizing a complex body of knowledge or a model in many respect defines, the field of inquiry, identifying the problems to be studied and methods for research.

# OBJECTIVES

- ❖ Explains reasons for human behavior.
- ❖ Explains about therapeutic treatment and strategies.
- ❖ Explains the role of patient and therapist.
- ❖ It organizes the gathered data.
- ❖ It evaluate the effectiveness of care.
- ❖ It facilitates research into human being.

# DEFINITION

- Concepts are mental formulations of an object or event which will come from an individual perceptual experience, eg. Ideas, mental images, etc. which describes phenomena.

(KP Neeraja).

- A conceptual framework is a group of concepts that are linked together to provide a way of organizing or viewing something.

(Frisch.N.C)

# CHARACTERISTICS

- Models are symbolic depiction of reality. Use symbols or diagrams to represent an idea.
- Attempt to describe, explain, and sometimes predict the relationships among phenomena.
- Are composed of empirical or concrete, inferential or abstract concepts.
- Provide an organized framework for nursing assessment, planning, intervention and evaluation.
- Facilitate communication among nurses and encourage a unified approach to practice, teaching, administration and research.

# OVERVIEW OF CONCEPTUAL MODELS IN MENTAL HEALTH NURSING

Conceptual model organize a complex body of knowledge i.e., human behaviour. The following models tries to explain human behavior.

- ✓ **Psychoanalytical Model**
- ✓ **Behavioral Model**
- ✓ **Interpersonal Model**
- ✓ **Medical Model**
- ✓ **Nursing Model**
- ✓ **Existential Model**



# Psychoanalytical Model

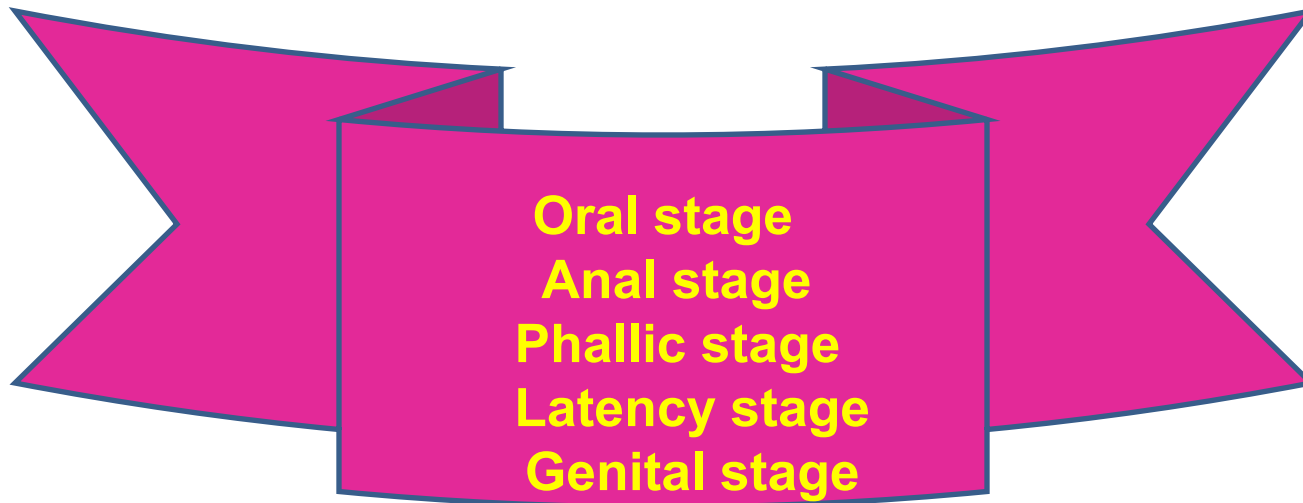
- ❑ Psychoanalytical model was first conceptualized by Sigmund Freud in the late 19th century
- ❑ Psychoanalytical model mainly focused on
  - ✓ Nature of deviant human behavior
  - ✓ Proposed a new perspective on human development.

# Psychoanalytical Model : Basic Assumptions

- ❖ All human behavior is caused and thus is capable of explanation.
- ❖ All human behavior from birth to old age is driven by an energy called libido. This will reduce the tension through the attainment of pleasure. This libido is closely associated with physiological or instinctual drives eg. Hunger, thirst, elimination and sex
- ❖ Personality of human being can be understood by 3 major segments. They are ID, EGO and superego.

- **ID** represents the most primitive structure of the human personality. ID is based on impulsive, pleasure oriented principle and disconnected with reality of mind.
- **Ego** is also called the rational self or reality principle. It represents the feeling of I concept and touch with reality and it includes logical thinking, reasoning, intelligence and also it helps to gain strength.
- **Super Ego** referred as “perfection principle” and which internalizes the values, legal and moral regulations, social expectations set forth by primary care givers.

- ❖ The human personality functions on three levels of awareness.
- ❖ They are Conscious, Preconscious and Unconscious.
- ❖ Human personality development unfolds through five innate psychosexual stages. They are



Psychoanalysis uses free association and dream analysis to reconstruct the personality as developed by Freud.

## Psychoanalytical Model: Process

- ❖ Free association is the verbalization of thoughts while they occur, with any conscious screening or censorship. It is always unconscious censorship of thoughts and impulses that threaten the ego.
- ❖ Dream analysis refers to an analysis of patients dreams, which symbolically communicate areas of intra-psychic conflicts.

# Psychoanalytical Model: Roles

## Role of patient

- ✓ Freely revealing all his thoughts, feeling & dreams.
- ✓ Patient uses free association.
- ✓ Social interaction.
- ✓ Establish IPR Role of Therapist.
- ✓ Shadow person.
- ✓ Reveals nothing personal.
- ✓ Uses dream analysis he searches for patterns in verbalizations and the areas of intra-psychic conflicts.

Cont...

## Role of Therapist

- ✓ Helps the patients to recognize intra-psychic conflicts by using interpretation.
- ✓ Therapist encourages verbalization.
- ✓ He is usually out of the patients sight.
- ✓ To ensure that non-verbal responses do not influence the patient.
- ✓ Should have some limit/boundaries.
- ✓ Conflicts are worked out through a healthier resolution.
- ✓ This releases previously invested libido for mature adult functioning.

# Behavioral Model

The contributors of behaviouristic theory are Ivan Pavlov, John Watson and B.F. Skinner. It is concerned only with observable behavior, rather than with unconscious process or the personality itself.



# Behavioral Model: Assumptions

- ❖ All behavior is learnt
- ❖ All behavior occurs in response to stimulus.
- ❖ Human being are passive organisms that can be conditioned.
- ❖ Deviation from normal behavior occur when undesirable behavior has been reinforced.

# Behavioral Model: Therapeutic approaches

- ✓ Systemic Desensitization
- ✓ Token Reinforcement
- ✓ Shaping: teaching new behaviour eg. eye contact
- ✓ Chaining: helping to perform complex task step by step.
- ✓ Prompting/Persuading
- ✓ Flooding
- ✓ Aversion Therapy
- ✓ Assertiveness and social skill training.

# Behavioral Model: Roles

## ❖ Therapist

- ✓ Helps to unlearn maladaptive behaviour.
- ✓ Use anxiety as a motivational force.
- ✓ Teach new behavior.
- ✓ Provide reinforcement.

## ❖ Patient

- ✓ Active participant
- ✓ Practice behavioral techniques
- ✓ Does homework and reinforcement exercises.

## Interpersonal Model

According to Sullivan the purpose of all behaviour is to get needs met through interpersonal interactions and decrease or avoid anxiety. He viewed anxiety as a key concept and defined it as any painful feeling or emotion arising from social insecurity or blocks to getting biological needs satisfied. Sullivan coined the term *security operation* to describe those measures that the individual employs to reduce anxiety and enhance security.

## Interpersonal Model: Assumptions

- ❖ Human beings are social beings
- ❖ Human personality is determined in the context of social interactions.
- ❖ Anxiety motivates human behaviour and helps in building the self esteem.
- ❖ Security mechanisms are used to reduce the anxiety.
- ❖ Early life experiences with parents especially mother influence development.
- ❖ Human development proceeds through infancy, childhood, juvenility, pre adolescence, early adolescence, and late adolescence

## Interpersonal Model: Role

### ❖ Patient

- ✓ Share his concerns with therapist and participate in the relationship to the best of his ability.
- ✓ Relationship making itself is the model
- ✓ As the patient matures his ability to related improves and it broadens the life experience.

### ❖ Therapist

- ✓ Therapist is a participant observer who always remain in the relation.
- ✓ Active engagement to establish trust and uncritical acceptance.

# Medical Model

- ❖ Deviant behaviour is a manifestation of a disorder of CNS.
- ❖ It suspects abnormality of brain, neurotransmitters, impulses etc.
- ❖ It focus on diagnosis and treatment based on condition.
- ❖ Environmental and social factors are also considered.
- ❖ Stress and stressors are also considered and the stress threshold is genetically determined.

## Medical Model: Role

- ✓ The psychiatrist examines the patient history, physical examination, Mental status examination.
- ✓ Collect additional data if any.
- ✓ Make diagnosis and carry out further observations of patients behavior.
- ✓ Plan the treatment such as somatic treatment such as pharmacology, ECT and other.



# Nursing Model

- ❖ It focuses on the individuals response to potential or actual health problems.
- ❖ Under the nursing model , human behavior is viewed from a holistic perspective.

# Existential Model

Unlike other models it centers on the person's present experiences rather than past ones.

❖ The major Concepts are:-

❑ **Rational emotive therapy:** people have automatic thoughts, that cause them unhappiness in certain situation. Here the patient can follow A (identify thoughts) B (blank space to be filled) C (reaction to stimuli).

❑ **Gestalt therapy:** Self awareness leads to self acceptance and responsibility for ones own thoughts and feelings. It can be motivated.

Cont...

- **Reality Therapy:** people who are unsuccessful often blame their problems on others, system, society. The people need to find their own identity through responsible behavior.

# Existential Model: Role

- ❖ **Role of Patient and Therapist:** Patient participates in meaningful experiences to learn about self. Therapists helps in this clarification. Application to Nursing: nurse works to restore the patient to a state of full life from self alienation.

# SUMMARY

Till now we have discussed about the definition, characteristics and conceptual models of mental health nursing.

# REFERENCES

- ❖ R.Sreevani “A Guide To Mental Health And Psychiatric Nursing”,(2016), 4<sup>th</sup> Edition, Jaypee Brothers Medical Publishers Pvt Ltd, New Delhi, Page No.75-83.
- ❖ Allan Tasman “Psychiatry”,(2008), 3<sup>rd</sup> Edition, Wiley& Sons Ltd,England, Page No . 103-110.
- ❖ Mary C.Townsend “Psychiatric Mental Health Nursing”(2009), 6<sup>th</sup> Edition ,F.A Davis Company, Philadelphia, Page No . 31- 45.