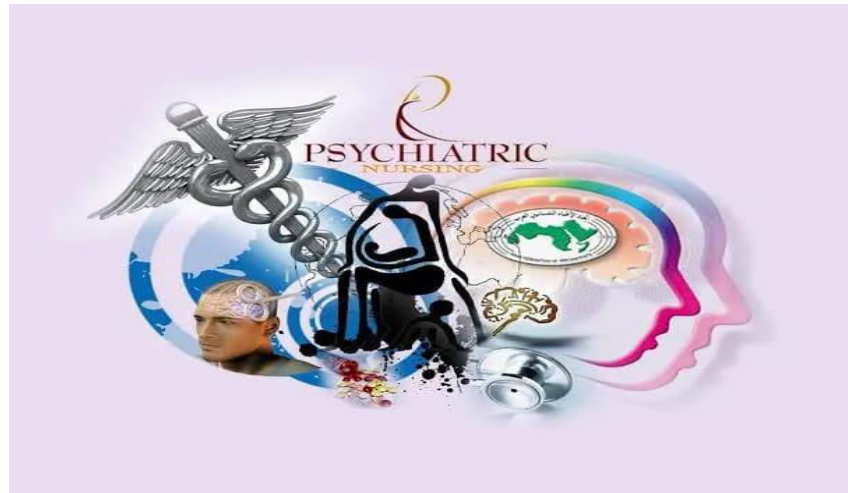


Course : BSc(N) III year
Subject name : Mental Health Nursing
Unit : I (5) - Introduction
Duration :1 Hour



- MR.HARIDASS
- LECTURER
- ICON

Topics

1. Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice,
2. Factors affecting level of mental health practice
3. Concept of Normal and Abnormal Behavior



Objectives

- define psychiatric nursing and psychiatric nurse
- describe the role of Psychiatric Nurse
- discuss the function of Psychiatric Nurse in various settings
- list down the Factors affecting level of mental health practice
- explain about normal and abnormal behavior

Definition

Definition of psychiatric nursing

A specialty within the field of nursing that provides holistic care to individuals with mental disorders or behavioural problems so as to promote their physical and psychosocial well-being.

Definition of psychiatric nurse

A nurse who works on a psychiatric ward who is trained to work with patients with mental health needs.

New Trends in Roles of a Psychiatric Nurse

- Primary Mental Health Nursing
- Collaborative Psychiatric Nursing Practice
- Registered Psychiatric Nurse (RPN)
- Clinical Nurse Specialist (CNS)
- Case Management
- Nurse Psychotherapist
- Psychiatric Nurse Educator



New Trends in Role of a Psychiatric Nurse

- Psychosocial Rehabilitation Nursing
- Child Psychiatric Nursing
- Gerontological and Geriatric Nursing
- De addiction Nursing
- Neuropsychiatric Nursing
- Community Mental Health Nursing
- Advanced Practice Roles



New Trends in Role of a Psychiatric Nurse

- **Primary Mental Health Nursing**

Psychiatric nurses are moving into the domain of primary care and working with other nurses and to diagnose and treat psychiatric illness in patients with somatic complaints.

(Cardiovascular, respiratory, and gastrointestinal and family practice settings are appropriate for assessing patients for anxiety, depression and substance abuse disorders)



New Trends in Role of a Psychiatric Nurse

- **Collaborative Psychiatric Nursing Practice**

Patients who are having difficulty being stabilized on their medications or who have co-morbid medical illnesses are seen in a psychiatric nursing clinic where nurses and physicians collaborate to provide high quality patient care



New Trends in Role of a Psychiatric Nurse

- **Registered Psychiatric Nurse (RPN)**

A Registered Psychiatric Nurse provides psychiatric mental health nursing care to individuals, families, and groups to enable them to function at an optimal level of psychological wellness through more effective adaptive behaviors and increased resilience to stress



New Trends in Role of a Psychiatric Nurse

- **Clinical Nurse Specialist (CNS)**

The Clinical Nurse Specialist provides consultative services to nursing personnel. She attends clinical teaching programs, demonstrates therapies, conducts in-service education programs, initiates and participates in curriculum revision/ changes and nursing research



New Trends in Role of a Psychiatric Nurse

- **Case Management**

A case manager coordinates care through collaboration with all involved health professionals ensuring accessibility and availability of mental health care

- **Nurse Psychotherapist**

The psychiatric nurse can take up psychotherapy roles as in individual therapy, group therapy, counseling, etc,

New Trends in Role of a Psychiatric Nurse

- **Psychiatric Nurse Educator**

The main function of psychiatric nurse educator is planning and changing the curriculum according to the needs of the society and learner.

- **Psychosocial Rehabilitation Nursing**

It is concerned with helping people with chronic mental illness to lead more independent and satisfactory lives in the community

New Trends in Role of a Psychiatric Nurse

- **Child Psychiatric Nursing**

In child psychiatric nursing the nurse identifies emotional and behavioral problems of the children and provides comprehensive care.

- **Gerontological and Geriatric Nursing**

Geriatric nursing is expanding the psychiatric nursing practice to aged people who have been affected by emotional and behavioral disorders such as dementia, chronic schizophrenia, delirium, etc

New Trends in Role of a Psychiatric Nurse

- **De addiction Nursing**

A psychiatric nurse in these units identifies psychosocial problems and maintaining factors in addicts. She also provides various therapies to the addicts and their family members.

- **Neuropsychiatric Nursing**

Psychiatric nursing practice is extended to patients who are suffering from neuropsychiatric disorders such as dementia, epilepsy, brain tumor, head injury with behavioral problems., etc

New Trends in Role of a Psychiatric Nurse

- **Community Mental Health Nursing**

Community mental health nursing is the application of knowledge of psychiatric nursing in preventing mental illness, promoting and maintaining mental health of the people.

- **Advanced Practice Roles**

These include: Nursing leadership in forensic health units, crisis intervention, risk assessment.

FUNCTIONS OF PSYCHIATRIC NURSE



FUNCTIONS OF A PSYCHIATRIC NURSE

INPATIENT PSYCHIATRIC WARD

- Assessing the client and planning nursing care.
- Provide safe nursing care
- Medical management
- Promotion of self care activities
- Assisting for somatic therapies
- Providing a safe environment, including protecting the client and others from injury



cont,,,

FUNCTIONS OF A PSYCHIATRIC NURSE

INPATIENT PSYCHIATRIC WARD

- Accurately observing & documenting the patient's behavior
- Participation in various therapies
- Delivering Psycho education
- Counseling the patient & family members
- Cooperating with other professionals in various aspects of the client's care thereby, facilitating an interdisciplinary approach to care

FUNCTIONS OF A PSYCHIATRIC NURSE

INPATIENT PSYCHIATRIC WARD

- Teaching social skills & family members
- Discharge planning and follow up care
- Supervise the work of subordinates
- Maintain ward cleanliness



FUNCTIONS OF A PSYCHIATRIC NURSE

OUT PATIENT PSYCHIATRIC UNIT

- Performing clinical assessment
- Assisting for psychometric assessment
- Assisting or providing psychotherapy or behavior therapy
- Counseling the patient & family members
- Conducting group therapy
- Delivering psycho education



FUNCTIONS OF A PSYCHIATRIC NURSE

ECT TREATMENT SETTING

- Teaching the patient prior to ECT treatment
- Preparing the patient for ECT
- Providing care during the procedure
- Assisting with post treatment
- Providing reassurance to reduce anxiety
- Delivering psycho education regarding ECT



FUNCTIONS OF A PSYCHIATRIC NURSE

PSYCHOTHERAPY UNIT

- Establishing a therapeutic relationship with the patient
- Providing an opportunity for the patient to release tension as problem are discussed
- Assisting the patient in gaining insight about the problem
- Providing opportunity to practice new skills
- Reinforcing appropriate behavior as it occurs
- Providing consistent emotional support



FUNCTIONS OF A PSYCHIATRIC NURSE

DAY CARE CENTERS OR DAY HOSPITALS

- Performing clinical assessment
- Accurately observing & documenting the patient's behavior
- Medication management
- Teaching social skills
- Counseling patient & family members
- Delivering psycho education
- Providing occupational or recreational therapy



FUNCTIONS OF A PSYCHIATRIC NURSE

CHILD PSYCHIATRIC WARD

- Assessing for biological & psychological need of the child
- Determine the child strength & abilities & develop a care plan to maintain & enhance capabilities
- Monitor the child's developmental level & speech , language or occupational skills as needed
- Provide a safe therapeutic environment, including protecting the child & other from injury



FUNCTIONS OF A PSYCHIATRIC NURSE

CHILD PSYCHIATRIC WARD

- Provide adequate environmental stimulation
- Teach the child adaptive and self care skills
- Deliver psycho education
- Medication management
- Provide emotional support to the parents
- Participate in various therapies



FUNCTIONS OF A PSYCHIATRIC NURSE

HOME SETTING



- Assessment of symptoms
- Teaching the patient & family regarding nutrition, exercise, hygiene & relationship between physical & emotional health
- Stress management
- Daily living skills(basic money management – bank accounts, rent utility bills etc)
- Administration of parental injections and medication cont....

FUNCTIONS OF A PSYCHIATRIC NURSE

HOME SETTING

- Appropriate referrals to community agencies
- Provide supportive counseling & brief psychotherapy
- Promotion of mental health & prevention of mental illness



FUNCTIONS OF A PSYCHIATRIC NURSE

COMMUNITY MENTAL HEALTH CENTERS

- Identification of patient in the community
- Refer the patient to appropriate hospitals
- Home visiting & providing direct care to the patient in the community
- Follow up care with special emphasis on medication regimen, and side effects

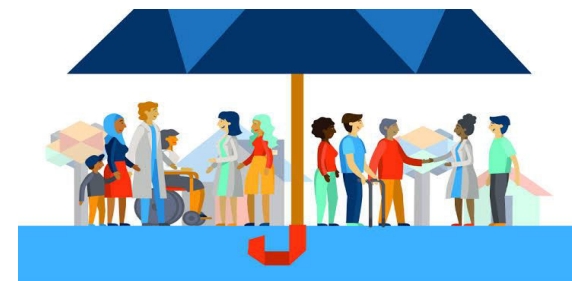
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FUNCTIONS OF A PSYCHIATRIC NURSE

COMMUNITY MENTAL HEALTH CENTERS

- Conducting public awareness programme
- Training of paraprofessional, community leaders, school teachers .
- Management of resources planning & co ordination
- Direct service like care of families at risk for violence , abuse & dysfunction, care of homeless mental ill patients etc



FUNCTIONS OF A PSYCHIATRIC NURSE

HOSPICE CARE CENTERS

- Helping cancer patients or terminally ill individual through the grieving process
- Providing supportive psychotherapy
- Provide support groups for families of terminally ill patients



FUNCTIONS OF A PSYCHIATRIC NURSE

EMERGENCY DEPARTMENTS

- Crisis intervention during natural disaster, accidental unexpected illness causing increased anxiety, stress or immobilization
- Obstetric nursing centers
- Helping the mother in labor & support person to cope with anxiety / stress during labor
- Providing support to bereaved patients in the event of fetal demise, abortion, birth of an infant with congenital abnormalities



FUNCTIONS OF A PSYCHIATRIC NURSE

MEDICAL INPATIENT WARDS

Psychological intervention for chronic illness with major psychological effects for example, Alzheimer's Disease, HIV / AIDS, Diabetes Mellitus, Parkinson's disease, multiple sclerosis, hemophilia, amputation etc



FUNCTIONS OF A PSYCHIATRIC NURSE

HOSPITALS FOR CRIMINAL INSANE JAILS & PRISONS

- Forensic psychiatric nurses assist patient with self care administration of medication & monitor the effectiveness of the treatment
- Promote coping skills
- Advanced nurses are able to diagnose & treat individuals with psychiatric disorders & are allowed to prescribe medications
- Provide psychotherapy & act as consultant
- Forensic evaluation for legal sanity



FUNCTIONS OF A PSYCHIATRIC NURSE

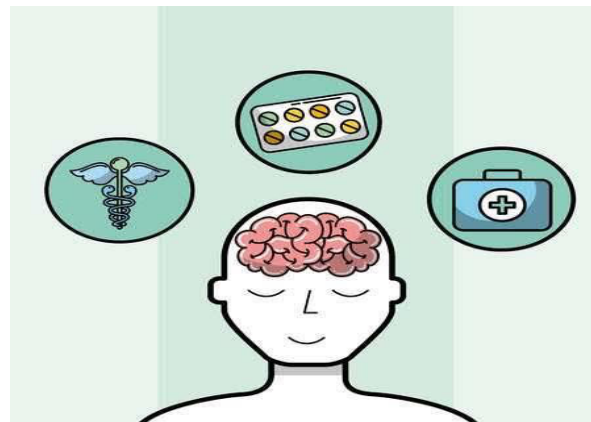
HOSPITALS FOR CRIMINAL INSANE JAILS & PRISONS

- Assessment of potential for violence
- Parole / probation considerations
- Assessment of racial / cultural factors during crime
- Sexual predator screening & assessment
- Competency therapy
- Formal written reports to court
- Review of police reports
- On scene consultation to law enforcement



Factors affecting level of mental health practice

- Nurse practice acts
- Professional practice standards
- Nurse's qualification
- Philosophy of health care organization
- The person competence and initiatives of the individual nurse.



Concept of Normal and Abnormal Behavior



Normal behavior



Normal behavior :-

Word normal behavior derived from Latin word normal means followed the rules or pattern or standards

Definition:

When the individual is able to function adequately and perform his daily living activities efficiently and feel satisfied with his lifestyle called Normal behavior.

Abnormal Behavior



Abnormal Behavior :-

The word abnormal with prefix 'ab'(away from) means away from normal. Abnormality is negative concept it means deviation from norms or standards or rules.

Definition:

Disturbances seen in behavior which manifest in cognitive domain(thinking, knowing, memory) Affective domain(Emotion and Feeling) and Conative domain (Psychomotor activity) individual express his mental distress through thought, feeling and action.

Characteristics of Normal Behavior

- He has an ability to make adjustments.
- He has a sense of personal worth, feels worthwhile and important.
- He solves his problems largely by his own effort and makes his own decision
- He has a sense of responsibility.



Characteristics of Normal Behavior

- He can give and accept love.
- He lives in a world of reality rather than fantasy world
- He has a sense of personal security and feels secure in a group
- He shows emotional maturity in his behavior
- He has a variety of interests and generally lives a well-balanced life of work, rest and recreation



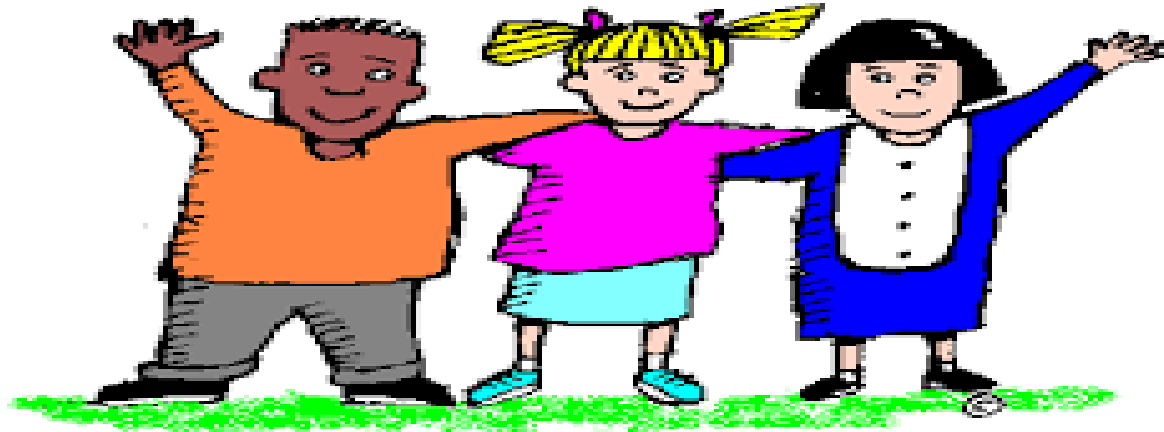
Characteristics of Abnormal Behavior

- Changes in one's thinking, memory
- Behavior cause distress and suffering to the individual
- Disturbance in day-to-day activities, work and relationship
- Work efficiency will be reduced
- Unhappiness
- No respect will be given to others or self
- Lack of gratification
- Lack of self confidence



Concept of Normal and Abnormal Behavior

- Medical model
- Statistical model
- Socio – cultural model
- Behavior model



Medical model

Medical model considers organic pathology as the definite cause for mental disorder. According to this model abnormal people are the ones who have disturbances in thought, perception and psychomotor activities. The normal are the ones are free from these disturbances.



Statistical model

It involves the analysis of responses on a test or a questionnaire or observations of some particular behavioral variables. The degree of deviation from the standard norms arrived at statistically, characterizes the degree of abnormality.



Socio – cultural model

The beliefs, norms, taboos and values of a society have to be accepted and adopted by individuals. Breaking any of these would be considered as abnormal. Normalcy is defined in context with social norms prescribed by the culture.



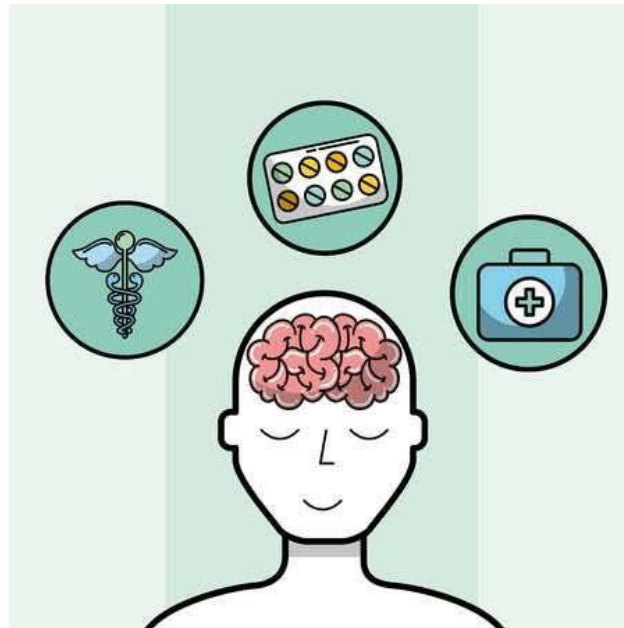
Behavior model

Behavior that is adaptive, is normal, maladaptive is abnormal. Abnormal behavior is a set of faulty behaviors acquired through learning



Summary

- So far we have seen about the role and function of Psychiatric Nurse
- Factors affecting level of mental health practice
- Concept of normal and abnormal behavior



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THANK YOU!