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**NATURE AND SCOPE
OF MENTAL HEALTH NURSING**

INTRODUCTION

- ❖ Psychiatric nursing is recognised as one of the five cores mental health disciplines.
- ❖ The other four disciplines are marriage and family therapy, psychiatry, psychology and social work.

ACCORDING TO “K.P.NEERAJA” • It is a specialized branch of nursing in which the nurse utilize their personality, knowledge related to psychiatry theory within the available environment in therapeutic change, patient feeling and behaviour.

Cont...

- ❖ The scope of mental health nursing is not restricted within the confines of the bed-side nursing care.
- ❖ A mental health nurse needs to be skilled and clinically competent ,sensitive to the social environment ,the advocacy of the needs of the patient's and their families as well as beware of the legal and ethical dilemmas .

Cont...

- ❖ The area of concern for the psychiatric mental health include a wide range of actual or potential mental health problem such as emotional issues.
- ❖ To understand the problem and select an appropriate intervention integration of knowledge from the biological psychological and social domain is necessary.

NATURE OF MENTAL HEALTH NURSING

- It is a specialized area of Nursing practice.
- Involves maintenance, promotion and restoration of mental health.
- It is an art as well as science.
- It provide service related to Mental, emotional and developmental problem.
- Understands the principles of nursing and remain current in knowledge and practice.

SCOPE OF PSYCHIATRIC NURSING

- ❖ Psychiatric mental health nursing is a specialized area of nursing practice committed to promoting mental health through the assessment, diagnosis and treatment of human responses to mental health problems and psychiatric disorders. It is within the scope of Psychiatric Mental Health Practice to provide primary mental health care to patients seeking mental health services in a wide range of delivery setting.

Cont...

- ❖ The psychiatric mental health nurse works in child guidance clinics, school health programmes, sheltered workshops, halfway homes, de-addiction campus, suicidal prevention squads, old age homes and in foster homes for destitute and mentally retarded.
- ❖ He/she works as counsellor in adolescent clinics, AIDS clinics & as psychiatric nurse consultant in general hospital.
- ❖ He/she is a team leader for crisis intervention; his/her services can be availed in all units of hospital.
- ❖ He/she works as nurse educator, counsellor & clinic specialist, consultant and conducts research.

NEW TRENDS IN ROLE OF A PSYCHIATRIC NURSE

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

Cont...

- Psychosocial Rehabilitation Nursing
- Child Psychiatric Nursing
- Gerontological and Geriatric Nursing
- Deaddiction Nursing
- Neuropsychiatric Nursing
- Community Mental Health Nursing
- Advance Practice Roles

CHALLENGES IN MENTAL HEALTH NURSING

A psychiatric nurse faces various challenges because of changes in patient care approach. Some of these changes that affect her role are as follows:

- ❖ Demographic Changes
- ❖ Type of family (increased number of nuclear families)

Cont...

- ❖ Increasing number of the elderly group Social Changes
- ❖ The need for maintaining intergroup and intra group loyalties
- ❖ Peer pressure
- ❖ Economic Changes
- ❖ Industrialization
- ❖ Urbanization
- ❖ Raised standard of living Technological Changes

Cont...

- ❖ Mass media
- ❖ Electronic systems
- ❖ Information Technology Mental Health Care Changes
- ❖ Increased awareness in the public regarding mental health
- ❖ Need to maintain mental stability
- ❖ Increased mental health problems

Cont...

Overcoming Stigma:

Nurses can play an important role in dispelling myths of mental illnesses.

- ❖ Stigma often prevents individuals from seeking help for mental health problems.
- ❖ To reduce the burden of mental illness and improve access to care, nurses can educate all of their patients about the etiology, symptoms and treatment of mental illnesses.

Cont...

Health Care Delivery System Challenges:

Additional continuing challenges for psychiatric nurses include providing nursing care within integrated community based services where culturally competent, high quality nursing care is needed to meet the emerging mental health care needs of the patients.

Impact of Technology: Nurses are challenged to continue to develop their technical and computer skills and to use this technology in improving care.

SUMMARY

Till now we have discussed about the mental health team concept and roles of each team member, nature and scope of mental health nursing.

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