Volume Two

Essentials of Mental Health and Psy



Volume One

Essentials of Mental Health and Psychiatric Nursing

KP Neeraja



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Volume 1

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2 Principles and Concepts of Psychiatric Nursing

INTRODUCTION

The word, 'Psychiatry' is derived from Greek word, 'Psyche' means 'soul or mind', 'iatros' means 'healer'.

DEFINITIONS

Psychiatry/Psychological Medicine

'A medical speciality where experts in the field studies the abnormal behaviour of the individual, its causes, manifestations, patho-physological changes, diagnosis, treatment, rehabilitation and prevention of mental illness'

'It is a branch of Medicine which deals with the diagnosis, treatment and prevention of mental illnesses'. *—L P Shah and H Shah (1997)*

Psychiatric Nursing

"Specialized area of Nursing practice, combination of science and art by employing theories of human behaviour applied in the diagnosis and treatment of human response to actual or potential Mental Health problems."

It deals with

Promotion of Mental Health
Prevention of Mental Illness
Care of the client with mental illness
Cure of mental illness
Rehabilitation of mentally ill patients in the hospital and in community.

—American Nurses Association, 1994

'It is a specialized branch of Nursing, in which the Nurse utilizes their personality, knowledge related to Psychiatry Theory within the available environment in order to bring the therapeutic changes in the patients' feelings and behaviour'.

'It is an interpersonal process, whereby the Professional Nurse assists the individual, family or community to promote Mental Health, to prevent Mental Illness or to cope up with the experiences of illness and suffering to find the meaning in these experiences of illness and suffering'.

Mental Health Team or Psychiatric Team

It is based on 'Interdisciplinary Approach'. A group of professionals and nonprofessionals are working together to achieve the common goal. They meet within 48 hours of admission to determine a comprehensive treatment plan and set goals of therapy and to assign the intervention responsibilities. All members will sign the treatment plan and meet weekly to update the plan as needed.

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Psychiatrist

Possesses PG Degree in Psychiatry with 2–3 years of residential training.

Functions

- Serves as a leader of the team
- Diagnose and treats the cases
- Involves actively in implementing preventive measures against Psychiatric disorders.

Clinical Psychologist

A doctorate holder in Clinical Psychology and registered in Clinical Psychologist Association.

Functions

- Assists in diagnostic process by conducting and interpreting psychological tests
- Assists in implementation of programme of behavioural modification.

Physician

Postgraduate in Medicine. Evaluates Physical Health of the status of the client and excludes physical illness. If any abnormality was observed, treats the case.

Psychiatric Clinical Nurse Specialists

Possesses Master's degree in Nursing with Psychiatric speciality.

Functions

- Conducts and assists in psychotherapeutic activities
- Takes up the responsibility as a Nurse leader and practices independently within the community
- Organizes research and inservice education programmes
- Provides consultation services to the Nurses, who require assistance in provision of care to the clients
- Participates actively in preventive programme activities.

Psychiatric Nurse

Underwent Diploma training or Basic BSc(N)/ Post certificate BSc(N) course/ Diploma in Psychiatric Nursing/Diploma in Nursing Administration.

Functions

- Does ongoing assessment of clients conditions
- Assists in Therapeutic activities
- Adopts Nursing Process in Provision of client care
- Maintains one-to-one realistic relationship.

Community Mental Health Nurse

Registered Nurse Practitioner.

Functions

- Provides continuity of services and follow up care
- Actively involves in research work and preventive services
- Establishes and maintains harmonious interpersonal relationship within the community and community agencies
- Collaborates with various team members.

Medico–Social Worker/ Psychiatric Social Worker

Graduate in social work and a postgraduate in psychiatric social work.

Functions

- Skilled in interview techniques and group dynamics
- Assess the individual, family and community support systems
- Aware about state laws and legal right of clients and protects client's rights

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- Carry out counselling programmes and therapeutic activities
- Helps in discharge planning
- Meets client's psychosocial needs, e.g. Job Placement, financial support, location of community agencies or volunteers
- Fulfills community and family's requirements
- Participates in follow up services and continuity of care
- Utilizes appropriate community resources.

Occupational Therapist/ Vocational Therapist

- Underwent specialized training
- Utilizes manual interpersonal responses of the client
- Assists the client to become skilled and independent in the area of choice.
- Plays significant role in treatment, early recovery and rehabilitation of the client.

Play Therapist

Obtained Masters and specialized degree in Child Psychology.

Functions

Observes the child client during play behaviour, i.e. selection of play toys, reaction of child during play, tries to identify the child's deviant behaviour and encourages the child to modify and construct normative behaviour through appropriate training.

CREATIVE ART THERAPIST

Graduate in Arts

Function

- Helps in identifying the client's problem by identifying repressed feelings to the conscious level.
- Utilizes the clients' creative abilities and encourages to express their emotional feelings through artwork. By encouraging the patient to work freely with varied colours and draw pictures according to his interest.
- Helps the clients to analyze their own work in an effort by recognizing and resolving underlying conflicts.

Music Therapist

Encourages the client to express their feelings through music and playing instruments or through by vocally.

Recreational Therapist/ Diversional Therapist

- Plans the activities to stimulate the client's muscle coordination.
- Promotes socialization and makes the client to establish and maintains good interpersonal relationship.
- Aids the client to spend leisure time in a productive manner by diverting the mind from stress.
- Assists the clients in redirecting thinking process, rechannelise destructive energy in an appropriate manner.

Psycho Dramatist

- Directs the clients to enact by portraying real life situation
- Some clients are able to act out problems that they are unable to work through in a more traditional or social approved manner.

Physiotherapist

Graduate or Masters degree in physiotherapy.

- Assist the client for regaining Neuromuscular coordination.

Technical Staff/Supporting Personnel/ Psychiatric Paraprofessional

Psychiatric Nursing Aid

Have high school training and are trained on job function.

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Provides care under supervision by assisting the client in meeting daily living activities.

Aids in maintaining therapeutic environment.

Auxiliary Personnel

- Volunteers house keeping work or clerical staff, had inservice education to interact with the client therapeutically.
- Assists the therapeutic team members in implementation of therapeutic activities.

ECT Technician

They undergo training for 6–9 months.

Functions: They perform the following functions:

- Keeps ready ECT machine and other articles required for the procedure
- Gives ECT under the supervision of psychiatrist or anesthetist.

Dietitian

Graduate in Home Science and Dietetics course.

Functions

- Plans menu and distributes diet to the clients to meet the nutritional needs and requirements according to the doctors' order and clients' condition.

Clergy Men/Chaplain

These are religious personnel who visits hospital once or twice in a week based on client's religious faith; identifies and attends the spiritual needs of clients and family members by providing comfort and spiritual support through counselling.

Speech Therapist

Had training in speech therapy, assists the clients for vocabulary improvement and free communication.

OBJECTIVES OF STUDYING MENTAL HEALTH NURSING

- Able to differentiate between psychology, Psychiatry and Psychiatric Nursing
- To acquire in depth of knowledge of psychiatric disorders, i.e. aetiological factors, pathological and non-pathological changes, clinical manifestations, diagnostic measures, treatment modalities, rehabilitation and preventive measures
- To learn about Modern Trends in Psychiatry
- To acquire knowledge related to various therapeutic techniques related to Psychiatry
- To apply the comprehensive Nursing process based on Nursing Theories
- To maintain effective Therapeutic Nurse Patient Relationships.

GENERAL PRINCIPLES OF PSYCHIATRIC NURSING

Through behaviour, human being expresses their physical, psychological, social, emotional and spiritual needs. Illness affects in each individual, resulting in different needs in unique pattern. Needs will be differently experienced by the individual in varied manner at different phases, in the same individual.

Principles are formulated based on the concept that, every individual has an intrinsic worth and dignity, potentialities and capabilities that has to grow. Principles form the guidelines which will help the client to meet his emotional needs and also brings desired behavioural changes through behaviour modification techniques. Principles focus on the specified utilization of client and treat him with respect as an individual human being.

1. Accept the Client Exactly as He is

Acceptance conveys the feelings of being loved and cared. By recognizing Nurses' acceptance, will lowers the anxiety and a non-threatening experience

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among the clients. It will unlearn their sick behaviour and relearns the art of living and sets positive behaviour among the clients. Nurses develop the meaning of life situation and ability to respond to his perception of experiences. Nurses should not give importance to the clients' physical appearance, like looking dirty or ugly or to the maladaptive behaviour. The Nursing Care activities mainly focus to meet the client's emotional needs. The varied approaches can be used to communicate Nurses' acceptance to the clients.

a. Being Non-judgemental and Non-punitive

Nurses has to convey the client, that they will be non-judgemental neither approve nor reject everything whatever he does. Clients should not be punished for his undesirable behaviour either directly (e.g. Chaining, restraining the client by not allowing the client to outdoor activities; or by keeping the client in a closed and dark room) or indirectly (e.g. Ignoring or neglecting his presence or by withdrawing attention). Nurses will not judge the clients' behaviour on moral or ethical background (right or wrong; good or bad). Even if the client behaves not according to the Nurses' expectations, Nurses should not reject them.

b. Sincerity and Positive Interest

Nurses has to exhibit sincerity and positive interest towards the clients

Sincerity and positive interest can be demonstrated by

- Studying the clients' behaviour patterns
- Showing concern and positive interest towards the clients' welfare by actively listening and trying to understand the clients' feelings or what the client is intended to communicate
- Encourage the client to express their interests, choices, likings, disliking and freedom to decide their own activities
- Show honesty and sincerity for the clients' care
- Manifests patience and spends most of the duty hours (with the client) and energy for the clients' welfare activities
- Accepting his fears as real to him
- Explaining when his demands cannot be met
- Avoid probing into sensitive issues.

c. Recognizes and Reflects on Clients' Feelings, which he Expresses

Nurses must assess the behavioural pattern i.e. his inner needs, potentialities, interaction pattern of the clients and able to differentiate between needs and demands. Nurses will give more importance to recognize the clients' emotional feelings actually expressed by the client in his conversation and not to the content or the grammar pattern. Discussion of personal relationships and personal values has to be initiated only by the client, observation of clients' behaviour is directed towards analysis of, why the patient behaves, as he does.

d. Listening

Listening is an active process. Nurses must show genuine interest, positive attitude and by attentively listening to the client to explore his feelings, communication is the primary method used by the Nurse to accomplish specific as well as overall goals in Nursing interventions. The Psychiatric Nurse as a member of their team, assumes various roles in implementing client care are: scientific observer, good supporter, creator of therapeutic environment, socializing agent, teacher, counsellor and manager of duty and responsibilities.

2. Self Understanding will be used as a Therapeutic Tool

Self understanding will help them to be assertive in life situations. It will keep them away from guilty and aggressive feelings. Nurses has to understand first themselves totally, i.e. their abilities, weaknesses, strengths, limitations, attitudes, feelings etc. then the Nurse can be able to understand the

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clients' behaviour totally. Nurses can understand themselves better by

- Exchanging personal experiences freely and frankly with their colleagues to whom they have confidence by discussing their personal reactions with an experienced persons
- By participating in client care conference
- By introspecting why they feel or act in the way that they do.

3. Ensure Clients' Security by Consistency Behaviour

Consistency in our approach is necessary to develop a feeling in the client that he can depend upon the people who are working in the ward. It lowers the anxiety and provide security feelings. Nurses' consistency must reflect in their attitudes, ward routines or by defining limitations on the clients' behaviour, although permitting him to feel free. Nurses can practice consistent approach by

- Providing acceptance constantly and continuously to the patient
- Maintaining consistency in the presence of Nurse round the clock (by shift wise) with proper planning.

4. Give Reassurance to the Client in an Acceptable and Subtle Manner

To provide reassurance, Nurses need to understand the meaning of any experience that happens to the patient. Nurses has to understand and analyse the clients' condition and provide psychological reassurance to the client to build up or to restore the clients' confidence but take necessary precautions by not giving false hopes and false reassurance to the clients, as it may create lack of confidence, lack of interest and lack of clear understanding leading to unwillingness among the clients to interact with the health care professionals further also. Avoid statements like:

- 'You will get well'
- 'Your fears have no base'
- 'Nothing to worry'.

Methods to provide reassurance are:

- Meeting the emotional needs of the client without expecting anything from the client in return
- Sitting with the client even when he does not want to talk, accepting the clients' silence
- Listening to the client without any inhibitions, prejudice, bias, disapprove or surprise
- Agreeing that the client has a problem and work along with him and his family to solve his problems.

5. Change the Clients' Behaviour by Emotional Experience Rather than Rational Interpretation

Psychiatry is aimed to understand the clients' emotional behaviour and not an intellectual aspect. Therefore explaining and advising the client are not effective in changing the clients' behaviour. Moreover by rationalizing his behaviour we are challenging his belief. Psychiatric Nurses will try to change the clients insight by observing the emotional experiences through behavioural modification, truly brings the desired behavioural changes. Role play, Sociodrama and Transactional Analysis are some ways of meeting emotional experiences in the client about his own behaviour.

We cannot force the client to have an understanding of his troublesome/painful behaviour, we need to interpret clients' behaviour only when he is ready for it and when the client has developed the ability of toleration such analysis only then, he is able to change his behaviour.

6. Avoid Approaches which will Increase the Clients' Anxiety

Nurses must exhibit emotional maturity in dealing with the clients' activities. They have to control their emotions and should not affect the clients' feelings; uses friendly approaches. Nurses should not show their anxiety, tension, intolerance over the client. Already psychiatric clients may have certain amount of anxiety due to their illness, social

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disapproval and seclusion from the family. Psychiatric Nurses should not further increase the client's anxiety further.

- Discourages condemning remarks over the client by others, e.g. Always focussing the clients' deficits or failures; directly contradicting the clients' psychotic ideas
- Nurses should not have too much expectations over the client or excessive demand from the clients which he cannot be able to do it.
- Nurses should not harass the client unnecessarily.
- If the client exhibits undesirable behaviour, Nurses should not give physical or verbal punishments to correct the maladaptive behaviour.
- Nurses do not exhibit indifferences in clients' care by passing sharp comments about his behaviour which will hurt the inner feelings of the client.
- Nurses has to help the client to master his anxiety by increasing his confidence, independence; inculcating self responsibility and by developing constructive coping mechanisms.
- Nurses has to put efforts, that the client is able to deal with his problems and faces failures without any apprehensions or fears.
- Nurse has to avoid using professional terms while talking to the clients.
- Nurse has to work hard and put sincere effort for the clients' welfare.
- Nurse has to orient the client to other staff, co-patients, ward routines, policies and procedures to accommodate the client to the hospital environment.
- After establishing trusting relationship winning the confidence of the client, then only, they have to enquire about clients' family and working environment.

7. Objectivity has to be Maintained in Understanding Clients' Behaviour

The skill of Psychiatric Nursing is demonstrated by the ability to observe the sensitive feelings, thinking of client and able to view their difficulties objectively. Objectivity is the ability to understand the clients' feelings exactly. Nurse should have the ability to introspect each and every activity and should not mix up their ideas, opinions or judgements. Nurses need to observe what the client says or does. These observations need to be analysed to understand the motivation or purpose behind the clients talk or actions. Nurses have to improve their skills of observation by continuously predicting the clients' behaviour, while working with the client learn the basic problems of the client and think over the ways or methods to attack the problems.

8. Maintain and Establish Therapeutic Nurse-Client Relationship

Therapeutic Nurse-Patient Relationship is planned based on meeting the clients' emotional needs. It is an interpersonal process. It brings adaptiveness, integration and emotional maturity in the clients' personality. It provides new things and healthy interaction among people. Reasonable objectives towards the clients' behaviour should contribute to the effective use of good interpersonal relationship. Intimate relationships with the clients are not conducive to a therapeutic atmosphere. Nurses have to spend more time and extra efforts in dealing with therapeutic environment. The components of therapeutic Nurse-client relationships are: Rapport, empathy, warmth, genuineness and emotional maturity.

9. Avoid Physical and Verbal Forces as much as Possible

Psychological trauma will be resulted with any kind of forces on the individual. If at all force needs to be used the following points has to be kept in mind:

- Carry out the procedure quickly, firmly and efficiently with adequate help
- Nurse should not show their anger or annoyance while restraining the clients
- Allow the client to mix with others when he has gained control of himself

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- Meet the total needs of the client and never let the patient feel that he is being punished
- If the patient is able to control his feelings and approachable, never remind him against about the incident.

10. Treat and Respect the Client as an Individual with Specificity in Nature

When two clients are suffering with the same diagnosis, but their emotional needs may differ hence comprehensive Nursing care should be aimed on individualized basis and specific in nature.

- Provide Nursing care to the patient as a person and not merely to control the symptoms or the disease
- Understand the meaning behind client's behaviour. His symptoms were based on reflection of his problem. Two clients showing the same symptoms may be expressing two different needs. Each of the clients' behaviour is caused and based on the cause, symptoms and needs will arise. Consider every individual as unique and plan the Nursing activities accordingly.

11. Based on the Patients Level of Understanding Explain Ward Routines and Procedures to the Client

Nurse must constantly remind themselves that clients are the people with certain rights and they are sensitive to the situations, which are happening around them and help them to preserve their rights and new methods to express their rights and with dignity. Every patient has a right to know what is being done to him and why it is being done; the explanation will reduce the clients' anxiety. The nature of explanation will reduce the clients' span of attention, level of anxiety and understanding and ability to decide and emotional status etc. but the explanation never be withheld thinking that psychiatric clients will not have any contact with reality or they cannot able to understand the explanations; always they will be mute. In mental illness, only emotional status of the individual may be affected but the cognitive domain may not be affected in all cases. Based on the individual capacities and abilities, Nurses has to frame their explanations.

12. Maintain and Retain the Basic Nursing Principles to Suit the Patient while Performing the Ward Nursing Procedures

Many Nursing Procedures or methods will be adopted or modified according to the individual clients' needs with behavioural disorders but basic principles should not be altered. The scientific/basic principles has to be kept in mind, i.e. economy of time, energy and materials availability of human resources (money, man power and material) safety, comfort, privacy, Therapeutic Nurse patient relationship, individualised care, maintains therapeutic effectiveness, fine workmanship while following procedure and practicing.

STANDARDS OF PSYCHIATRIC NURSING PRACTICE

To provide qualitative care for Psychiatric clients and to fulfill Professional obligation towards Psychiatric care, in 1973, the Division of Psychiatric and Mental Health Nursing practice revised the standards of Psychiatric Nursing. If the Nurse is able to follow the standards of Psychiatric Nursing by maintaining accurate records based on observation and they can be able to avoid intelligently in getting involved in personal issues viz., clients' will related to property, giving wrong information related to client to his family or to other welfare/situational agency or to any other person, protecting the client from any type of assaults (physical or sexual assault). If the Nurse fails to follow the standards perfectly in her practice it will be referred to as, 'Negligence'. The Psychiatric Nursing standards have been categorized into two types:

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1. Professional Practice Standards

Theory

Theories were formulated based on scientific phenomena of concern to Nurse and to provide basis for Nursing interventions. Hence Nurses must apply appropriate theory which is scientifically based to take necessary decisions related to Nursing practice.

Assessment/Data Collection

To adopt Nursing process in a systematic way, assessment is the first step to carry out systematically to enable the Nurse to draw sound conclusions in order to diagnose the clients' condition and to plan necessary interventions to improve clients' condition by promoting their Mental Health.

The data will be gathered in a systematic manner factual, realistic, accurate and relevant information. The knowledge related to psychology, psychiatry, psychosocial and biophysical sciences are essential for professional psychiatric nurses to assess the clients' condition. Scientific techniques and various resources will be used to collect the data, e.g. clinical observation, interview, physical examination, health assessment and mental status examination etc.

Diagnosis

Nurses will utilize the standard classification of mental disorders to infer the conclusions supported by analyzing the recorded data, which has been assessed to determine the Nursing diagnosis by following scientific investigation. Nurse will identify the actual and potential health problems of the specified client within the scope of Nursing practice, which will promote the Nurse to plan for required Nursing interventions on logical basis.

Identification of Expected Outcomes

The clinical Nurse has to plan individualized Wholistic interventions by identifying expected outcomes through implementing nursing care activities to attain the fullest extent of their capabilities.

Planning

The problem solving approach will be utilized in developing nursing care plans. Nurse develops a plan of care with specific goals that prescribes interventions to attain expected outcomes, delineating Nursing actions unique to each clients' needs. Nursing care plans is used to guide the therapeutic interventions which effectively achieves the desired outcome.

Implementation of Therapeutic Interventions

Nurse plays a pivotal role in the clients' care. After identifying actual and potential health problems in the form of Nursing Diagnosis, Nurse will develop a detailed Nursing care plan with specific goals and interventions will be formulated to meet the individual clients' needs. Nurse will assist the client in meeting their Activities of Daily Living (ADL) in a goal directed way, to promote self care activities in order to achieve physical and psychological adequate wellbeing of the individuals. Nurse establishes Therapeutic environment which is structured to maintain Therapeutic Milieu by collaborating the services through interdepartmentally and by the cooperation of other health care providers situational support will be given to the client and to his family.

Knowledge of Somatic Therapies and related skills will be utilized in working with client to meet the clients' needs and to achieve maximum potentiality development and achievement. The psychotherapeutic interventions and counselling services are aimed to promote psychological wellbeing of abilities to treat psychiatric illness and to prevent further disabilities, to modify psychopathology, to function effectively as a psychotherapist and to recognize professional accountability for Nursing practice. A combination

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opportunity for self expression, modifies unhealthy attitude to healthy attitude. Substitutes discouragement with encouragement. It improves appetite, circulation, respiration and muscle tone. It develops a sense of rhythm, maintains good posture, utlises community resources, integrates the muscular and cognitive expression of the clients' feeling and thoughts.

The recreational activities are classified into motor forms, sensory forms and intellectual forms. The types of games are: goal games, team games, country sports, combats, curiosity play, vicarious play, initiative play, social play, aesthetic play and acquisition play.

REVIEW QUESTIONS

1. Principles of Psychiatric Nursing. (2M, RGUHS, 2000; 5M, 10M, RGUHS, 2004, 05, 06; 8M, 5M, MGRU, 1986, 1991).
2. Explain in detail Historical Development and Current trends in Mental Health Nursing. (10M, RGUHS, 2006).
3. Scope of psychiatric Nursing. (5M, RGUHS, 2000, 2003, 05).
4. Classification of Mental Disorders. (2M, RGUHS, 2003, 05; 10M, 2003).
5. List principles of Psychiatric Nursing. Write in detail about any 2 of them. (15M, RGUHS, 1997).
6. Development of psychiatric Nursing. (5M, RGUHS, 1999).
7. Four principles of Psychiatric Nursing. (2M, RGUHS, 2000, 7 M- IGNOU, 2000).
8. Explain the current trends in psychiatric Nursing. (10M, RGUHS, 2001, 2003).
9. International classification of diseases. (5M, RGUHS, 2004, 2006).
10. Standards of psychiatric Nursing. (5M, RGUHS, 2001).
11. Explain the Mental Health problems in India. (4M, MGRU, 2002).
12. Discuss about the type and adequacy of Mental Health services available today. (15M, MGRU, 1992).
13. State the principles and concepts of psychiatric Nursing. (5M, MGRU, 1973).
14. Discuss the magnitude of Mental Health. (6M, MGRU, 2005).
15. With suitable examples, explain the general principles of Mental Health Nursing. (10M, RGUHS, 2004).
16. List the principles of Psychiatric Nursing. Write the role of Nurse in hospital and community. (15M, RGUHS, 1999; 5M, MGRU, 2000).
17. Explain the concepts of mental disorder. (15M, MGRU, 2002).
18. Changing trends in Psychiatric Nursing. (15M, NTRUHS, 2002).
19. What are the roles of a Psychiatric Nurse in the care of mentally ill patients? (8M, MGRU, 1991).
20. Describe the concepts of Psychiatric Nursing. (15M, MGRU, 2002).
21. Role of psychiatric Nurse in Psychiatric team. (5M, NTRUHS, 1992).
22. Role of psychiatric Nurse in general hospital. (15M, MGRU, 2002).
23. a. Define Psychiatric Nursing.
    b. List the qualities needed for a Psychiatric Nurse.
    c. Write major functions of a Psychiatric Nurse in Mental Health. (10M, NIMS, 2003).
24. Interdisciplinary Mental health team. (10 M, MSc(N), RGUHS, 2005).
25. Discuss the nature, settings,functions of contemporary Psychiatric Nursing Practice. (10M, RGUHS, 2007).
26. Historical development of Psychiatric Nursing Practice. (10 M, RGUHS, 1996, 2006).
27. Qualities of Psychiatric Nurse. (5M, RGUHS, 2006).
28. Therapeutic role of a Psychiatric Nurse. (5M, MGRU, 2004).
29. DSM IV. (5M, RGUHS, 2003).
30. Multidisciplinary Team. (5M, RGUHS, 2003).
31. Trends in Psychiatry Nursing. (5 M,KSDNEB, 2007).
32. Scope of Psychiatric Mental Health Nurse. (5 M, RGUHJS, 2007).
33. Genuineness. (2M, RGUHS, 2006).
34. Integration. (2M, RGUHS, 2007).
35. Standards of Mental Health Nursing. (5M, RGUHS, 2001, 02, 03).
36. Functions of Psychiatric Nurse. (5M, RGUHS, 2006).
37. Explain the Principles of Mental Health Nursing with relevant clinical examples. (10M, RGUHS, Oct, 2007).

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Essentials of Mental Health and Psychiatric Nursing

This book is clear by the title itself, designed to present the content of varied dimensions in "General Psychiatry" comprehensively. It promotes a sensitive and wholistic outlook in Clinical Nursing Practice. The content of Volume 1 is based on the syllabi of Nursing courses of varied Universities and Boards at various levels, i.e. Postgraduate, Graduate, Diploma in General Nursing and Midwifery Programmes.

The content of the volume has been drawn from authentic sources; Examples, Tables, Schematic Diagrams, Pictures, etc. are given appropriately and in detail. In order to achieve clarity of information, the author has used lucid and simple language so that an average student also will be able to comprehend the subject. The Review Questions of varied Universities and Boards are given at the end of each chapter, to facilitate the students to concentrate in exam preparations.

This book will be definitely helpful for the Health Care Professionals in general and specifically for the Nurses in their Clinical Practice.

KP Neeraja

A Triple Graduate, A Double Postgraduate, obtained Doctorate Degree in 1999. Life Member in various National, International Professional Organisations and Alumnae associations. She is author for 15 textbooks in Nursing. Published several articles in various national and international journals. Participated and presented research papers in national and international conferences. She is a Resource Person for different Training Programmes organized by South Indian Universities and UNDP. She is recognised as Guide for PhD Programme in different universities. She is actively associated in the field of Nursing Research and Community Medicine.



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