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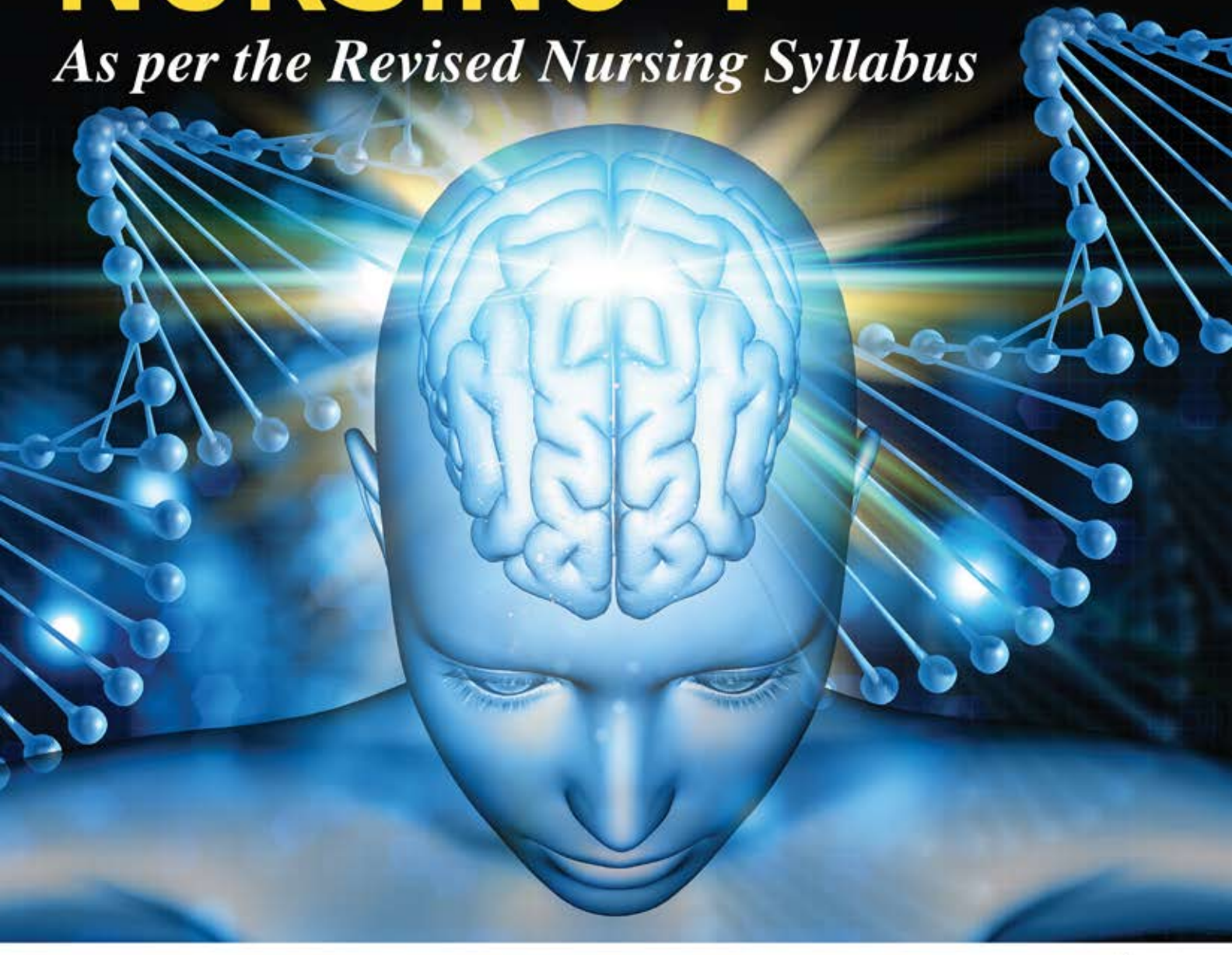
Practical Book for MENTAL HEALTH NURSING–I

As per the Revised Nursing Syllabus



Bushra Mushtaq
Javaid Ahmad Mir

2nd Edition

JAYPEE

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PHYSICAL ASSESSMENT

Physical Examination: A detailed general physical examination and systemic examination is important in every case as we need to rule out the organic cause first. The examination includes the general physical examination (weight, height, built, any skin lesions, trauma or burn marks, needle marks, skin tattooing or track marks, pallor, icterus, clubbing, edema, nodes, swelling) followed by systemic examination (CVS, respiratory, and abdominal examination). A brief neurological examination comprising of higher mental functions and cranial nerve examinations, examination of motor and sensory system should be done.

Physical Assessment – 1

Demographic Data

Name:	
Age:	
Gender:	
Address:	
Religion:	
Education:	
Occupation:	
Marital status:	
Informant:	
Date of admission:	
MRD No.:	
Diagnosis:	

Physical Assessment

Vital signs	
Temperature:	
Pulse rate:	
Respiratory rate:	
Blood pressure:	
General appearances	
Height = ft. inches, Weight = kg.	
Head	
Shape, scalp	
Hair	
Color, texture	
Eyes	
Eye brows:	
Eyelashes:	
Eyelids:	
Eyeballs:	
Conjunctiva:	
Pupil:	
Lens:	
Vision:	

Ears	
External ears:	
Hearing:	
Any other observations:	
Nose	
External nares:	
Nostrils:	
Any other observations:	
Mouth	
Lips:	
Tongue:	
Gums:	
Teeth:	
Neck	
Range of motion (ROM):	
Thyroid:	
Lymph nodes:	
Skin	
Color, tone	
Any other observations:	
Upper extremities	
Left arm/hand:	
Right arm/hand:	
Lower extremities	
Left leg/feet:	
Right leg/feet:	
Cardiovascular system	
Heart sounds (Inspection, Palpation, Percussion, Auscultation):	
Respiratory system	
Respiratory sounds (Inspection, Palpation, Percussion, Auscultation):	
Gastrointestinal system	
Appetite:	
Bowel habits:	
Abdominal finding (Inspection, Palpation, Percussion, Auscultation):	

Genitourinary system	
Musculoskeletal system	
Gait:	
Posture:	
Central nervous system	
Orientation to • Time: • Place: • Person:	
Speech, e.g., stammering, etc.	

Any other observations during physical examination:

_____

_____

_____

_____

Signature of Student Nurse **Signature of Supervisor**

Physical Assessment – 2

Demographic Data

Name:	
Age:	
Gender:	
Address:	
Religion:	
Education:	
Occupation:	
Marital status:	
Informant:	
Date of admission:	
MRD No.:	
Diagnosis:	

Physical Assessment

Vital signs	
Temperature:	
Pulse rate:	
Respiratory rate:	
Blood pressure:	
General appearances	
Height = ft. inches, Weight = kg.	
Head	
Shape, scalp	
Hair	
Color, texture	
Eyes	
Eye brows:	
Eyelashes:	
Eyelids:	
Eyeballs:	
Conjunctiva:	
Pupil:	
Lens:	
Vision:	

Ears	
External ears:	
Hearing:	
Any other observations:	
Nose	
External nares:	
Nostrils:	
Any other observations:	
Mouth	
Lips:	
Tongue:	
Gums:	
Teeth:	
Neck	
Range of motion (ROM):	
Thyroid:	
Lymph nodes:	
Skin	
Color, tone	
Any other observations:	
Upper extremities	
Left arm/hand:	
Right arm/hand:	
Lower extremities	
Left leg/feet:	
Right leg/feet:	
Cardiovascular system	
Heart sounds (Inspection, Palpation, Percussion, Auscultation):	
Respiratory system	
Respiratory sounds (Inspection, Palpation, Percussion, Auscultation):	
Gastrointestinal system	
Appetite:	
Bowel habits:	
Abdominal finding (Inspection, Palpation, Percussion, Auscultation):	

Genitourinary system	
Musculoskeletal system	
Gait:	
Posture:	
Central nervous system	
Orientation to • Time: • Place: • Person:	
Speech, e.g., stammering, etc.	

Any other observations during physical examination:

_____

_____

_____

_____

Signature of Student Nurse **Signature of Supervisor**

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Practical Book for
MENTAL HEALTH NURSING–I

Salient Features

Unlock the Keys to Excellence in Mental Health Nursing!

Welcome to the indispensable companion for nursing students pursuing their journey in mental health nursing.

- **Comprehensive syllabus coverage:** This practical book aligns seamlessly with the nursing syllabus, ensuring that you have the essential knowledge and skills for your academic success.
- **Practical insights:** Dive into real-world scenarios, case studies, and clinical insights that bridge the gap between theory and practice. You will gain the confidence and competence needed for your clinical rotations and beyond.
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- **Cultural competence:** Learn to provide culturally sensitive care through a dedicated section that explores cultural considerations in mental health nursing, promoting inclusivity and empathy.
- **Expertly crafted:** This practical book is authored by Bushra Mushtaq and Javaid Ahmad Mir, a distinguished faculty member with extensive expertise in psychiatric nursing and mental health care. Embrace your role in mental health nursing with confidence and compassion. Let this practical book be your guide as you strive for excellence in this vital field. Your journey begins here!

Get ready to excel in mental health nursing with the second edition of the Practical Book for Mental Health Nursing–I & II.

Key enhancements in this second edition:

Syllabus alignment: This practical book has been meticulously structured to correspond with the nursing syllabus, ensuring that it complements your academic curriculum seamlessly.

Updated content: We have incorporated the most recent advancements, guidelines, and evidence-based practices in mental health nursing, ensuring that you have access to the latest and most relevant information.

Clinical relevance: Practicality and clinical applicability are at the core of this edition. Real-life scenarios, case studies, and clinical insights have been included to help bridge the gap between theory and practice.

Interactive learning: To promote active engagement, we have integrated exercises, self-assessment, and reflective exercises throughout the practical book. These tools will facilitate your comprehension and application of the concepts presented.

Bushra Mushtaq PG (Psychiatric Nursing) is currently serves as a dedicated Nursing Tutor within the Department of Nursing at Alamdar Memorial College of Nursing and Medical Technology in Charar-I-Sharief, Budgam, under the esteemed Islamic University of Science and Technology, Awantipora, Jammu & Kashmir. With expertise in teaching a spectrum of subjects including Fundamentals of Nursing, Psychiatric Nursing, Nursing Research, and Maternal Health Nursing. She brings a wealth of knowledge and experience to her students. Prior to her current role, she held positions as a Tutor at the College of Nursing South Campus, Kashmir University, Anantnag, and as a sister Tutor at Government AMT Srinagar. Bushra Mushtaq's academic journey began with a Nursing Graduation [BSc (H) Nursing] from Bibi Halima College of Nursing and Medical Technology, Srinagar, and her internship at King Fahad Medical City, Riyadh, Saudi Arabia. She furthered her education by obtaining a Master's degree in Psychiatric Nursing (Mental Health Nursing) from Mader-E-Meharban Institute of Nursing Sciences and Research, SKIMS, Srinagar. She is actively engaged in professional associations, including the International Society of Psychiatric-Mental Health Nurses (ISPN) and the Trained Nurses' Association of India (TNAI), as a life member. Her contributions to the field encompass a portfolio of published original research and review papers in international journals, and she further serves as a diligent reviewer for various online international journals.

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Printed in India

Available at all medical bookstores
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JAYPEE BROTHERS
Medical Publishers (P) Ltd.
EMCA House, 23/23-B, Ansari Road,
Daryaganj, New Delhi - 110 002, INDIA
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ISBN 978-93-5696-599-7