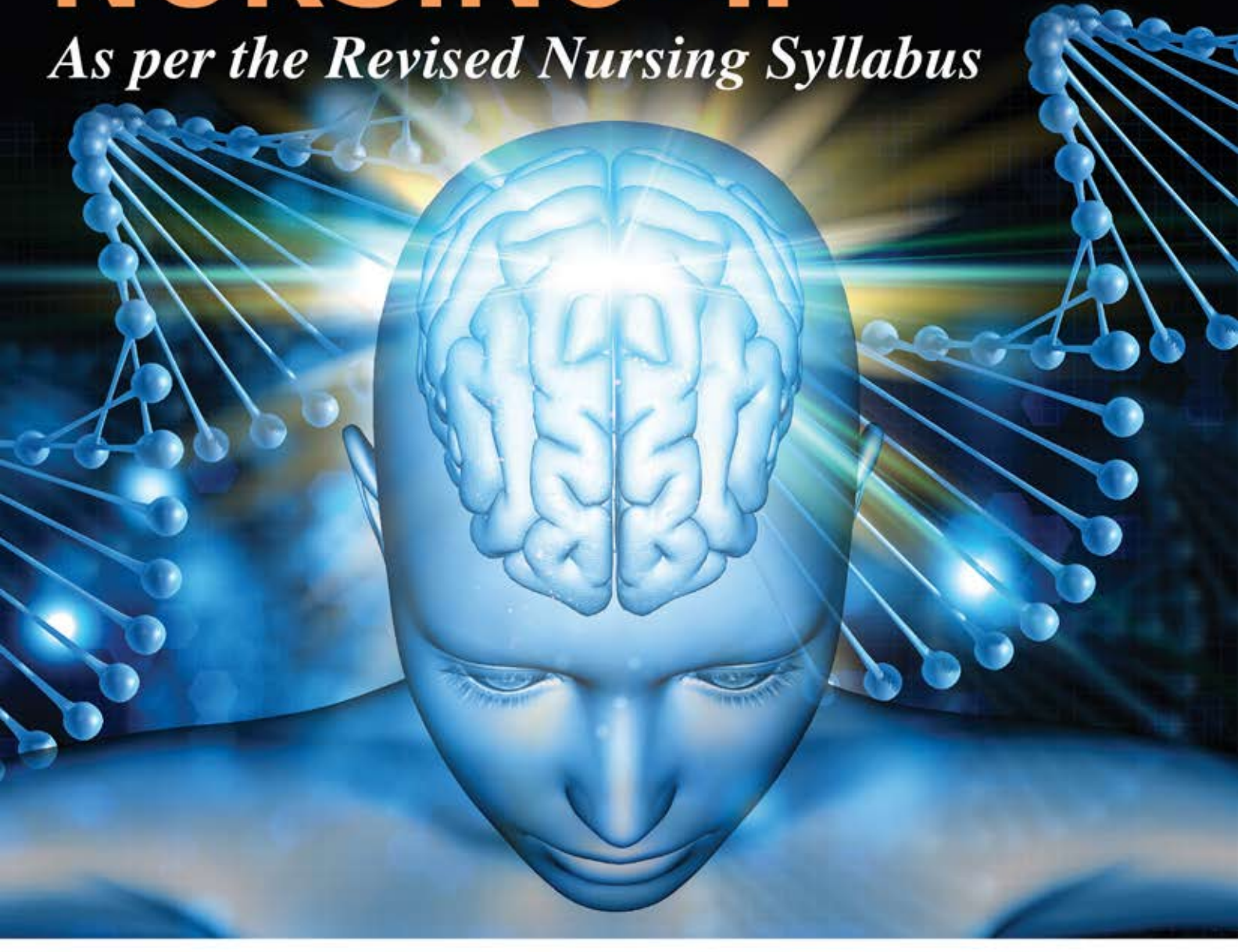
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Practical Book for MENTAL HEALTH NURSING–II

As per the Revised Nursing Syllabus



Bushra Mushtaq
Javaid Ahmad Mir

2nd Edition

JAYPEE

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HISTORY TAKING

History Taking: Psychiatric history involves the patient's mental outline that includes information about the chief complaint, present illness, medical and surgical records family and individual history, psychological deviation from the onset of the disease and history of childhood development, habits, etc., this history detail of patient should give a comprehensive details of disease.

History Taking – 1

A. Identification Data

Name:	
Age:	
Gender:	
Address:	
Education:	
Occupation:	
Marital status:	
Religion:	
Informant:	

B. Presenting Chief Complaints

C. History of Present Illness

Duration:	
Mode of onset:	
Course:	
Intensity:	

- **Predisposing factor:**
- **Precipitating factor:**
- **Perpetuating factor:**

D. Treatment History

E. Past Psychiatric and Medical History

F. Family History

Age	*Education*	*Occupation*	*Health status*	*Relationship with patient*	*Age at death*	*Mode of death*

Family Tree

G. Personal History

a. Prenatal history: _____

_____

_____

b. Childhood history: _____

_____

_____

Primary caregiver:	
Feeding:	
Developmental milestones:	
Behavioral and emotional problems:	
Illness during childhood:	

c. Educational history: _____

d. Play history: _____

e. Emotional problems during adolescence: _____

f. Puberty: _____

g. Occupational history: _____

h. Sexual and marital history: _____

i. Menstrual and obstetric history (in case of female patient): _____

j. Forensic history: _____

k. Substance abuse history: _____

l. Pre-morbid personality:

Interpersonal relationships:	
Family and social relationships:	
Use of leisure time:	
Habits:	
Eating pattern:	
Predominant mood:	
Religious beliefs:	
Eating pattern:	
Elimination:	
Sleep:	

Signature of Student Nurse **Signature of Supervisor**

History Taking – 2

A. Identification Data

Name:	
Age:	
Gender:	
Address:	
Education:	
Occupation:	
Marital status:	
Religion:	
Informant:	

B. Presenting Chief Complaints

C. History of Present Illness

Duration:	
Mode of onset:	
Course:	
Intensity:	

- **Predisposing factor:**
- **Precipitating factor:**
- **Perpetuating factor:**

D. Treatment History

E. Past Psychiatric and Medical History

F. Family History

Age	*Education*	*Occupation*	*Health status*	*Relationship with patient*	*Age at death*	*Mode of death*

Family Tree

G. Personal History

a. Prenatal history: _____

_____

_____

b. Childhood history: _____

_____

_____

Primary caregiver:	
Feeding:	
Developmental milestones:	
Behavioral and emotional problems:	
Illness during childhood:	

c. Educational history: _____

d. Play history: _____

e. Emotional problems during adolescence: _____

f. Puberty: _____

g. Occupational history: _____

h. Sexual and marital history: _____

i. Menstrual and obstetric history (in case of female patient): _____

j. Forensic history: _____

k. Substance abuse history: _____

l. Pre-morbid personality:

Interpersonal relationships:	
Family and social relationships:	
Use of leisure time:	
Habits:	
Eating pattern:	
Predominant mood:	
Religious beliefs:	
Eating pattern:	
Elimination:	
Sleep:	

Signature of Student Nurse **Signature of Supervisor**

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Practical Book for
MENTAL HEALTH NURSING–II

Salient Features

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

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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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