Contents

1. Assessment Format 1

- Mental Health Nursing 1
- History Taking of Patients with Mental Illness 2
- Mental Status Examination of Patients with Mental Illness 6
- General and Physical Examination 10
- Neurological Assessment 12
- Process Recording 25

2. Administration of Psychotherapeutic Drugs 27

- Antipsychotic Drugs 27
- Antimanic Medications 29
- Anticonvulsants 30
- Antidepressant Medications 30
- Antianxiety Medications 32
- Medications for Special Groups 33

3. Application of Psychiatric Nursing Process 36

- Multi-axial System 36
- Nanda-approved Nursing Diagnoses 39
- Schizophrenia 44
- Bipolar Disorder, Manic Episode 47
- Major Depressives 50
- Obsessive-compulsive Disorder 53
- Attention-deficit/Hyperactivity Disorder 54
- Phobias 55
- Suicidal Behavior 57
- Post-traumatic Stress Disorder 60
- Alcohol 62

4. Theories 64

- Theories of Physical Development-Maturation of the Central Nervous System: Comparing Lauguage, Perception, and Motor Skills 64
- Theories of Social Development and Skills in Infants and Children 66
- Theories and Skills of Cognitive Development in Infants and Children 67
- Psychosexual Development: Theories of Psychosexual Development and Psychosexual Skills 69
- Emotional Development Theories of Emotional Development and Emotional Skills 71
- Moral Development—Kohlberg 72

5. Case Record Format 73

- Psychosis Case Record 73
- Neurosis Case Record 75
- Mental Retardation Case Record 77

- Epilepsy Case Record 79
- Follow-up Record 81

6. CASE WORK 83

- Child Guidance Clinic 83
- Community Psychiatry 84
- National Mental Health Programme 86

7. Preparation for Assisting with Therapies 90

- Electroconvulsive Therapy (ECT) 90
- Psychometric Assessment 93
- Aptitude Test 94
- Intelligence Test 95
- Neuropsychological Test 95
- Occupational Tests 97
- Personality Tests 97
- Specific Clinical Tests 100
- Therapeutic Communication Techniques 102
- Clinics/Camps 105
- Narcoanalysis 106
- Aversion Therapy 107
- Individual Therapy 108
- Group Therapy 109
- Family Therapy 111
- Occupational Therapy 113
- Psychotherapy 115
- Milieu Therapy 116
- Behavior Therapy 118
- Relaxation Therapy 120
- Yoga and Mental Health 121
- Recreational Therapy 122
- Animal-assisted Therapy 125
- Music Therapy 127
- Play Therapy 129

8. Counseling Patient and Family 133

- Model 133
- Treatment and Goal 134
- Types 135
- Methods 135

9. Field Trip and Observational Visit 136

- Out Patient Department Module 136
- Mental Retardation Rehabilitation 137
- Psychiatric Rehabilitation 139
- De-addiction 140

Further Reading 143

Index 145