

PSYCHIATRIC NURSING

COPING AND ADAPTATION

MENTALLY HEALTHY INDIVIDUAL
ATTITUDE OF SELF ACCEPTANCE
AUTONOMY

ABILITY TO ABSTRACT, TRUST, COPE WITH STRESS
ACCURATE SELF PERCEPTION
AWARENESS OF SELF

MENTAL HEALTH – balance in a persons internal life and adaptation to reality

- Mental ILL Health – state of imbalance characterized by a disturbance in a persons thoughts, feelings and behavior
- Poverty and abuses are major risk factors
- Psychiatric nursing – interpersonal process whereby the professional nurse practitioner ,through the therapeutic use of self(art) and nursing theories (science) , assist clients to achieve psychosocial well being.
- Core of psych nursing – interpersonal process – human to human relationship(both for mentally healthy and ill)
- Mental hygiene – measures to promote mental health , prevent mental illness and suffering and facilitate rehabilitation.....(and if necessary find meaning in these experiences)
- Main tool – therapeutic use of self
- It requires self-awareness
- Methods to increase self-awareness:
 - Introspection ,Discussion, Experience , Role play

Neurosis

- any long term mental or behavioral d/o in which contact with reality is retained the condition is recognized by the patient as abnormal. Essentially features anxiety or behavior exaggerated designed to avoid anxiety
- (anxiety d/o ; hysteria to conversion d/o ,amnesia,fugue,multiple personality and depersonalization- dissociative d/o ;oc d/o)
- Result of inappropriate early programming(psychoanalysis little value)
- Benefits from Behavior Therapy

Psychosis

- Mental or behavioral disorder wherein patient loses contact with reality
- Presence of delusions, hallucinations,severe thought disturbances,alteration of mood , poverty of thought and abnormal behavior
- (schizophrenia , major disorder of affect (mania – depression) , major paranoid states and organic mental disorder
- Benefits from psychoanalysis and antipsychotics

Common Behavioral Signs and Symptoms

- Disturbances in perception
 - Illusion- misinterpretation of an actual external stimuli
 - Hallucinations – false sensory perception in the absence of external stimuli
- Disturbances in thinking and speech
 - neologism – coining of words that people do not understand
 - Circumstantiality – over inclusion of inappropriate thoughts and details
 - Word salad – incoherent mixture of words and phrases with no logical sequence
 - Verbigeration – meaningless repetition of words and phrases
 - Perseveration – persistence of a response to a previous question
 - Echolalia – pathological repetition of words of others
 - Aphasia – speech difficulty and disturbance

Examples Of Nursing Documentation Psychiatric Patients

L Cohen



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web the washington section of the trail has several high passes and ridges lakeview ridge elev 7 126 is the highest and is located only eight miles before the canadian border a number of alaskan and canadian plants including alaska cedar and grand fir

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between mm35 and mm31 it includes 8 miles of the ccc100 route happening next weekend 07 22 an unmarked trail maintained better than the pct portions of manastash ridge trail and other singletrack orv trails

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