

PSYCHIATRIC

Definition of psychiatric nursing: Psychiatric nursing is a branch of science that deals with the study of treatment, management and prevention of mental disorder.

Aim of psychiatric nursing: By the end of this course the students will be able to acquire a basic level of knowledge skill and attitude on psychiatric nursing according to BNC syllabus.

Objectives of psychiatric nursing: The following are the objectives of psychiatric nursing:

1. Identify the various factors which contribute the occurrence of psychiatric nursing.
2. Recognize the sign & symptoms of mental health problem.
3. Identify the major mental illness and their management.
4. Carry out the psychiatric nursing for dealing with special behavior.
5. Describe the essential elements of psychiatric care and community mental health care.

Importance of psychiatric nursing:

1. Psychiatric nursing makes a nurse aware of what she is doing to a pt psychologically.
2. It educates the nurse how to observe the pt.
3. It equips her with appropriate technique to meet the pt psychological needs and manages the nurse and pt responsibility.
4. It helps to learn a nurse about his/her responsibilities to the mentally ill person.
5. It helps to become a nurse as a psychiatrist.
6. It helps top diagnosis of early signs that helps to prevent complication.
7. It has a major role of fulfill the nursing services as a professional nursing.

8. It learns a nurse how to behave with mentally ill person.
9. It helps to grow humanity of a nurse to a psychiatric pt.

----- **These are importance of psychiatric nursing.**

The quality of an ideal psychiatric nurse: A nurse working with psychiatric pt. should:

1. Be sympathetic and understanding.
2. Have patience and a capacity to listen.
3. Be a good observer.
4. Be hold and helpful to the pt.
5. Have non judgment attitude towards the pt.'s behavior.
6. Be available during emotional crisis.
7. Be confidential.

The followings things which a nurse should not do to her psychiatric patient:

- ❖ Pass comments
- ❖ Laugh at
- ❖ Be sarcastic
- ❖ Be biased
- ❖ Avoid contact
- ❖ Let him down

Definition of mental health: WHO defined mental health as ‘The capacity of an individual to form harmonious relationship with others and to participate in or contribute constructively to changes in the social environment?’

Characteristics or criteria of mental health person:

1. A mentally healthy person is free from internal conflicts. He is not at war with himself.
2. He is well adjusted.
3. He is able to form effective relationship.
4. He is accept criticism and is not easily upset.
5. He searches for an identity.
6. He has a strong sense of self-esteem.
7. He knows himself, his needs, problems and goals.
8. He has good control over his behavior.
9. He is productive.
10. He faces problems and tries to solve them intelligently.
11. He has ability to cope with stress and anxiety.

Diagnosis of the psychiatric condition—

There are three ways of diagnosis of pre psychiatric condition—

A. Diagnosis of cognitive condition.

----Ability to make judgment. E.g., - Who are you? Are you boy or not?

1. Memory test: Recent memory test.E.g.--What have you eaten to day?

----Past memory test.e,g—Which school have you read?

----Orientation test. E.g.—Place, time, person.

1. Intelligent test—

---- Ability to distinguish between similar and dissimilar object. Give a red colour pencil set ask him to dusting wish.

----Basic information test- What is the name of prime minister?

B. Diagnosis of emotional disturbances evaluation of following conditions:

❖ Anxiety

❖ Terror

❖ Agitation

❖ Suicidal tendency\

❖ Look of interest

❖ Depression

❖ Hostility.

C. Pathology thought condition:

- ❖ Hallucination.
- ❖ Illusion
- ❖ Delusion or false belief.
- ❖ Dementia
- ❖ Compulsion.

Early warning sign of mental health/ pre psychiatric condition/ characteristics of ill person---

The following signs are early warning sign of mental health problem--

1. Excessive worry, tension, upset.
2. Fear without real cause.
3. Continuous unhappy or sad without justifiable cause.\
4. Frequent break of temper and fighting with no apparent cause.
5. Difficulty in sleeping and loss of appetite.
6. Excessive consumption of alcohol and drug.
7. Always dislike others.
8. Always feeling of right himself and consider wrong others.
9. Pains and aches.
10. Extreme fluctuation.

Definition of mental illness: In a simple way, it is a disorder of the mind.

Etiology/causes of mental disorder: - The causes of, mental illness are multiple and complex the causes can be grouped into & major areas.

1. Biological factors-

- Genetic(Hereditary)
- Bio chemical.
- Brain damage.

2. Psychological factors personality and temperament-

- Early up bringing
- Conflicts.

3. Social factors

- Loss
- Socio-cultural factors
- Poverty
- Psychosocial stresses
- Adversity, Accident.
- Migration
- Unemployment
- Urbanization

Definition of mental illness: It is a term used to describe as member of disorder of the mind which affects the emotions, perception, reasoning or memory of the individual.

Types of mental illness: There is major and minor illness.

Major illness: - The major illness is called psychoses.

There are 3 major illness -

1. Schizophrenia
2. Manic depressive psychoses.
3. Paranoia.

Minor Illness: - The minor illness are 2 groups.

1. **Neurosis or psychoneurosis-** In this pt. is unable to react normally to life situation. He is not considered “insane” by his associate’s neurtheless exhibits certain peculiar symptoms such as- Morbid, fears, Compulsion, Obsessions, Anxiety, and Neurosis etc.
2. **Personality and character disorder:** - These groups of disorder are the legacy unfortunate childhood experience and perceptions. E.g.-Hysteria.

Recognition of mentally ill person/sign & symptom:

1. Disturbances of mental functions like thinking, emotion, intelligence, memory attention, orientation, perception etc.
2. Violent, assaultive, destructive, abusive, suicidal and homicidal behavior.
3. Anxiety, tension, irritability, poverty of concentration diminished work effecting, irrigational fears, unwanted ideas, and repetitive meaningless activities.
4. Somatic symptoms like headache, body ache, weakness, anorexia, constipation, diarrhoea, sleeplessness, palpitation, breathlessness at rest without any organic cause.
5. Somatic syndrome produced by emotional disturbances which involve autonomic nervous system. E.g.—peptic ulcer, bronchial asthma.
6. Antisocial behavior like criminality, sexual perversions addiction to drugs and alcohol.
7. Incomplete development of mental faculties. E.g.—emotions.
8. Disorders of cerebral function due to emotional disturbances.

Preventive aspects: There are three levels of prevention of mental illness:

1. **Primary: Primary prevention** operates on a community basis. This consists of improving the social environment and promotion of the social, emotional and physical wellbeing of all ages. It includes working for better living conditions and improved health and welfare resources in the community.

1. Secondary: This consists of early diagnosis of mental illness and of social and emotional disturbances through screening programmes in school, universities, industry, recreation centers etc. and provision of treatment facilities and effective community resources. In this regard family based health services have much roles to play.

The family services identify emotional problems and early symptoms of mental illness help family members to cope with overwhelming stress, treat problems of individual and social maladjustment when required and prepare individual family members for psychiatric care case work or counseling is the method most commonly employed by the family service agencies. The main responsibilities agencies are to provide a counseling service and help to families with marital conflict disturbed parent child relationship and strained interpersonal relationship.

Family counseling is one method of treatment intervention for helping the mentally ill. Therefore, family counselors make an accurate psychosocial diagnosis.

1. Tertiary: Tertiary prevention seeks to reduce the duration of mental illness and thus reduce the stress they create for the family and the community. At the point of view, the goal at this level is to prevent further breakdown and disruption.

Definition of neurosis: Neurosis is less severe form of psychological disorder where pt's show either excessive or prolonged emotional reaction to any given stress. They have symptoms like anxiety, fear, sadness, vague aches and pains etc.

Definition of psychosis: Any major mental disorder of organic or emotional origin marked disarrangement of the personality and loss of contact with reality often with delusions, hallucinations or illness.

Difference between psychosis and neurosis:

point	Psychosis	Neurosis
Biological factor	More important	Less important
Environmental factor	Less important	More important
Personality disintegration	Total	Partial
Reality	Lost	Not lost
Insight into illness	Lost	Not lost
Judgment	Lost	Not lost
Disturbances of mental functions like thinking, emotion and behavior	Gross	Minor
Disturbances of belief & perception	Common	Rare
Prognosis	Recovery may not be always possible or complete.	Recovery is always possible and complete.
Treatment:		
1.ECT	Very useful	Not useful
2.Insulin therapy		
a. subcoma	useful	Useful
b. coma	useful	Not useful
3.Abreactive therapy	Not useful	Useful
4.Behaviour therapy	Not useful	Very useful
5.Drugs	Narcoleptic stimulants and antidepressants	Commonly used