

MENTAL HEALTH

NURSING STUDY NOTES

Mental health nursing bundle



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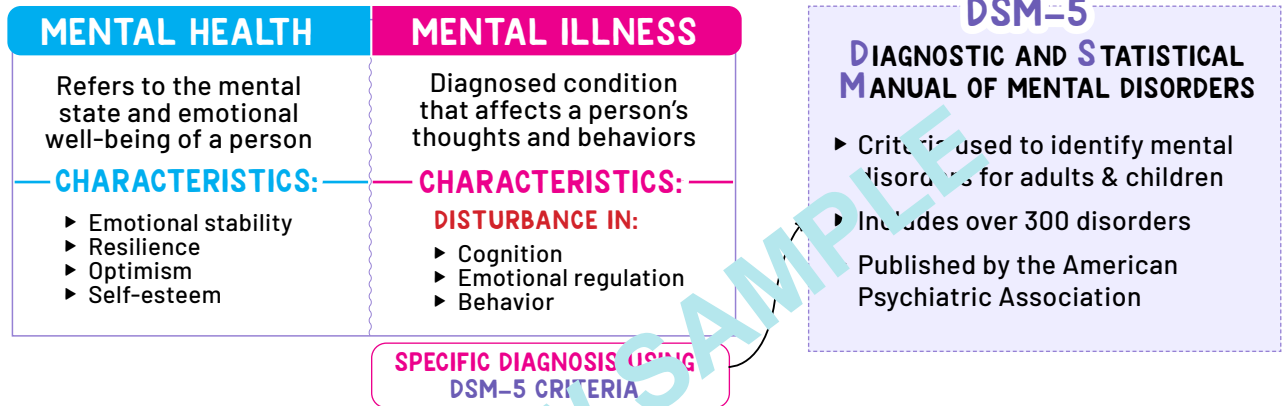
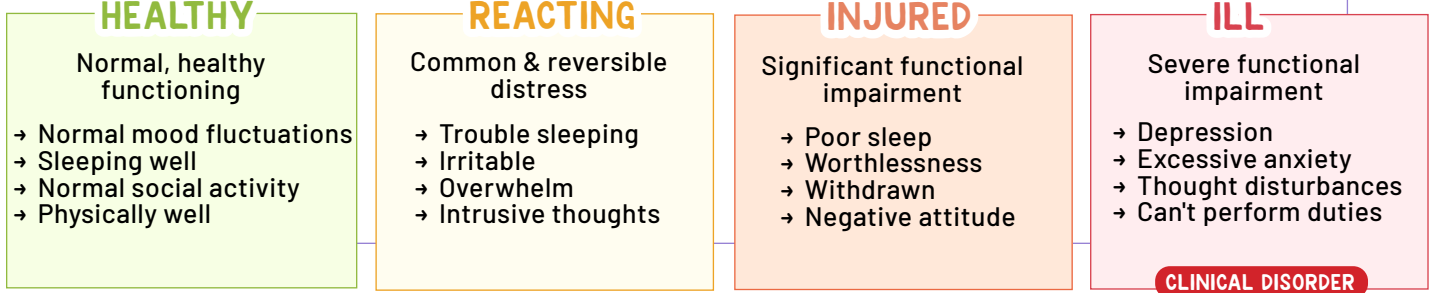
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MENTAL HEALTH OVERVIEW

MENTAL HEALTH CONTINUUM



FACTORS AFFECTING MENTAL HEALTH



CULTURAL COMPETENCY

The ability to interact effectively with patients of different cultures, beliefs & behaviors

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MENTAL HEALTH SYMPTOMS LOOK DIFFERENT ACROSS DIFFERENT CULTURES

AWARENESS

Reflect on one's own beliefs and practices relating to healthcare

KNOWLEDGE

Research information about your patient's cultures so you can better understand them

SKILLS

Relates to the RN's ability to collect relevant data and utilize it to engage in effective cross-cultural interactions

ASK YOURSELF:

- Who makes the healthcare decisions in your family?
- Does your culture talk about illness?
- What types of end-of-life customs do you have?

ENCOUNTER

Encourages nurses to grow and improve their cultural competence by interacting with other cultures, backgrounds, and ethnicities

DESIRE

Requires a strong motivation to learn about other cultures as well as being open and accepting to different beliefs and perspectives

MENTAL STATE EXAMINATION

The **MSE** is a structured evaluation to assess a patient's behavioral and cognitive functioning

1 APPEARANCE

Assess the overall appearance of the patient

DEMOGRAPHICS

→ Age/race/gender/ ethnicity

CLOTHING

→ Are they dressed appropriately for the weather/ occasion?

POSTURE

→ Is their posture closed or open?

GAIT

→ Are gait abnormalities present? (shuffling, hesitant, ataxic, etc.)

GROOMING

→ Do they seem well-kept and groomed?

NOTE ANY SIGNS OF NEGLECT

2 BEHAVIOR

Assess the overall behavior of the patient

ATTITUDE

→ Are they cooperative, suspicious, guarded, etc.

FACIAL EXPRESSION

→ Do their facial expressions match what they are saying?

EYE CONTACT

→ Do they avoid or give intense eye contact?

PSYCHOMOTOR

→ Any signs of agitation?

MOTOR ACTIVITY

→ Any tremors, tics, restlessness, involuntary movements?

3 SPEECH

Assess the overall speech of the patient

QUALITY

→ Talkative or one word answers?

VOLUME

→ Are they speaking very loudly (mania) or softly (depressive)?

RATE

→ Are they speaking very fast/ slow?

QUALITY

→ Slurred, clear, articulate, aphasic?

SPONTANEITY

→ Are they able to stay on topic?

4 MOOD

Assess the overall feelings of the patient

CONSISTENCY

→ Does their mood change throughout the conversation?

OBJECTIVE

How we observe & describe their mood

- ▶ Irritable ▶ Elated ▶ Sad
- ▶ Depressed ▶ Anxious ▶ Apathetic

SUBJECTIVE

How they observe & describe their mood

- ▶ "How are you feeling?"
- ▶ "How would you describe your mood?"

5 AFFECT

Assess the overall expression of the patient

→ Purely observational, do not ask questions to assess this

→ Assess the moment to moment expressions

- ▶ Posture
- ▶ Gestures
- ▶ Facial expressions
- ▶ Voice tonality

Mood & affect both relate to **EMOTION**, but are not the same thing

Affect is expressed **IMMEDIATELY**

Note if affect is **LABILE** as well as the **RANGE & INTENSITY**

6 THOUGHTS

Assess the overall thought process & content of the patient

FORM

→ Is their thinking organized & linear?

STREAM

→ Is their state of thinking flowing, or are they thought blocking?

POSSESSION

→ Thought insertion/ broadcasting?

CONTENT

→ Phobias, paranoia, violence, **suicidal ideation** → Get 1:1 observation

7 PERCEPTION

Assess the overall perception & sensation of the patient and their environment

Are they having hallucinations? This could manifest as:

AUDITORY

HEARING

VISUAL

SIGHT

OLFACTORY

SMELL

SOMATIC

TOUCH

GUSTATORY

TASTE

8 COGNITION

Assess the orientation, attention & memory of the patient

- Are they alert & oriented?
- Do they have short-term or long-term memory loss?
- Are they able to maintain attention?
- Visual-spatial: can they read & write?

9 INSIGHT

Assess the patient's ability to recognize their experiences

- Are they aware of their own illness or is there denial?
- What is their understanding of their illness?

10 JUDGEMENT

Assess the patient's ability to make good decisions

- Ensure proper communication to patient about illness
- Assess if next of kin needs to be communicated with for decision making

TYPES OF THERAPY



PSYCHOANALYTIC THERAPY

WHAT IS IT?

Talk therapy that explores how the unconscious mind influences thoughts, feelings and behaviors

KEY CHARACTERISTICS

Allows the patient to explore their subconscious freely

TECHNIQUES

- Dream analysis
- Free association
- Transference

EXAMPLE

Dissolving a patient's fear of dogs by revealing the fear developed because they were bit by a dog as a child

PSYCHODYNAMIC THERAPY

WHAT IS IT?

Focuses on gaining a deeper understanding of unconscious processes of the person that are represented in present behavior

KEY CHARACTERISTICS

- Examines unresolved past conflicts
- Aims to change recurring thought patterns and learned defense mechanisms

EXAMPLE

Connecting a patient's low self-esteem to a parent leaving them as a child

INTERPERSONAL THERAPY

WHAT IS IT?

Goal-oriented therapy that is split into phases to help patients develop strategies to apply to relationships and situations

KEY CHARACTERISTICS

- Time limited: number of sessions is determined before therapy starts
- Mainly short-term (12-16 weeks)

EXAMPLE

Patient feels depression after a breakup, therapist helps them mourn, process, and cultivate new skills to move forward

RATIONAL EMOTIVE THERAPY

WHAT IS IT?

Action-oriented techniques that help identify and reframe negative thoughts, ideas, and beliefs about oneself

KEY CHARACTERISTICS

- A Activating Event
- B Belief about event
- C Consequences of emotions/ behaviors

EXAMPLE

Person feels like they did poorly during a work presentation and creates the belief **"I must be perfect, or I have no value at all"**
→ Replaces it with **"Making a mistake doesn't mean I'm worthless"**

BEHAVIORAL THERAPY

WHAT IS IT?

Goal of changing a behavior without focusing on the specific cause

KEY CHARACTERISTICS

- Based on the idea that behaviors are learned and can be changed
- Encourages healthy ways to communicate and improve other aspects of life

OPERANT CONDITIONING:

Encourages or discourages behavior by pairing it with a consequence

CLASSICAL CONDITIONING:

Connects an involuntary response with a neutral stimulus

COGNITIVE BEHAVIORAL THERAPY

WHAT IS IT?

Aims to solve problems by challenging negative thoughts, behaviors, and perceptions about oneself and their environment

KEY CHARACTERISTICS

- Focuses on bringing awareness to current patterns & behaviors in order to change them
- Develop more efficient coping skills to deal with challenging situations

EXAMPLE

- Exposing oneself to situations that are known to evoke anxiety
- Journaling about thoughts & feelings throughout the day to increase awareness

GROUP THERAPY

WHAT IS IT?

Group of people gather and provide feedback and support to feelings and emotions with nurse or therapist acting as facilitator

KEY CHARACTERISTICS

- Nurse/ therapist has little input, does not act as leader of group
- Members provide each other with support and practical help

EXAMPLE

- Alcoholics Anonymous
- Bereavement groups