NURSING CARE FOR MENTALLY ILL PATIENTS

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McGraw-Hill
Role of a Psychiatric Nurse
Learning Objectives

- Define therapeutic milieu
- Discuss the role of the nurse in the psychotherapeutic process
- Explain various phases of therapeutic relationship
- Discuss factors important in the establishment of a nurse–patient relationship
Introduction

Psychiatric nursing is an interpersonal process that promotes and maintains the integrated adaptive functioning of patients.

The psychiatric nurse works with other members of the treating team and facilitates the best possible treatment options for the patient.
Therapeutic Milieu

Milieu is a term which encompasses:

i. Setting
ii. Structure
iii. People
iv. Emotional climate

Therapeutic milieu uses a combination of the social environment and therapeutic approaches for healing purposes.
Therapeutic milieu provides a supportive and safe environment for the patient.

Group activities enhance the functional ability of the patient.

As the nurse spends a lot of time with a patient, she becomes a role model for various social behaviours and communication skills.
The nurse performs three major functions which include:

i. Care

ii. Communication

iii. Management
Roles of a Psychiatric Nurse (cont.)

The six major roles of a psychiatric nurse are:

i. Caregiver
ii. Educator
iii. Counsellor
iv. Advocate
v. Coordinator
vi. Health promoter
The Nurse–Patient Relationship

- This relationship forms the basis of all psychiatric nursing treatment approaches.

- It is loosely defined as a therapeutic relationship.
A therapeutic relationship:

i. focuses on the needs and problems of the patient

ii. establishes an understanding in the patient that the relationship is safe, reliable, and confidential and has clear boundaries
Peplau described three phases of nurse–patient relationship:

i. Orientation phase

ii. Working phase

iii. Termination phase
Orientation Phase

Goal: Establishing trust

i. Defining and clarifying roles of nurse and patient

ii. Clarifying the purpose of meetings

iii. Drawing a contract—verbal or written
iv. Identifying problems and setting the goals of the treatment

v. Maintaining confidentiality

vi. Setting the time limit of the working relationship
Goal: Identifying and exploring the needs and problems of the patient

i. Collecting data

ii. Identifying problems

iii. Promoting problem-solving skills

iv. Developing new coping skills
v. Facilitating behavioural changes
vi. Periodic evaluation of goals and progress made
Termination Phase

Goal: Consolidating goals and objectives achieved

i. Summarizing accomplishments

ii. Addressing the emotions aroused because of separation
Factors Promoting Establishment of Therapeutic Relationship

Nurse factors:

i. Consistency
ii. Positive attitude
iii. Active listening
iv. Setting of pace
v. Control
Factors Promoting Establishment of Therapeutic Relationship (cont.)

- **Patient factors:**
  
  i. **Trust**
  
  ii. **Active participation**
Factors Hindering Establishment of Therapeutic Relationship

Nurse factors:

i. Inconsistency

ii. Unavailability

iii. Negative attitude

iv. Lack of confidentiality
Factors Hindering Establishment of Therapeutic Relationship (cont.)

- **Patient factors:**
  - i. Resistance
  - ii. Illness factors