NURSING CARE FOR MENTALLY ILL PATIENTS

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Author of

McGraw-Hill
Hildegard Peplau

Interpersonal Relations in Nursing
A Conceptual Frame of Reference for Psychodynamic Nursing

Hildegard E. Peplau
Hildegard Peplau's 50–year career in nursing left an indelible stamp on the profession of nursing, and on the lives of the mentally ill.

She is the founder of modern psychiatric nursing, innovative educator, advocate for the mentally ill, proponent of advanced education for nurses,

She raised her daughter as a single parent while pursuing an ambitious professional path.
Mental health nurses

- Nurses play a fundamental role within mental health care teams
- In Europe – number of mental health nurses per capita is six times higher than for every other region
Training of mental health nurses

- 4 years (BSN) study at nursing school or in university
- 12 months of field experience
- 3 years postgraduate study or (640 hrs) mental health nursing practice

= Total 8 years
Less than 30% of nurses working at mental health settings are specialized in psychiatric nursing.

Lack of competencies at mental health nursing

Good knowledge and skills at general nursing
Emerging Role of a Psychiatric Nurse

Passive role vs. Active role
Peplau’s Theory of Interpersonal Relationships
Factors influencing orientation phase

Nurse
- Values
- Culture race
- Beliefs
- Past experiences
- Expectations
- Preconceived ideas

Patient
- Values
- Culture race
- Beliefs
- Past experiences
- Expectations

Nurse-Patient Relationship
The Evolution of the Advanced Practice Role in Psychiatric Mental Health in New Jersey: 1960–2010

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Psychiatric Mental Health Nursing
Scope & Standards

Draft Revision 2006

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LAWS OF MALAYSIA

Act 615

MENTAL HEALTH ACT 2001
Kami Penyayang
Hospital Bahagia Ulu Kinta
Laman Web Rasmi
31250 Tanjung Rambutan, Perak Darul Ridzuan
Factors that Affect Mental Health

**Biologic Influences**
- Prenatal, perinatal, and neonatal events
- Physical health status
- Nutrition
- History of injuries
- Neuroanatomy
- Physiology

**Psychological Influences**
- Interactions
- Intelligence quotient
- Self-concept
- Skills
- Creativity
- Emotional developmental level

**Sociocultural Influences**
- Family stability
- Ethnicity
- Housing
- Child-rearing patterns
- Economic level
- Religion

**MENTAL HEALTH**
Role of mental health nurses

1. DEPENDENT ROLES *(with other team members)*
   (Addresses **Biological Factor**)
   Psychopharmacology – Drug Administration

2. INDEPENDENT ROLES
   (Addresses **Social and Psychological Factors**)
   • Assessment
   • Nursing Care Planning
   • Advocacy
   • Case management
   • Community care
   • Psychoeducation
   • Psychotherapy***
Client – The center of our activities

- Partnership × patronizing approach
- Liberal environment × restrictions
- Emphasis on patient rights
- Equal rights to get good quality care
- Holistic care approach
Psychological Interventions

1. Therapeutic Touch
2. Therapeutic Smile
3. Therapeutic Use of Self

(Salgado, 2009)
Psychotherapeutic Management

- Nurse–Patient Relationship – the main tool in treating clients
- Psychopharmacology – biochemical imbalance
- Milieu Management –
Milieu Management – Definition

- Use all therapeutic resources, including the environment, to facilitate patient care.

- It involves purposeful use of all *interpersonal* and *environmental* forces to enhance mental health.
to develop an atmosphere that facilitates patients’ growth, rehabilitation, & restoration of health.
Psychotherapy

The treatment of psychological problems by a professional using psychological means usually mediated by verbal techniques, i.e. talking.
Types of Psychotherapy

- **Number of patients treated in one session**
  - Individual/group psychotherapy
  - Family/marital therapy

- **Underlying principles**
  - Supportive/reconstructive/re-educative/behaviour/cognitive behaviour therapy

- **Level of probing into the unconscious mind**
  - Superficial (short-term)/deep (long-term) therapy
  - Educative psychotherapy
Main Types of Psychotherapies

1. Psychodynamic Psychotherapy
2. Behaviour Therapy
3. Cognitive Behaviour Therapy
4. Interpersonal Therapy
5. Humanistic Therapy
6. Milieu Therapy
7. Group Therapy
8. Family and Marital Therapy
Notes:
Psychosocial interventions should be tailored to the carefully assessed goals, needs, abilities, and circumstances of individuals rather than assuming a "one size fits all" approach.
Continuum of Psychiatric Care

Definition: Levels of care through which an individual can move depending on his needs at a given point in time.

- Hospital–based care
- Community based care
- Case management
Nursing Care Delivery System

Plan
Initiate
monitor
evaluate

Involve

Develop Partnerships
Collaborate
Change towards deinstitutionalization
Change towards *deinstitutionalization*

- A new field for mental health nurses
- Reallocation of staff from hospital to community based services
- Development of new set of competencies is needed
“Shorter” Hospital Based Care

- Shorter stay – deinstitutionalization
- Priority is on “safety”, gravely disabled
- Minimal time for thorough evaluation and establishing diagnosis and treatment
- Major issues – time for stabilization on medications; noncompliance; readmission (revolving door syndrome)
Variable conditions in mental health settings
## Essential Client Services in a Caring System (I)

<table>
<thead>
<tr>
<th>Service Category</th>
<th>Description</th>
<th>Consumer Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment</td>
<td>Alleviating symptoms and distress</td>
<td>Symptom relief</td>
</tr>
<tr>
<td>Crisis intervention</td>
<td>Controlling and resolving critical or dangerous</td>
<td>Personal safety assured</td>
</tr>
<tr>
<td></td>
<td>problems</td>
<td></td>
</tr>
</tbody>
</table>
## Essential Client Services in a Caring System (II)

<table>
<thead>
<tr>
<th>Case management</th>
<th>Obtaining the services client needs &amp; wants</th>
<th>Services accessed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rehabilitation</td>
<td>Developing cl’s skills &amp; supports related to cl’s goals</td>
<td>Role functioning</td>
</tr>
<tr>
<td>Enrichment</td>
<td>Engaging cls in fulfilling &amp; satisfying activities</td>
<td>Self-development</td>
</tr>
</tbody>
</table>
## Essential Client Services in a Caring System (III)

<table>
<thead>
<tr>
<th>Rights protection</th>
<th>Advocating to uphold one’s right</th>
<th>Equal opportunity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic support</td>
<td>Providing the people, places, &amp; things cl. needs to survive ie shelter…</td>
<td>Personal survival assured</td>
</tr>
<tr>
<td>Self-help</td>
<td>Exercising a voice &amp; a choice in one’s life</td>
<td>Empowerment</td>
</tr>
</tbody>
</table>
In order to give care
Build TRUST and become a true agent of CARE

\[
\text{L I V E} = \text{L O V E}
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