



NURSING CARE FOR MENTALLY ILL PATIENTS

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Doctor of Psychology (Clinical Psychology)

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Doctor of Science (D.Sc.)

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Master of Arts in Nursing (RP)

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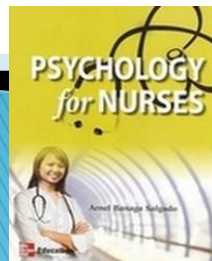
Registered Nurse (RP, Mal, UAE)

Licensed Teacher (RP)

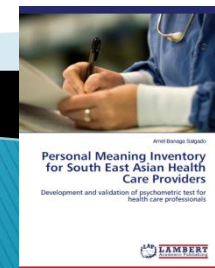
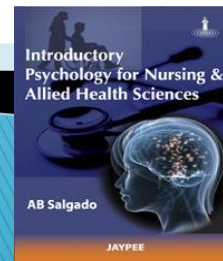
Certificate in Teaching,

Bachelor of Science in Nursing (BSN)

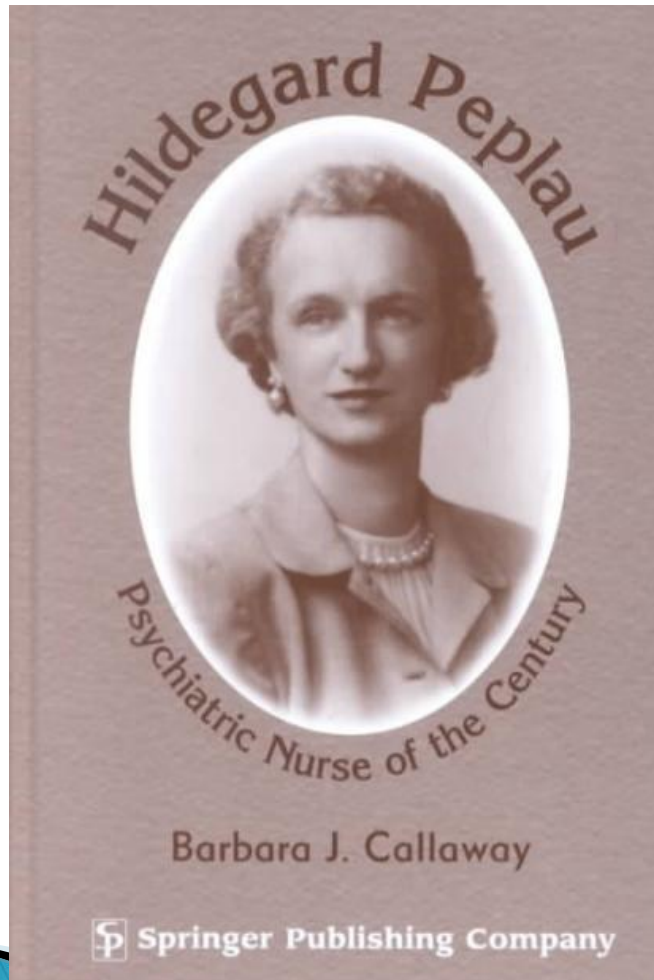
Author of



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  *general nurse*
- ▶ 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

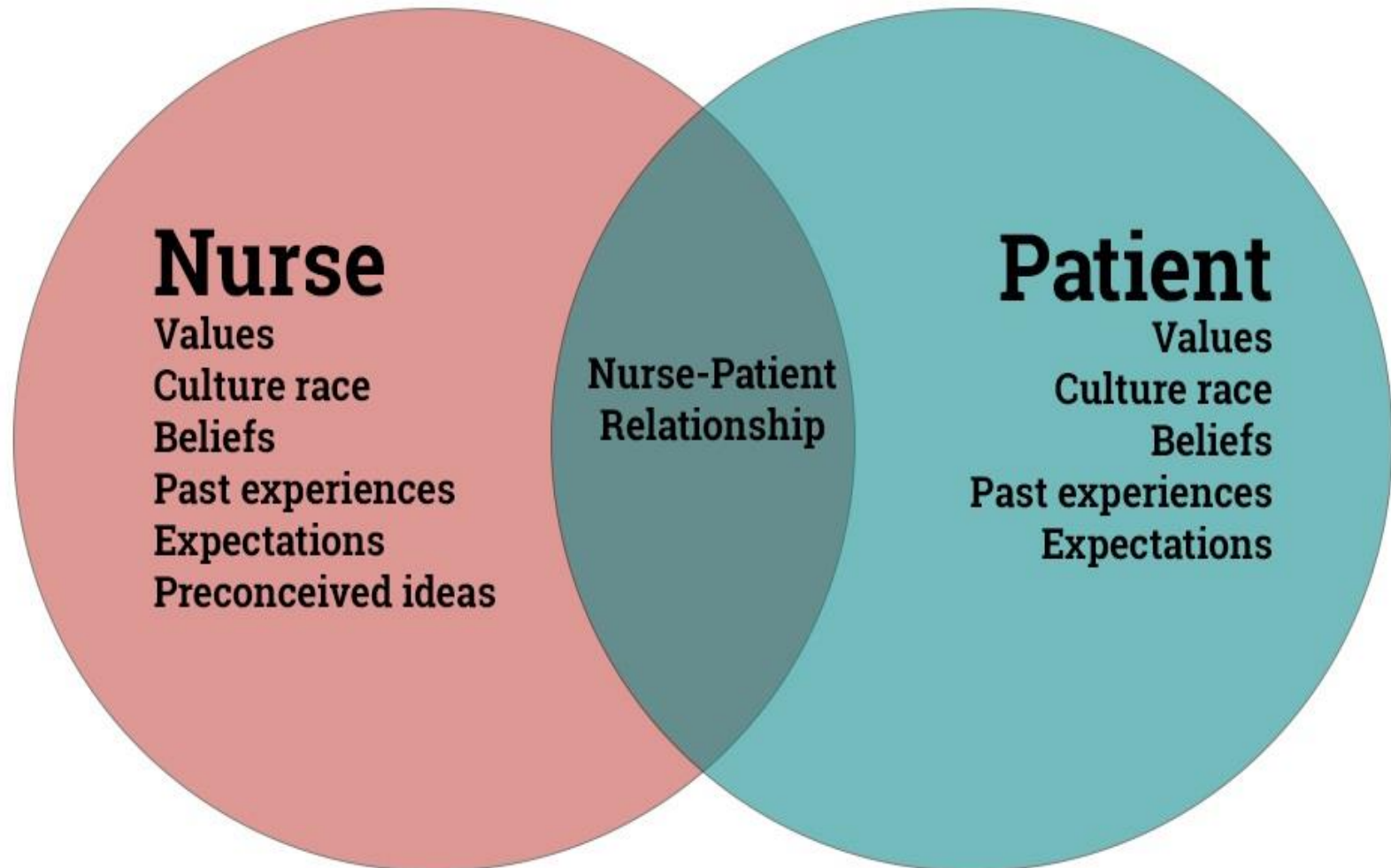


Active role



Peplau's Theory of Interpersonal Relationships

Factors influencing orientation phase



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healthcare

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

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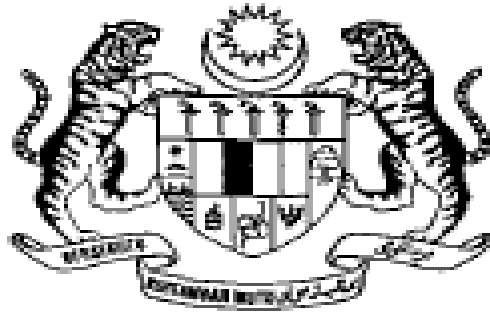
Psychiatric Mental Health Nursing Scope & Standards

Draft Revision 2006

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LAWS OF MALAYSIA

Act 615

MENTAL HEALTH ACT 2001





Kami Penyayang

Laman Web Rasmi

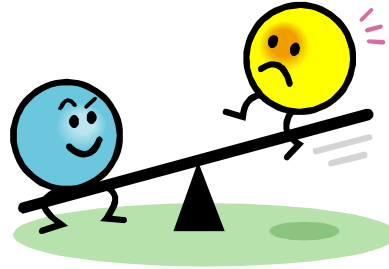
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Mental Health Continuum

Adaptive



Maladaptive

Rational
Logical
Realistic
Productive
Satisfying activity
Fulfilling R

Anxiety
Disorders

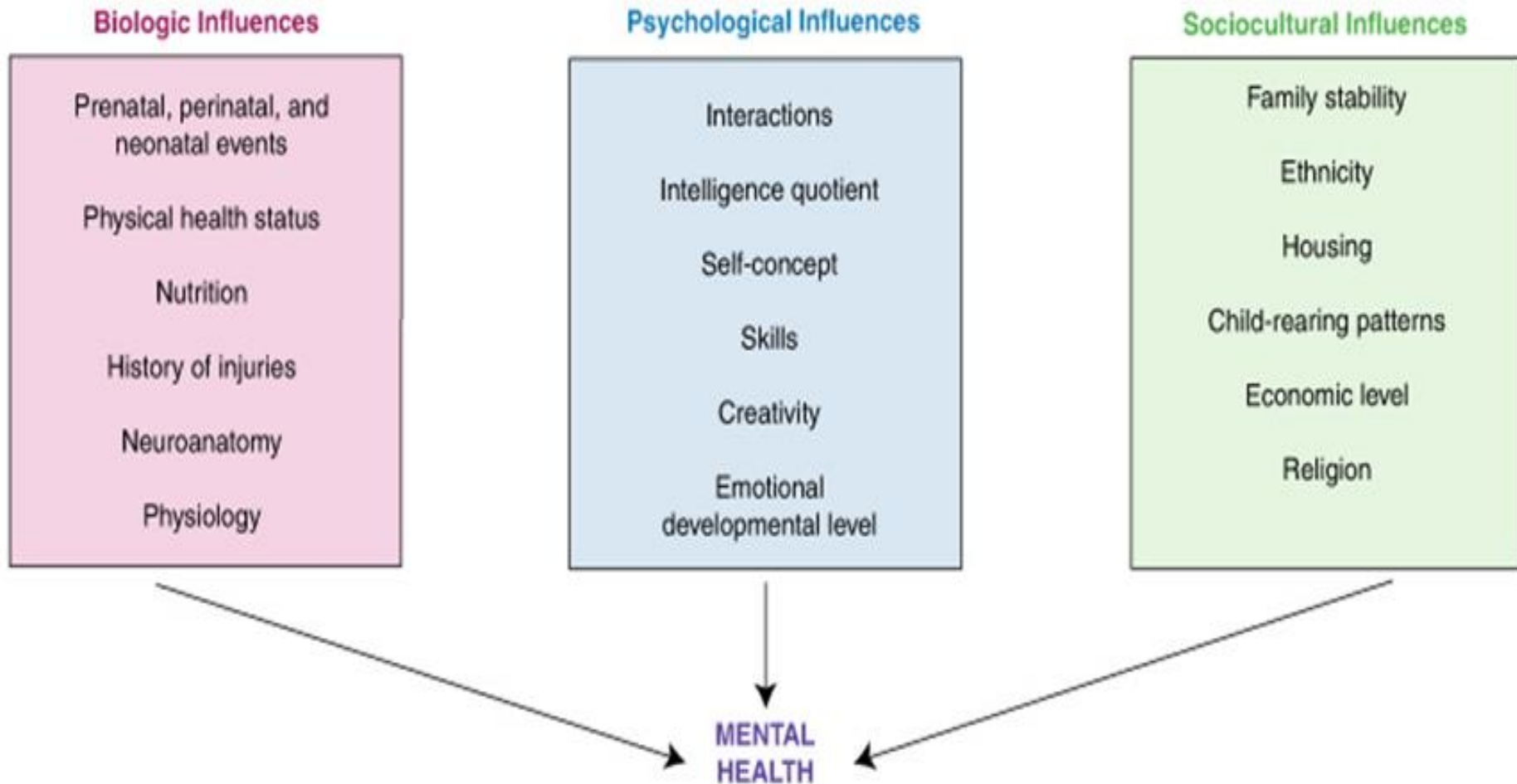
Mood
Disorders

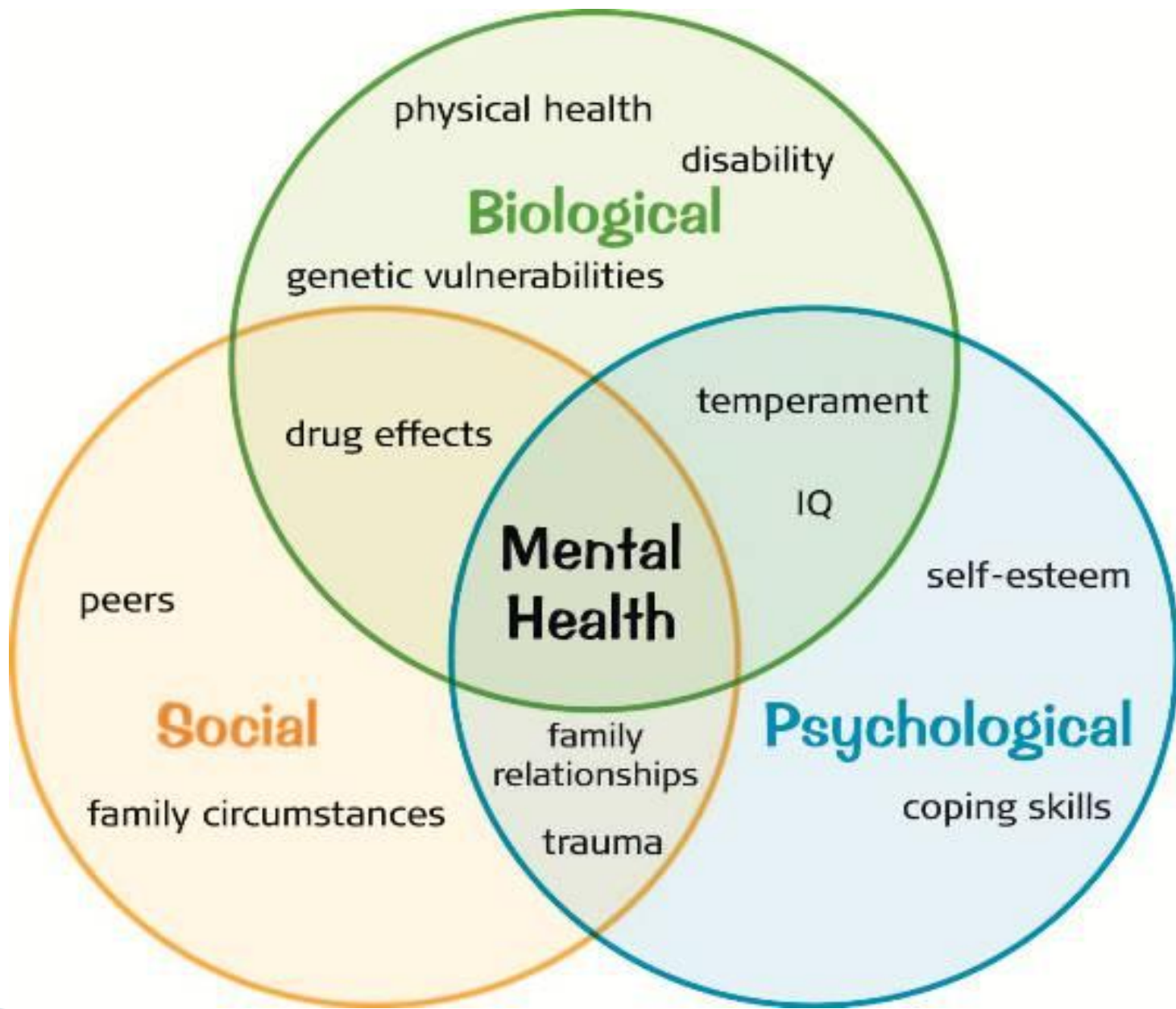
Personality
Disorders

Psychoses



Factors that Affect 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***

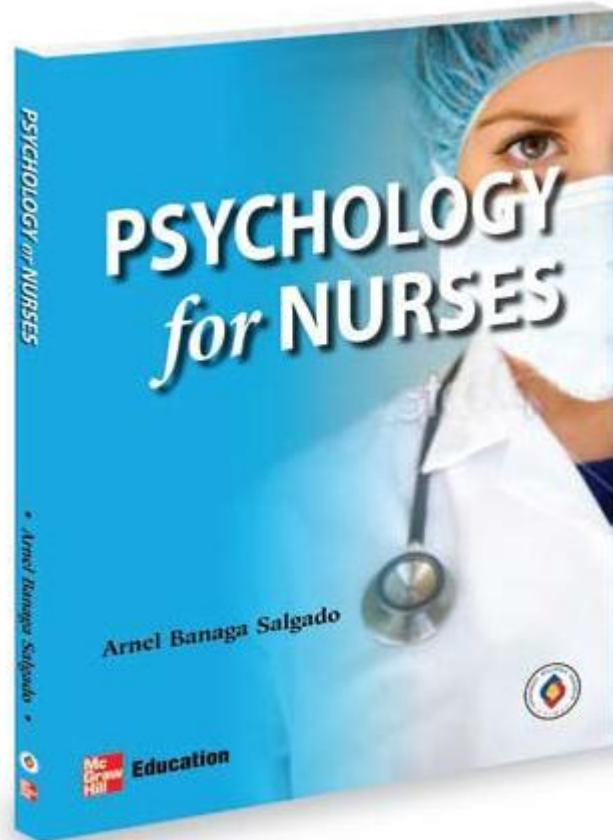


Client – The center of our activities

- ▶ Partnership **x** patronizing approach
- ▶ Liberal environment **x** 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.



Milieu Management – Goals

- ▶ 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

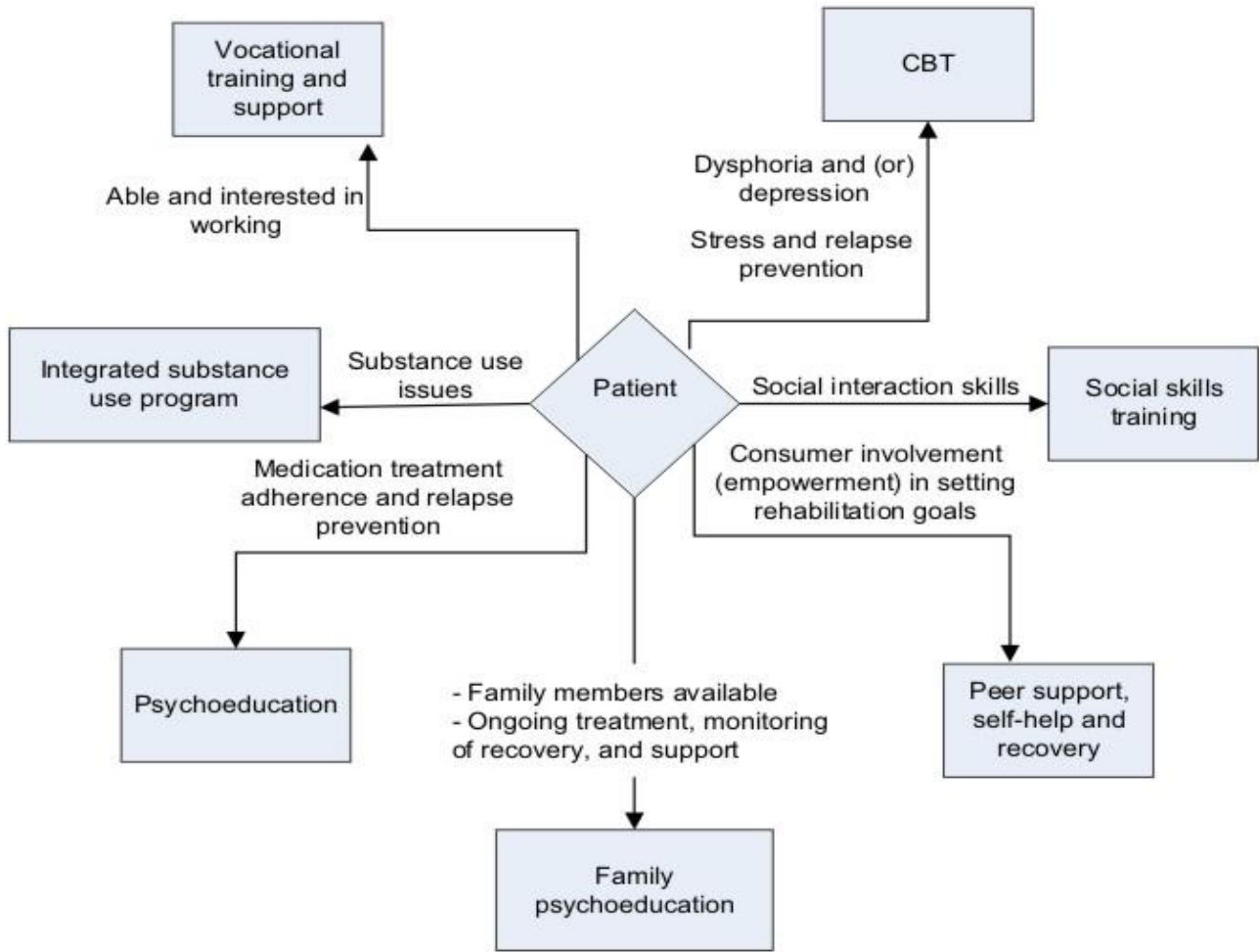
- ▶ **Number of patients treated in one session**
 - Individual/group psychotherapy
 - Family/marital therapy
- ▶ **Underlying principles**
 - Supportive/reconstructive/re-educative/behaviour/cognitive behaviour therapy
- ▶ **Level of probing into the unconscious mind**
 - Superficial (short-term)/deep (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.



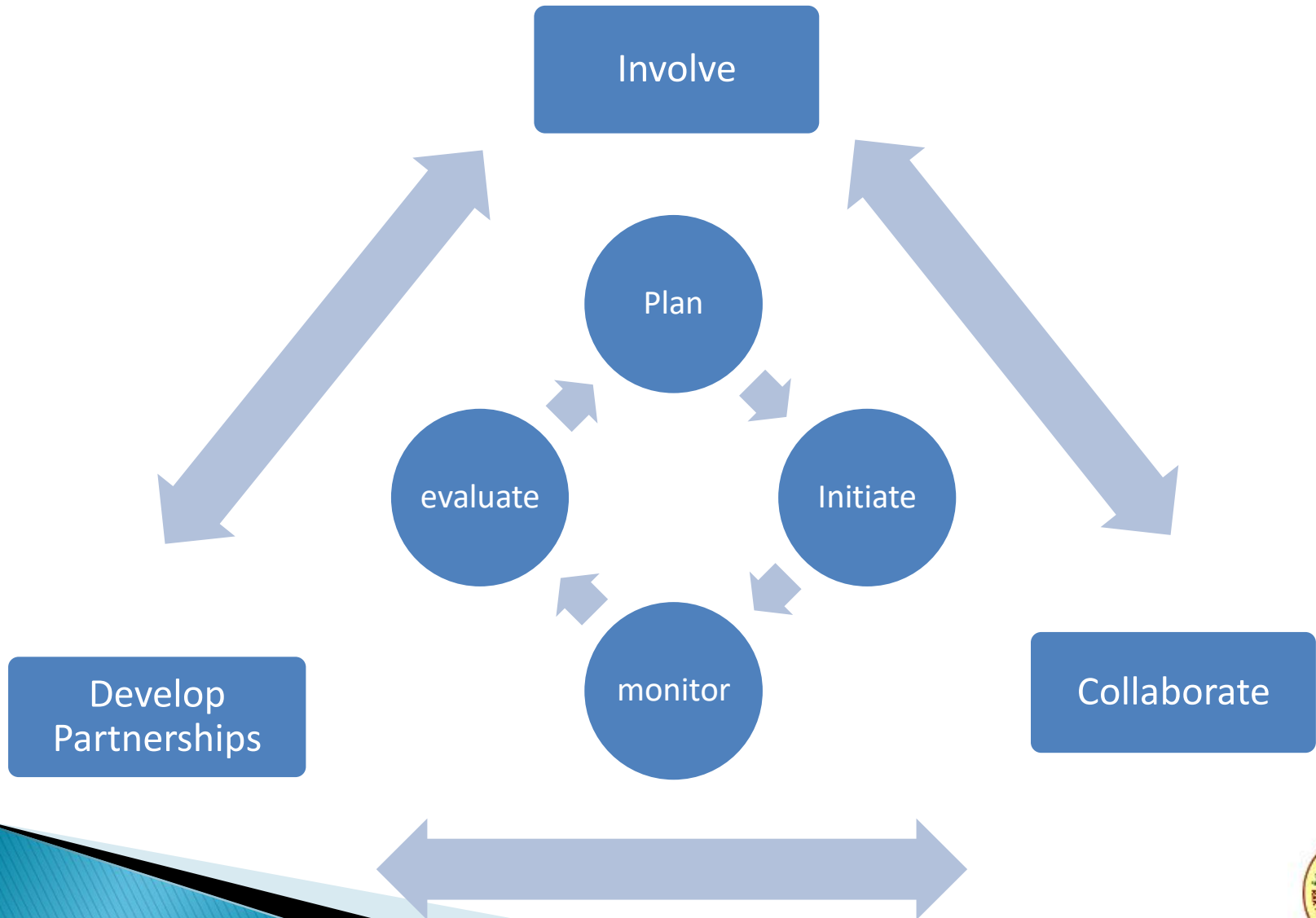
Continuum of Psychiatric Care

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



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





Levels of Intervention



Types of Intervention



Essential Client Services in a Caring System (I)

Service Category	Description	Consumer Outcome
Treatment	Alleviating symptoms and distress	Symptom relief
Crisis intervention	Controlling and resolving critical or dangerous problems	Personal safety assured



Essential Client Services in a Caring System (II)

Case management	Obtaining the services client needs & wants	Services accessed
Rehabilitation	Developing cl's skills & supports related to cl's goals	Role functioning
Enrichment	Engaging cls in fulfilling & satisfying activities	Self-development



Essential Client Services in a Caring System (III)

Rights protection	Advocating to uphold one's right	Equal opportunity
Basic support	Providing the people, places, & things cl. needs to survive ie shelter...	Personal survival assured
Self-help	Exercising a voice & a choice in one's life	Empowerment





Conclusion

In order to give care
Build TRUST and become a true
agent of CARE

~~LIVE~~ = LOVE



شكرًا