

# PSYCHIATRIC NURSING

## COPING AND ADAPTATION

MENTALLY HEALTHY INDIVIDUAL  
ATTITUDE OF SELF ACCEPTANCE  
AUTONOMY  
ABILITY TO ABSTRACT, TRUST, COPE WITH STRESS  
ACCURATE SELF PERCEPTION  
AWARENESS OF SELF

MENTAL HEALTH – balance in a persons internal life and adaptation to reality

- Mental ill. Health – state of imbalance characterized by a disturbance in a persons thoughts, feelings and behavior
- Poverty and abuses are major risk factors
- Psychiatric nursing – interpersonal process whereby the professional nurse practitioner ,through the therapeutic use of self(art) and nursing theories (science), assist clients to achieve psychosocial well being.
- Core of psych nursing – interpersonal process – human to human relationship(both for mentally healthy and ill)
- Mental hygiene – measures to promote mental health , prevent mental illness and suffering and facilitate rehabilitation.....(and if necessary find meaning in these experiences)
- Main tool – therapeutic use of self
- It requires self-awareness
- Methods to increase self-awareness:
  - Introspection ,Discussion, Experience, Role play

### Neurosis

- any long term mental or behavioral d/o in which contact with reality is retained the condition is recognized by the patient as abnormal. Essentially features anxiety or behavior exaggerated designed to avoid anxiety
- ( anxiety d/o ; hysteria to conversion d/o, amnesia, fugue, multiple personality and depersonalization- dissociative d/o ,oc d/o)
- Result of inappropriate early programming(psychoanalysis little value)
- Benefits from Behavior Therapy

### Psychosis

- Mental or behavioral disorder wherein patient loses contact with reality
- Presence of delusions, hallucinations, severe thought disturbances, alteration of mood, poverty of thought and abnormal behavior
- (schizophrenia , major disorder of affect ( mania – depression), major paranoid states and organic mental disorder
- Benefits from psychoanalysis and antipsychotics

## Common Behavioral Signs and Symptoms

- Disturbances in perception
  - ✓ Illusion- misinterpretation of an actual external stimuli
  - ✓ Hallucinations – false sensory perception in the absence of external stimuli
- Disturbances in thinking and speech
  - ✓ neologism – coining of words that people do not understand
  - ✓ Circumstantiality – over inclusion of inappropriate thoughts and details
  - ✓ Word salad – incoherent mixture of words and phrases with no logical sequence
  - ✓ Verbigeration – meaningless repetition of words and phrases
  - ✓ Perseveration – persistence of a response to a previous question
  - ✓ Echolalia – pathological repetition of words of others
  - ✓ Aphasia – speech difficulty and disturbance
    - ✓ Expressive , receptive or global
  - ✓ Flight of ideas- shifting of one topic from one subject to another in a somewhat related way

# Samples Of Psychiatric Nursing Documentation

**G Thomas**



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