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 iii)
- 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

Meurosis

- 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 exagerrated 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 looses contact with reality
- Presence of detusions, 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

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David Baud

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