PSYCHIATRY NURSING

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GENERAL OBJECTIVE:

At the end of this lecture the students will be able to

1) Identify factors contributing to mental illness.

2) Demonstrate beginning skill in therapeutic communication.

3) Describe history taking and sign and symptoms in psychiatry.

4) list common mental illness

5) Provide treatment for major psychiatric disorders and assist therapies.

6) Give nursing care and counseling to persons.

7) Identify and refer case that requires investigation and treatment.

8)Teach the community about preventive and curative aspects of mental problems and the maintenance of mental health.

- **Definition of different terminology**
- **Health:** is a state of complete physical, mental and social wellbeing and not merely in the absence of disease or infirmity (WHO)
- **Mental disorders**: is a syndrome characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning.

- **Mental health**: A state of well-being where a person can realize his or her own abilities to cope with the normal stresses of life and work productively (WHO)
- **Mental illness** : Mental illness is a state of psychological , social , spiritual and or physical ill health which interferes with an individual's thinking , appropriate perception of the environmental , social relationship and the ability to adapt to changing living conditions or function optimally.
- It is a state in which an individual shows deficit in functioning and is unable to maintain personal relationship.
- **Psychiatry:** The medical specialty concerned with the identification , diagnosis, treatment and prevention of mental disorders

Normality

- **It is ambitious concept and has multiple meaning**
- The most widely accepted definitions
  –psychically normal persons are those who are in harmony with themselves and with their environment.
- Satisfaction with sexual identity

- **NURSING**: Is an art and science that involves the whole patients , body , mind, and sprite and that promotes his spiritual , mental, and physical health, and stress health education and health preservation.

- **Psychiatric nursing** is the promotion of mental health , prevention of mental illness and care of a patient with mental illness.
- Or a branch of nursing concerned with the prevention and cure of mental disorders and their sequel

- **Examples of characteristics of mentally sick persons are**

1) Marital problems
2) Occupational dysfunctions
3) Not fit for responsibilities

- **4-Role of a Psychiatric Nurse**
- 1- Providing a safe therapeutic milieu
- 2- Working with patients or clients on the real day-to-day problems they face
- 3- Identifying and caring for the physical aspects of the patient's problems
- 4- Assuming the role of social agent or parent for the patient in various recreational, occupational, and social situations
- **5- Conducting psychotherapy**
- **• Milieu therapy**
- Maintain therapeutic environment
- Teach skills
- Encourage communication between clients and others
- Promote growth through role modeling
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- • **Self-care activities**
- Encourage independence
- Increase self-esteem
- Improve function and health
- • **Psychobiologic interventions**
- Administer medications
- **Advanced-Level Functions**
- • Psychotherapy
- • Prescriptive authority for drugs (in many states)
- • Consultation and liaison
- • Evaluation
- • Program development and management
- • Clinical supervision

- **GENERAL NURSING CARE FOR MENTALLY SICK PATIENTS**
  - Psychotherapy
  - Rehabilitation
  - Family education
  - Reassurance
  - Readjustment
  - Proper medication
  - Proper nutrition
  - Proper hygiene
  - Watching from suicide and homicide
- **Nursing Interventions**
  - **Use of therapeutic communication**
  - **Therapeutic Groups**
  - **Psychotherapy: Family, Milieu, Behavioral modification, Crisis intervention, Psychopharmacology**
- **Electroconvulsive therapy**

Principles of Psychiatric Nursing

1. Patient should be accepted as he is
2. Self understanding is used to as a therapeutic tool.
3. Consistency is used to contribute to patient's security
4. Reassurance to be given in a suitable & acceptable
   - manner.
5. Patient's behavior is changed through emotional experience, by rational interpretation.
6. Unnecessary increase in patient's anxiety should be avoided.
7. Observation of mental ilness

8. **Maintain a professional relationship**

9.Verbal & physical force must be avoided if possible

10.Nursing care centered on patient as a person, not on control of symptoms.

11. Routine & procedures explained at patient's level of understanding.

12.Many procedures are modified but basic principles remain unaffected

Misconceptions and public attitude towards mental illness.

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- Mental illnesses are caused by God's punishment black magic, evil powers
- Mentally sick patients are different from other peoples.
- Psychiatric illness is not like physical illness.
- The mind is not a bodily organ and so cannot be diseased.
- Medication and hospitalization are harmful to the individual to treated.

- **Psychiatric patients never get well, once mentally ill they are always ill**
- **Psychiatric patients should take drugs throughout their life time.**
- **Psychiatric patients are always violent and dangerous.**
  - **Psychiatric professionals these who are working with the mentally ill persons are likely to become disturbed themselves and help the mentally sick patients after cured from their illness.**
  - **Mental illness is a contagious**

Global Mental Health

It is estimated that 20 to 30% of the global population will suffer from some kind of mental illness each year, and that over 66% of people with mental illness receive no treatment. The World Health Organization (WHO) reported in 2001 that about 450 million people worldwide suffer from some form of mental disorder or brain

- Mental illness comprised 13% of the total global burden of disease in 2000, a figure that is expected to rise to 15% by the year 2020. Depression is the third leading cause of disease burden worldwide representing 4.3% of total disability adjusted life years, and predicted to become the second leading cause of the global disease burden by the year 2020.

- **WHO (2002) Study showed that globally.**
- 154 Million People suffer with depression.
- 25 Million People suffer with schizophrenia.
- 91 Million People suffer with alcohol use disorders and 15 million by drug use.
- 50 Million people suffer with Epilepsy (neurological disorder)
- 24 Million people suffer with Alzheimer dementia and other dementias
- 326 Million people suffer with migraine headache

- **Mental health in Ethiopia situations**.
- In Ethiopia, modern mental health services began after the Second World War, soon after the Italians were defeated and expelled from the country. **In Ethiopia the first mental Hospital (Amanuel Hospital) was established after the end of the Ethio-Italian war to protect the royal family from mentally ill patients.**
- The patients were collected and taken to jails to the corner of the town that is now known as Amanuel Hospital. Slowly and gradually a more humanitarian type of care was introduced by one psychiatrist **Dr. Fikire Workineh**.

- **Over 13** Million people suffer from different kinds of mental illness in

Mental health problem	Prevalence (%)
1) Common mental disorders	12-17%
2) Schizophrenia	0.6-0.7%
	3.8-5%
3) Mood disorders	12-24%
	4%
4) Child hood disorders	2.7-7%
	22-64%
5) Substance dependence	0.9-3.2
	7.7/100,000/year
6) Alcohol use disorders	
7) Khat abuse	

Communication

- Communication is the giving and receiving of information. **Communication is simply the act of transferring information from one place, person or group to another.**
- Every communication involves (at least) one sender, a message and a recipient.

The receiver may then return a message or feed back to the initiator (sender) of the message.

- Communication is a learned process influenced by attitudes, socio cultural or ethnic background, past experience, knowledge of the subject matter and the ability to relate to others.

Categories of Communication

- There are a wide range of ways in which we communicate and more than one may be occurring at any given time.
- The different categories of communication include:
- **Spoken or Verbal Communication**, which includes face-to-face, telephone, radio or television and other media.
- **Non-Verbal Communication**, covering body language, gestures, how we dress or act, where we stand, and even our scent.
- For example, the tone of voice can give clues to mood or emotional state, whilst hand signals or gestures can add to a spoken message.
- **Written Communication**: which includes letters, e-mails, social media, books, magazines, the Internet and other media.

Therapeutic communication

- Therapeutic communication is defined as a special form of communication that has a health-related purpose and develops as a continuous flow of interaction between nurse and patient, with input from both contributing to it is nature and progression.

- Non-verbal communication is sometimes considered a more accurate description of true feelings because one has less control over non-verbal reactions. The main goal of therapeutic communication is to develop or maintain a healthy personality. This is done by reliving stress and assisting the patient in developing better coping mechanisms.

Elements of communication

- **Models of communication (elements of communication)**
- There are four models of communication according to David and these are:
- 1. **Source (**a person who is responsible to create the message)
- 2. **Message** (the idea which is transmitted from the source to the receiver)
- 3. **Channel** (it is a means by which a message can be transmitted from a source to the receiver)
- 4**. Receiver**(a person who is receiving the message from the source)

Reasons for ineffective communication

- Communication is usually thought of as an exchange of words but it also includes all methods used to relay message to another person, for example, through gestures, body movements and tone of voice. Communication that does not involve the spoken word is non verbal communication. Effective communication occurs when the receiver understands the message as the sender intended. Unfortunately ineffective communication often occurs due to some barriers.

Barriers to effective communication

There are five key barriers that can occur within a company:

1- **language**

2- cultural diversity

3- gender differences

4- status differences and physical separation.

Communication skills

- The following suggestions are given to enable the student psychiatric nurse to develop good communication skills for effective therapeutic interactions.
- **1. Know yourself**
- **2. Be honest with your feelings**
- **3. Be sure in your ability to relate to people**
- **4. Be sensitive to needs of others**
- **5. Be consistent**
- **6. Recognize symptoms of anxiety**
- **7. Watch your non-verbal reactions**
- **8. Use words carefully**
- **9. Recognize differences**
- **10. Recognize and evaluate your own actions and responses.**

- **The DSM-V and ICD classification of mental disorders are:**
- **- DSM 5:** Diagnostic and Statistical Manual of Mental Disorders was developed by the **American** Psychiatric Association in collaboration with other groups of mental health professionals and it was first published in 1922, DSM -5 published in 2013.
- **- ICD:** 10th Edition: International Classification of Diseases (ICD), developed by the World Health Organization(WHO)

ETHIOLOGY OF MENTAL ILLNESS

- **Introduction**
- The exact cause of most mental illnesses is not known; the most widely accepted theory on the cause of mental illness is **Bio psycho social model.**
- **<u>Bio psychosocial model includes</u>**
- Biological factors
- Psychological factors
- Social and environmental factors.
- **Biological factors includes**
- **Genetic factors**
- **Family study**
- Common in first degree relatives
- **Twine study**
- High in monozygotic
- Low in dizigotic

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- **Deregulation of neuro chemistry**
- Dopamine
- Serotonin
- Nor Epheneprine
- GABA
- **Psychological factors**
  - Stress in the family
  - Separation
  - Divorce
  - Parental rejection
  - Traumatic and abusive past or current experiences,
  - Significant life events like bereavement

Social and environmental cause

- Natural and manmade disasters Eg- war
- Abuse for example sexual abuse and domestic violence
- Unwanted pregnancies
- Broken marriage, Single parent home
- Bereavement, loss of jobs, property
- Isolation and discrimination
- Change in role and social status