



An Introduction to Psychiatric Nursing

By

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Mental Health: Is a state of emotional, psychological, social wellness evidenced by satisfying interpersonal relationships, effective, behavior and coping, a positive self concept and emotional stability.

Mental illness: a clinically significant behavioral or psychological syndrome, associated with present distress or disability.

Definition

- **Psychiatry** is that branch of medicine dealing with mental disorder and its treatment
- **Psych** : soul or mind
- **latros** : healer

Psychology

Psychology is the scientific study of •
mind and behavior. The word
“psychology” comes from the Greek
words “psyche,” meaning life, and
“logos,” meaning explanation.

Why Study Psychiatry ?...

- * depression is diagnosed in only 50% of those with depression who present to GPs
- adequate treatment ensues in only about 17% of depressed patients in primary care settings
- * half the patients who commit suicide sought treatment in a primary care setting within 1 month of dying
- * two-thirds of patients with undiagnosed depression have six visits or more a year with GPs for somatic complaints.

Barriers to Diagnosis & Treatment Related to Patients

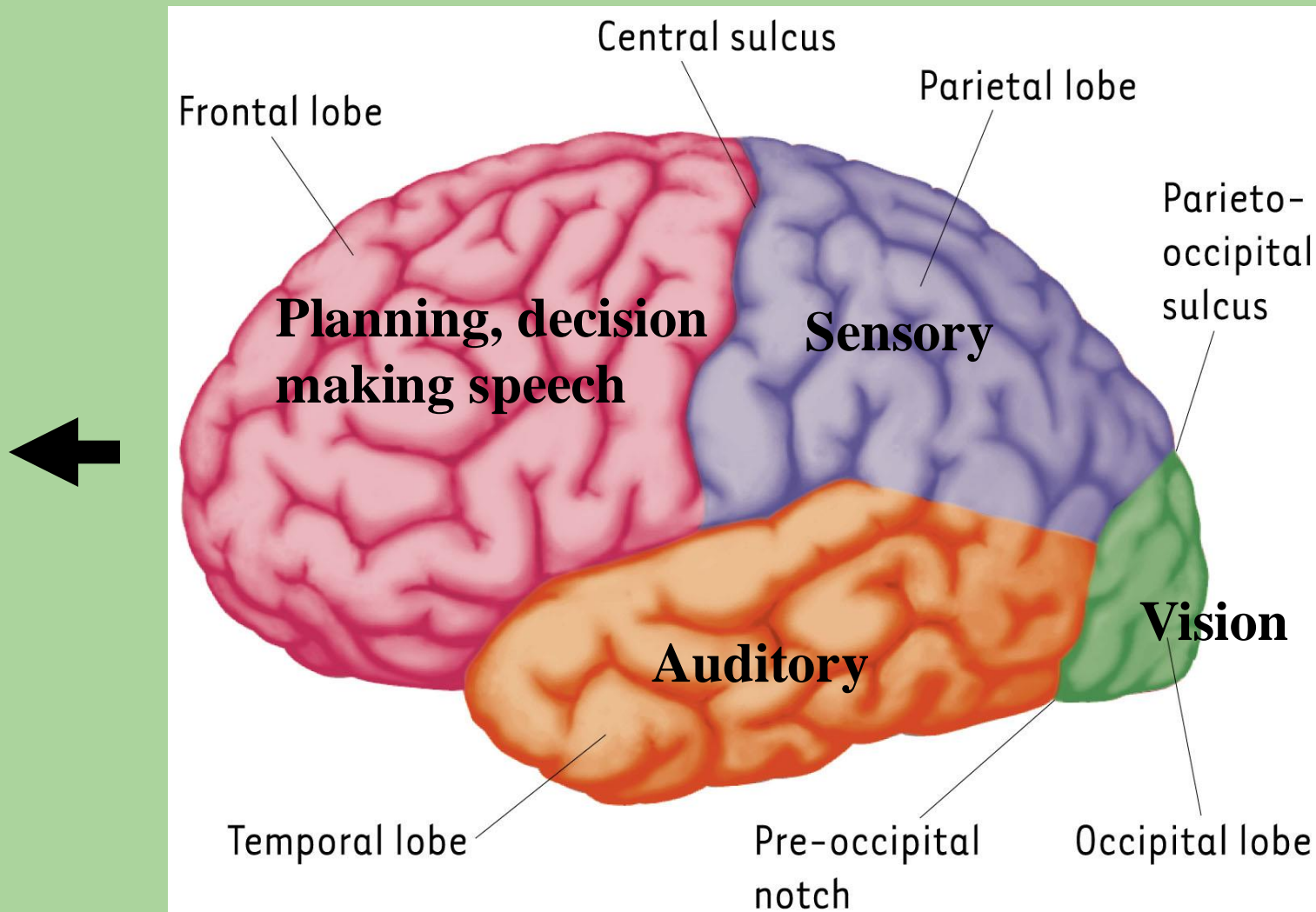
- Poor health education
- May present with a somatic complaint
- Concurrent medical illness often obscures psychiatric symptoms
- Denial
- Stigma & shame
- The belief that psychiatric illness is untreatable
- The belief that drugs are mind-altering and/or addictive

Barriers to Diagnosis & Treatment Related to physicians

- A lack of time
- Fear of being embarrassed
- Uncertainty
- Fear that the patient will have an illness that is unresponsive to treatment
- Prior negative experience
- Lack of knowledge
- Lack of interest and sincere.

Neuro-anatomy and Limbic System

The lobes of the cerebral hemispheres



Specialized Area of the Cerebrum

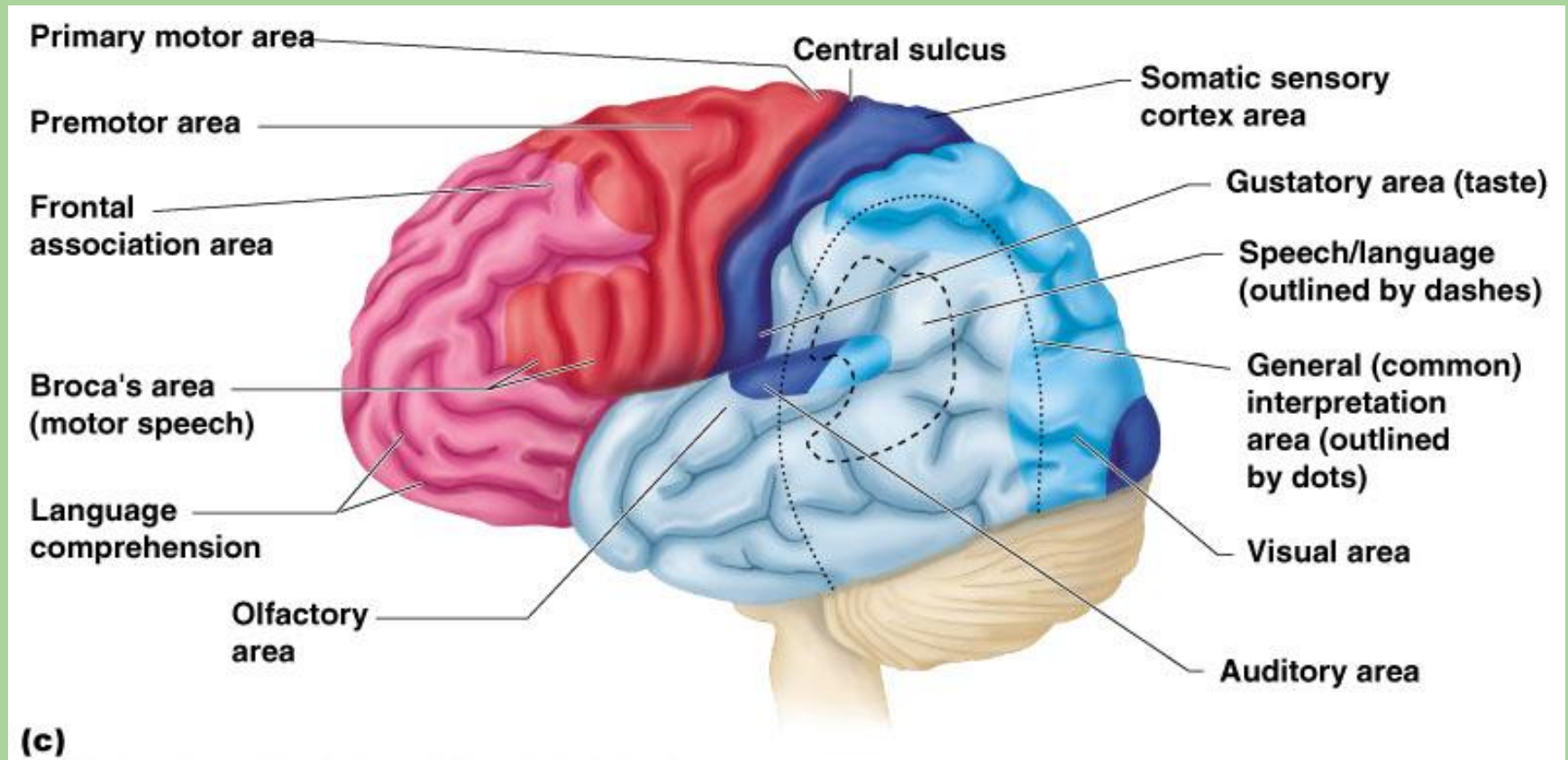


Figure 7.13c

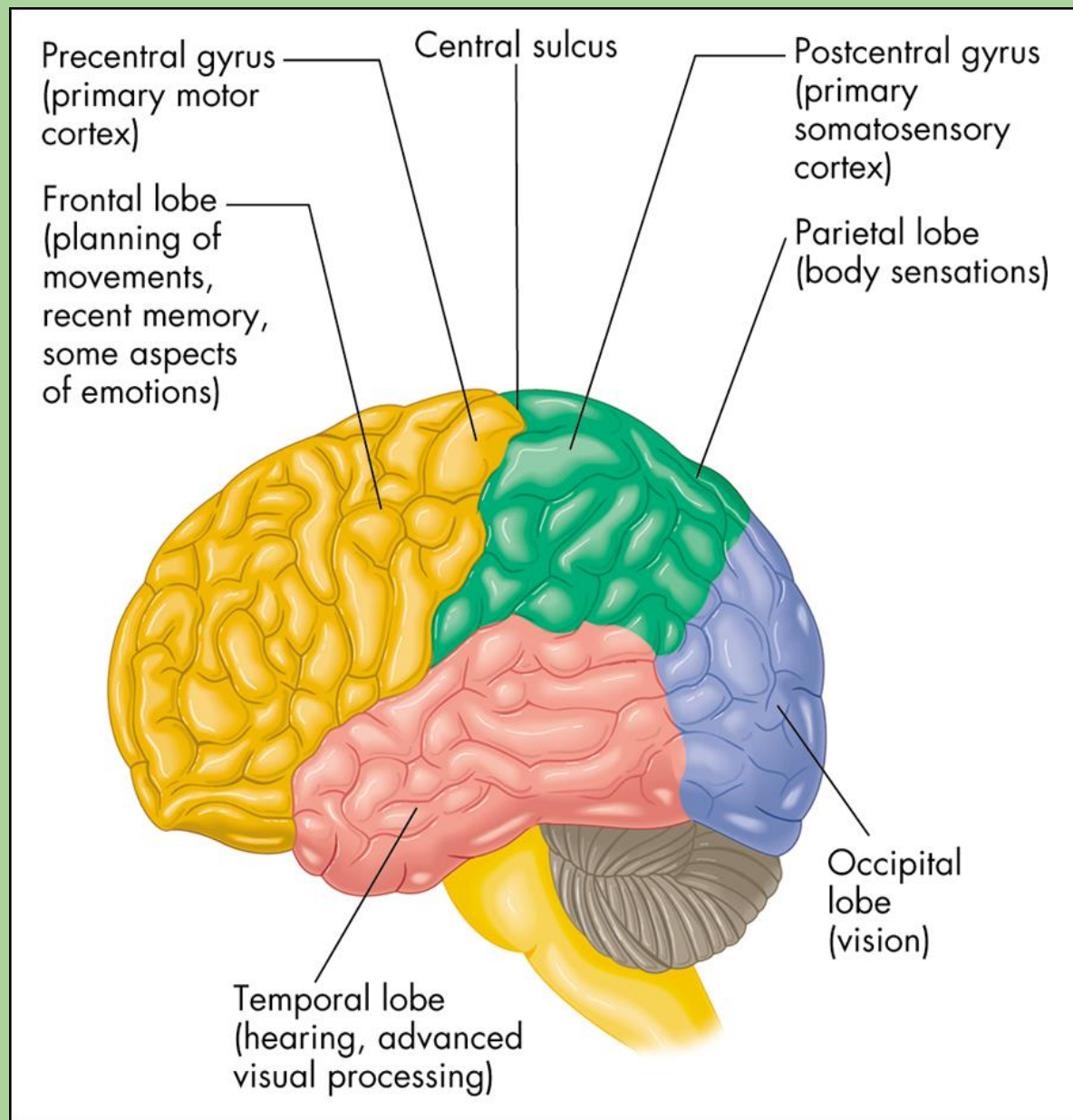
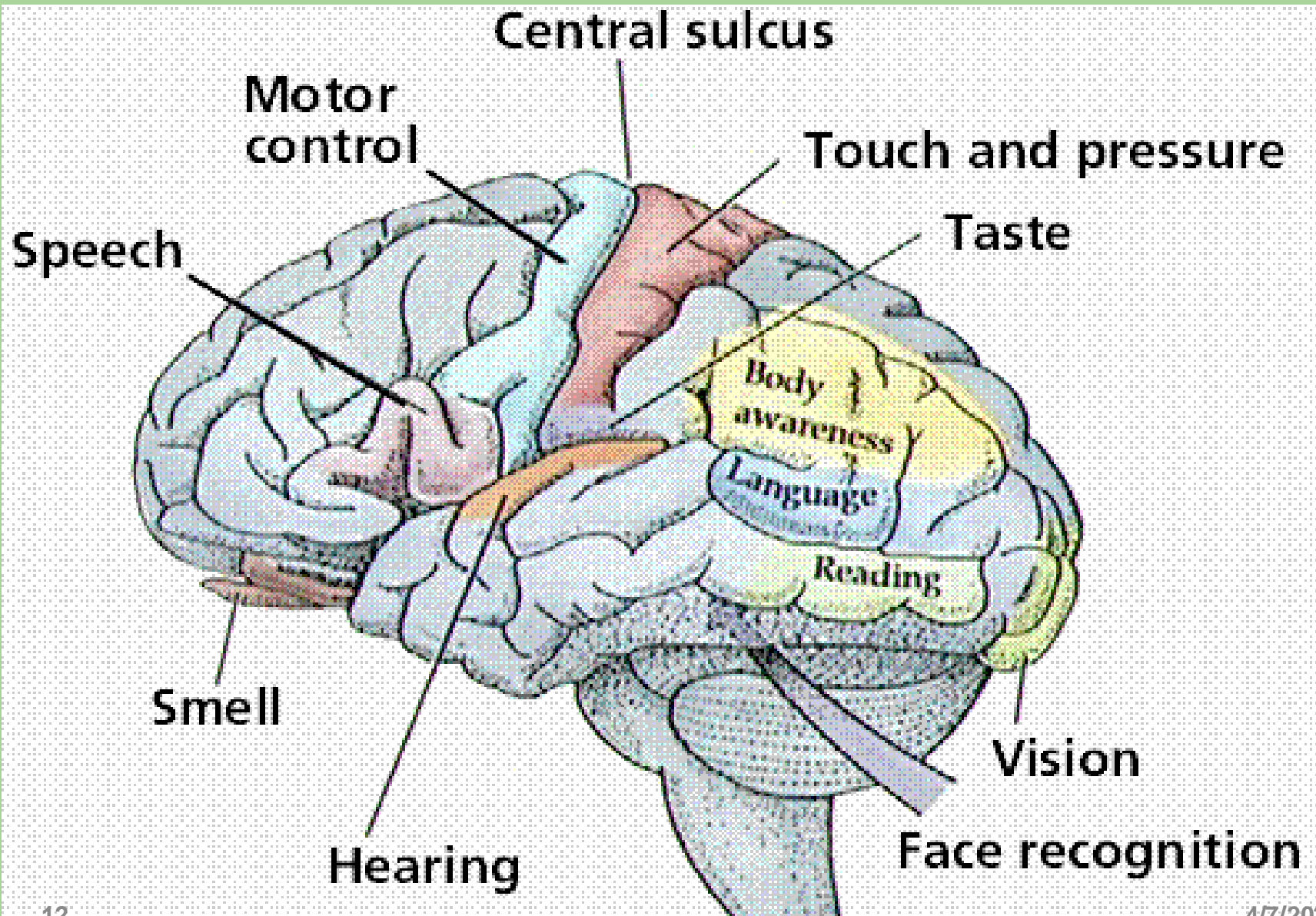


Figure 4.20 Some major subdivisions of the human cerebral cortex
The four lobes: occipital, parietal, temporal, and frontal.

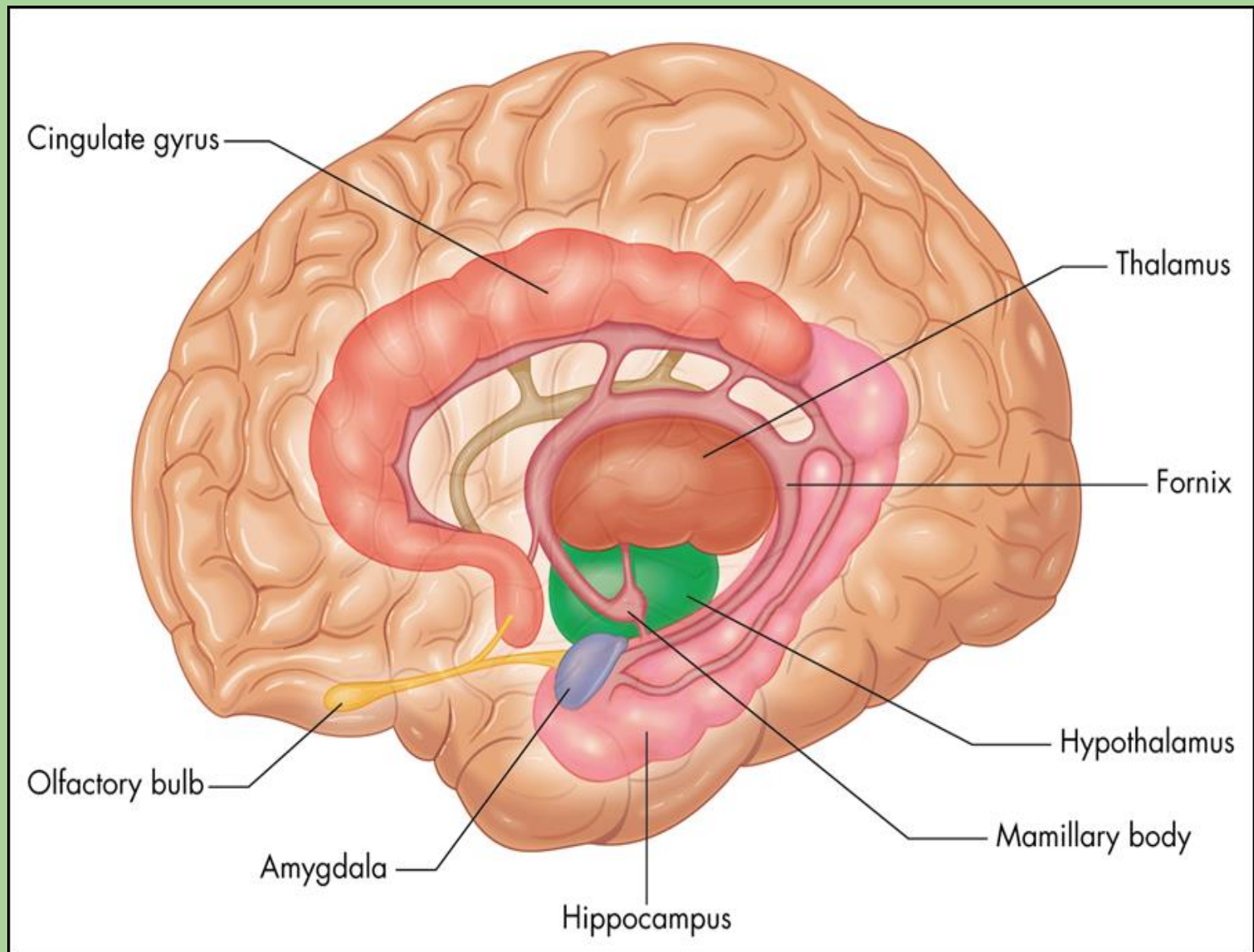
Nervous System



limbic system

Located under the cerebral cortex.

The limbic system control emotions, memory, learning, thought to mediate feeling of aggression, sexual impulses, and submissive behavior.



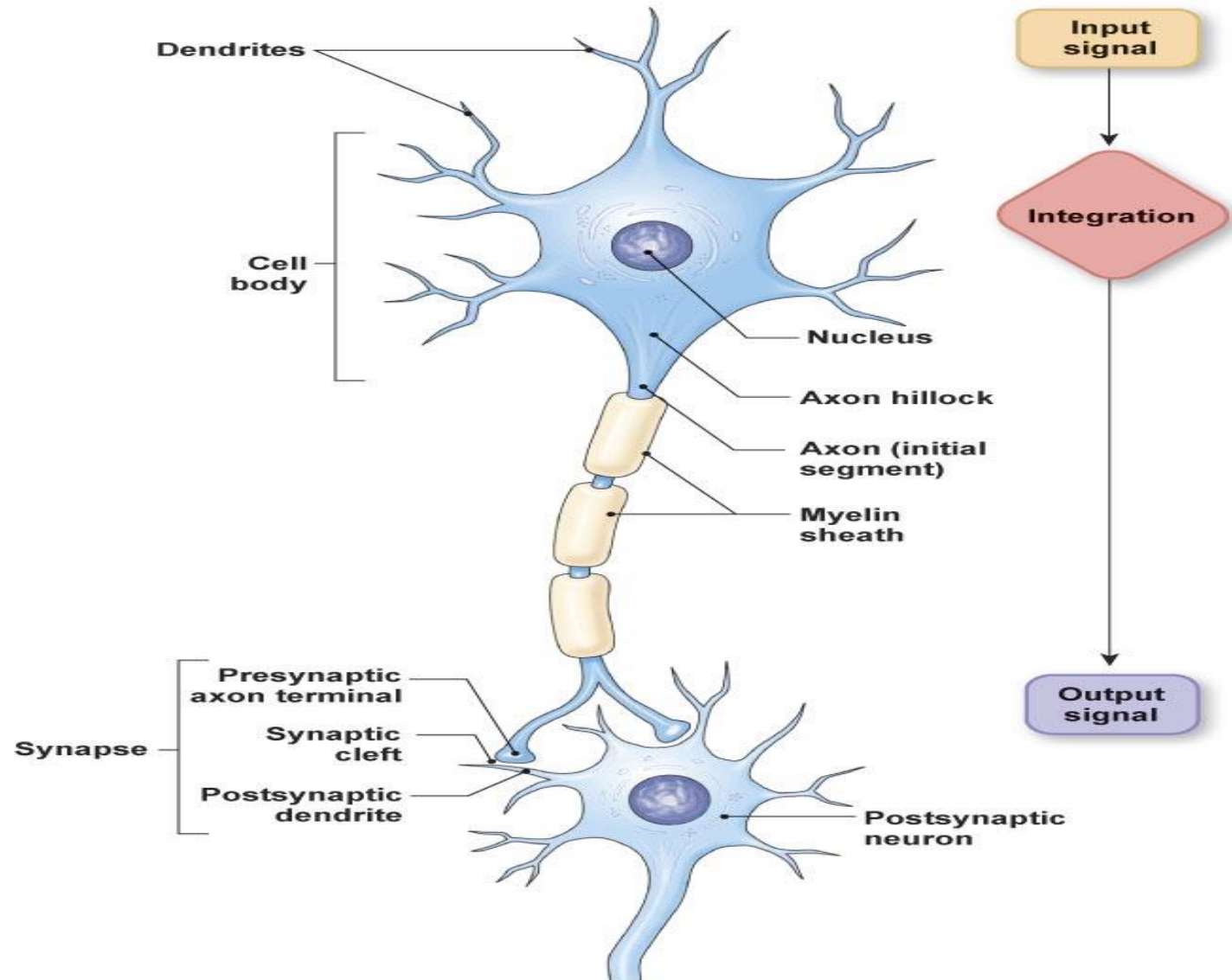
Components of limbic system

- Amygdala
- Hippocampus
- Fornix
- Cingulate gyrus
- Parahippocampal gyrus
- Hypothalamus
- Mamillary body
- Thalamus

Neurotransmitters

Is a substance that is synthesized inside the neurons and released in a significant amount to the synaptic clefts on depolarization of neurons in order to transmit information to the next neurons.

Neuron cells



Classification of Neurotransmitters

- ❖ Dopamine: if it increases, it might result in schizophrenia, mania, and anxiety. If decreased it might result in Parkinson's or depression.
- ❖ Serotonin: it might be excitatory or inhibitory, related psychopathologies include schizophrenia, depression, OCD and anxiety.
- ❖ Acetylcholine: acts on parasympathetic through both the muscarinic and nicotinic receptors, it might be involved in many psychopathologies, and the side effects of psychotropic agents.
- ❖ Adrenaline and Nor-adrenaline: acts on sympathetic through both alpha and beta receptors, it might be involved in many psychopathology of any psychiatric disorders

Elements of Mental Health

1. Self- governance:

The person acts independently, dependently, or interdependently as the need arises without permanently losing his or her autonomy.

2. Progress toward growth or self-realization:

The person is willing to move forward to maximize his or her capabilities.

3. Tolerating of uncertainties:

The person faces the uncertainty of life and certainty of death with faith and hope.

4. Self- esteem:

The person's sense of self-esteem is founded in self-knowledge and awareness of personal abilities and limitations.

5. Reality orientation:

The person distinguishes fact from fantasy and behaves accordingly.

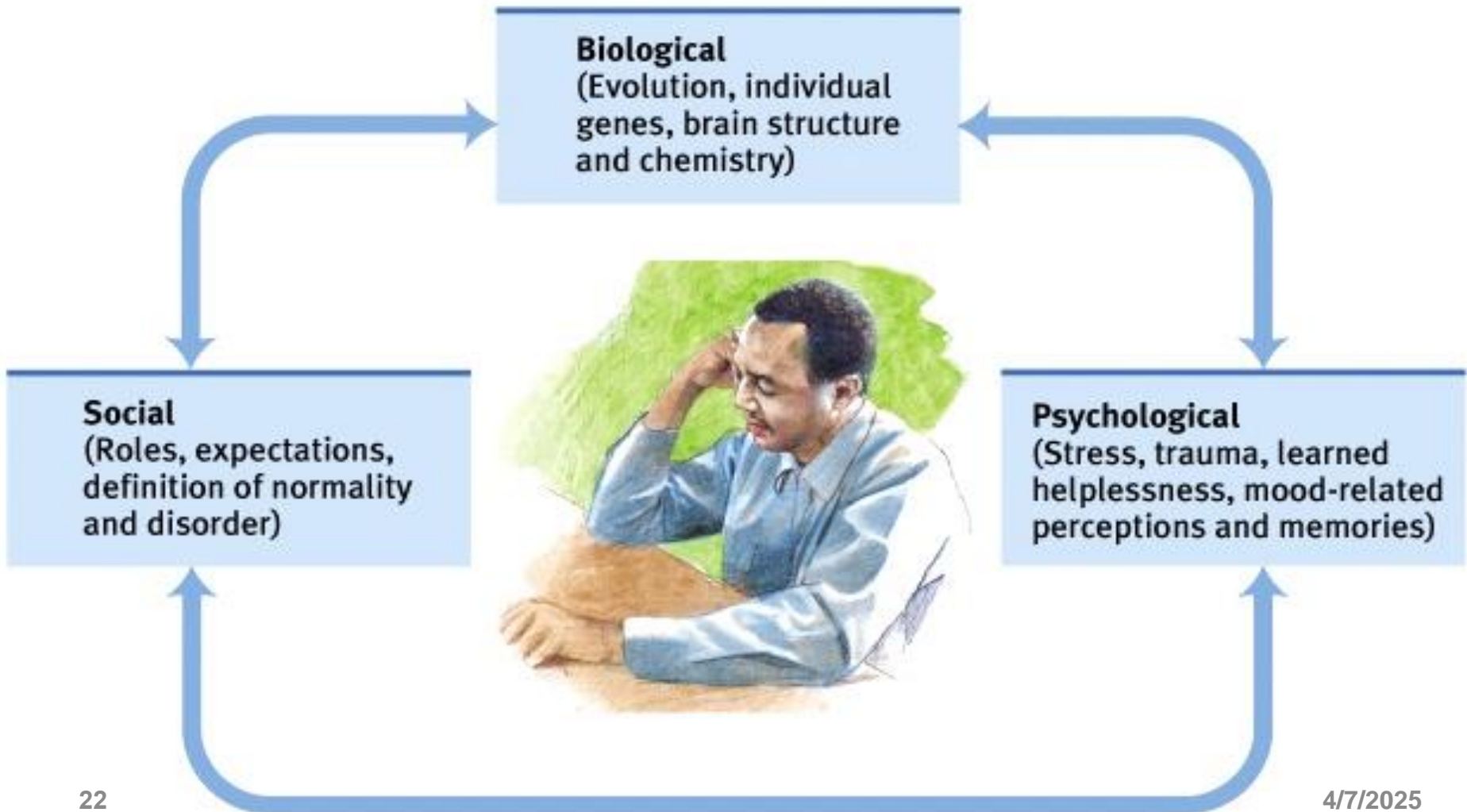
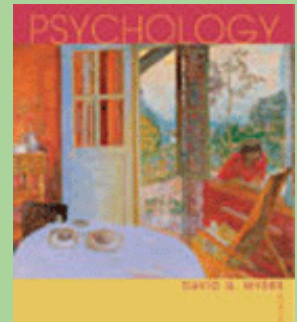
6.Mastery of environment:

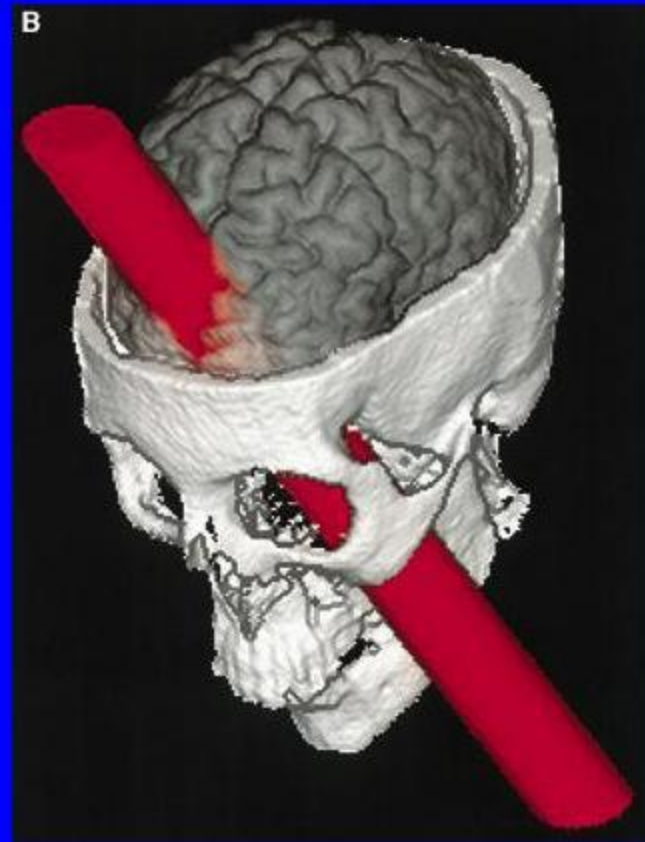
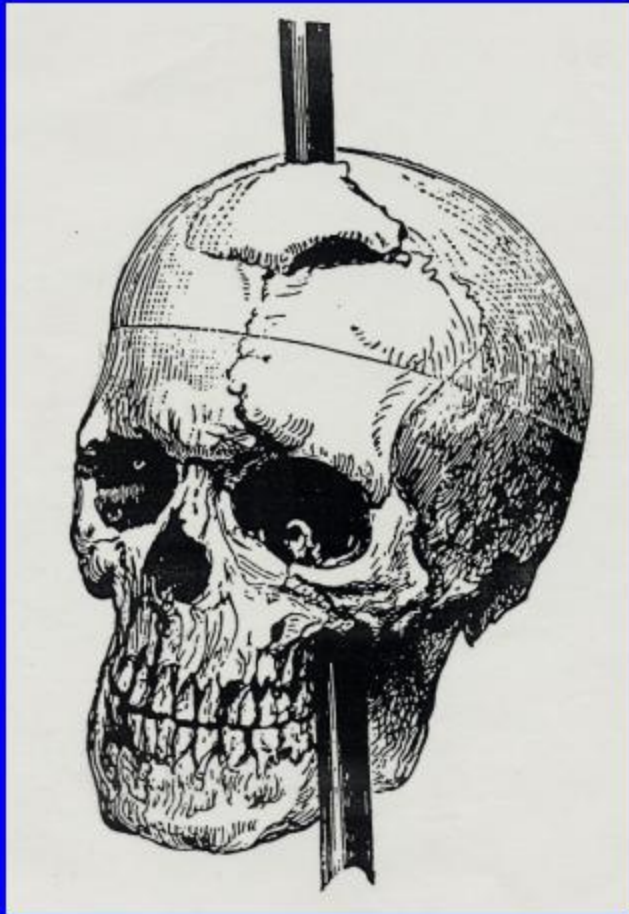
The person is competent, effective, and creative in interacting with and influencing his or her environment.

7.Stress management:

There is constant interaction among these factors, thus a person's mental health is a dynamic or ever-changing state (cope with stress).

Psychological Disorders







Diagnosis of mental illness

Mental health professionals use the DSM-V-TR (APA,2013),

OR

ICD-10, to diagnose of mental illnesses.

1. Primary prevention:

is to prevent the onset of a disease and thereby reduce the incidence of mental disorders.

E.g. mental health education programs, development of social support systems, crises intervention in stress full life events.

2. Secondary prevention:

Early diagnosis and treatment of an illness.

3. Tertiary prevention:

Is a focus of reducing residual effects of the disorders and rehabilitating the individuals.

Nursing role during care of psychiatric patients:

- 1. Accepting the pt. as a human being.**
- 2. Advocating on behalf of the patients.**
- 3. Respect for the patients in all values of life**
- 4. Protect the client from harming himself or others**
- 5. Maintaining honesty & a nonjudgmental attitude at all times**
- 6. Vital signs**

- 7. Teach the Pt. about his/her illness, medications (action, toxic symptoms and side effects), nutrition, exercise.**
- 8. Provide the discharge card (put telephone no.)**
- 9. Continuing nursing education**
- 10. Providing external controls for the pt. till such time as the pt. can maintain self-control.**
- 11. Cooperating with other professionals**

- 12. Accurately observing documenting the pt. behavior**
- 13. Respect for the pt. religion, cultural values and practice.**
- 14. Teaching the pt., family and others**
- 15. Medication administration**
- 16. Giving small responsibilities to the patient.**
- 17. Be simple, direct and concise when speaking.**
- 18. Assist the pt. as needed to maintain daily activity.**

19. Remove the client from the group, if his behavior becomes disturbing, too bizarre, or dangerous to others

20. Record daily in-output & weighting.

21. help him how to take care of himself, how to wash, eat, take bath,....etc

22. Do not allow the client to sleep for long periods during the day.

23. Encourage pt. to pursue personal interests, hobbies and recreation activities.

24. Thank the patient when doing desired behavior

25. Psychotropic medications require 2-3 weeks to starting the action.

Reference

Mohr, K.W. (2003). *Psychiatric-Mental Health Nursing* 5th ed. Lippincott Williams and Wilkins, Philadelphia USA.



Any
comments



Any
questions

