



# PSYCHIATRIC NURSING

FIFTH EDITION

WILSON • KNEISL



FIFTH EDITION

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# ***PSYCHIATRIC NURSING***

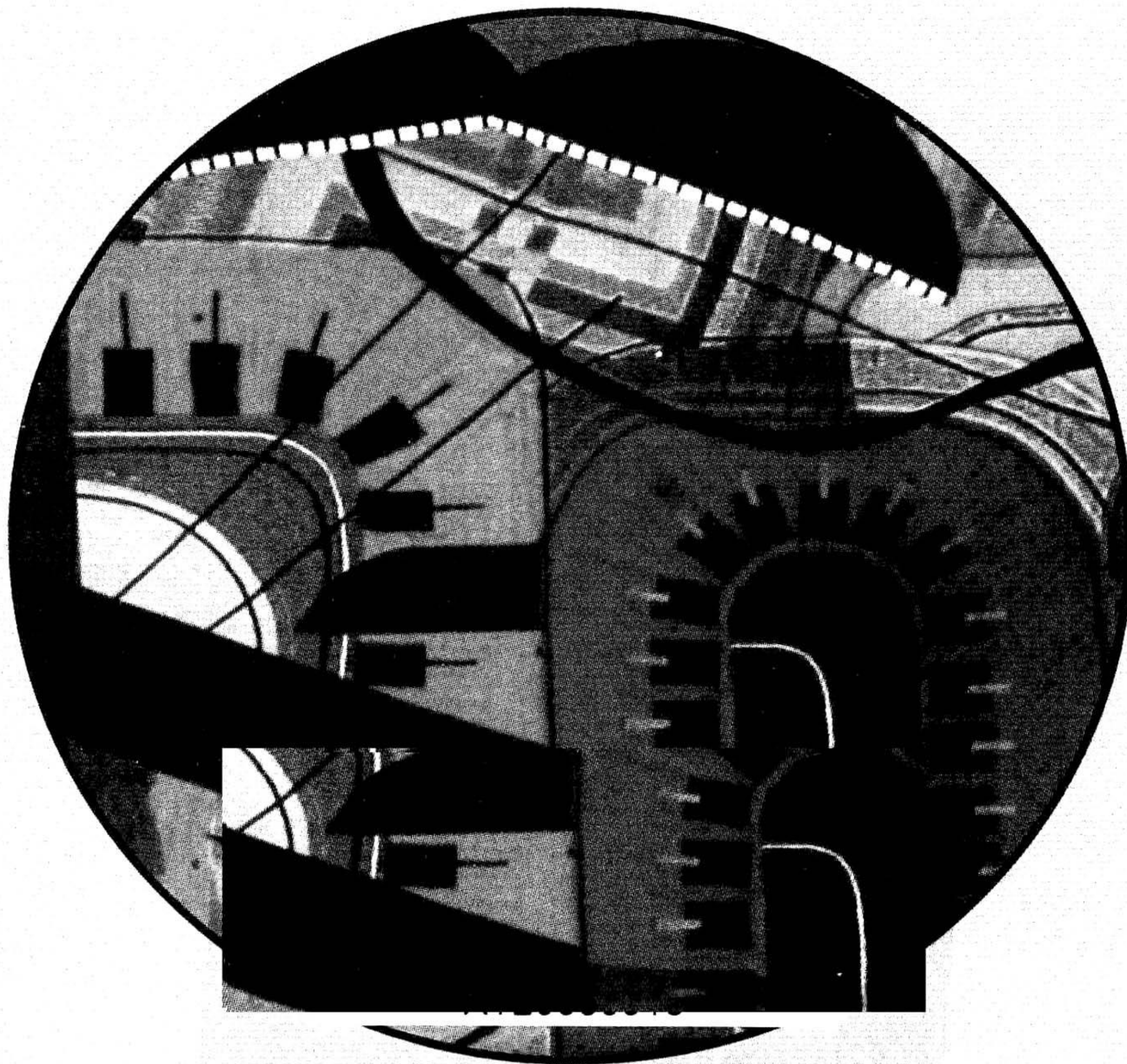
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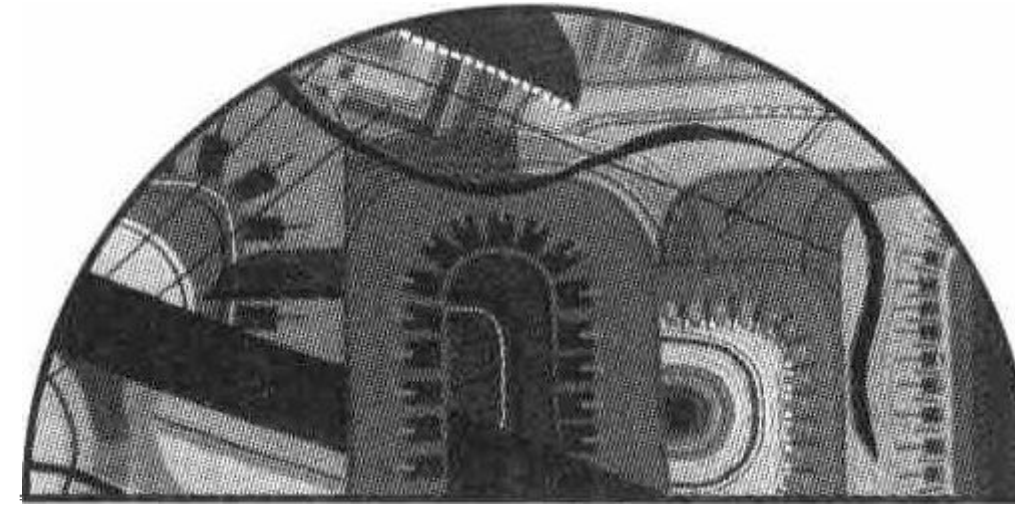
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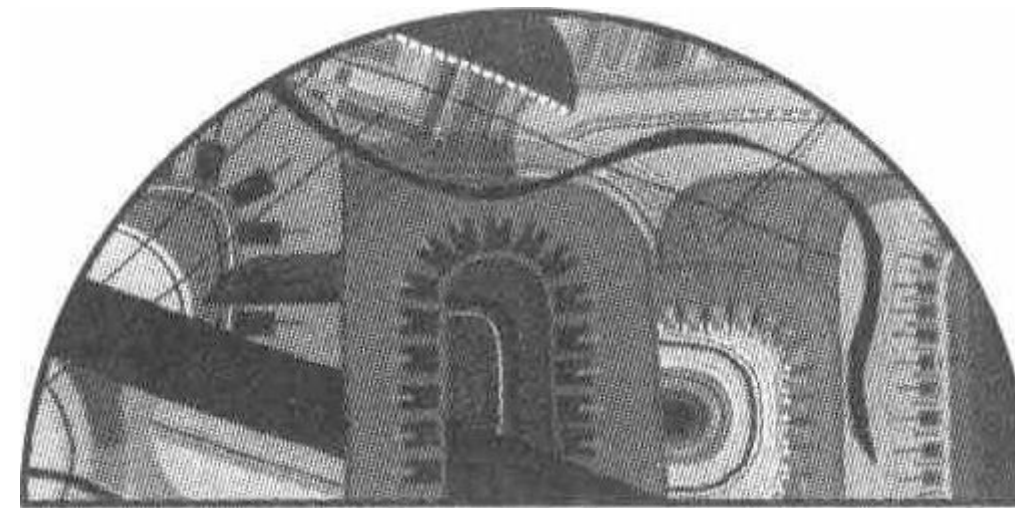
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# PREFACE



## ***Introduction to Psychiatric Nursing's Fifth Edition***

This fifth edition of *Psychiatric Nursing* continues to set the standard for psychiatric mental health nursing practice established with the publication of its first edition in 1979. We have written it with three key points in mind: 1) These are complex and changing times in our field of knowledge and practice; 2) psychiatric mental health nurses must be prepared with critical thinking and clinical judgment skills to address clients with dual diagnoses and comorbidities, and to work effectively in community-based as well as hospital settings; and 3) comprehensive and contemporary theory and processes are best learned when presented in a clear, clinically relevant style.

Since publication of the fourth edition, the following advances have influenced our practice. New *Standards for Psychiatric Mental Health Nursing* have been published by the American Nurses Association (1994). The *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV, 1994)* has been fully revised by the American Psychiatric Association. Advances in neurochemistry, neuroendocrinology, and psychoimmunology have occurred at an accelerated pace, adding to our theoretic knowledge of mental disorders. New psychiatric medications have become available, adding to the treatment repertoire for psychiatric clients. The cultural diversity of clients has broadened, presenting new challenges to provide culturally relevant and sensitive care. Psychiatric nursing competence has been acknowledged as central to the care of community-based HIV/AIDS clients, the growing population of older adults, and to other vulnerable populations including the homeless and those addicted to substances. And finally, the available options for care and treatment are being shaped by cost-containment measures such as managed mental health care.

If the 1990s are the decade of the brain for psychiatry, then they must be the decade of the mind for psychiatric nursing. Responding to the complex challenges, content-rich domains, time-constrained decision-making, and high stakes outcomes requires both a comprehensive knowledge base and the habits of mind known as critical thinking. The need for critical thinking holds true whether psychiatric mental health nurses work in an emergency room, an AIDS hospice service, a drug detoxification unit, a nursing home, or a mental health clinic or hospital.

We have designed and written the fifth edition of *Psychiatric Nursing* to develop and empower the critical-thinking skills of interpreting meaning, examining ideas, assessing truth claims, tolerating divergent views, drawing conclusions based on evidence, explaining rationales, and self assessment. We have also presented the most thorough and up-to-date knowledge relevant to caring practice in our field.

## ***New to Psychiatric Nursing's Fifth Edition***

New features designed to empower the psychiatric mental health nurse in this edition of *Psychiatric Nursing* include

- Each chapter begins with a Critical Thinking Challenge focused on developing clinical judgment. Analysis and discussion points are presented in an appendix.
- Nursing Self-awareness boxes extend opportunities to use critical thinking in examining possible biases.
- Mind-Body-Spirit Connection boxes acknowledge the growing interest in the relationship of spirituality to mental health and support a fully holistic perspective.
- Globe icons call attention to content that is particularly relevant to cultural diversity.







- All the new DSM-IV multi-axial codes, diagnostic categories, and a cultural assessment formulation as well as glossary of culture-bound syndromes appear in the appendices.
- The 1994 ANA Standards and the 1995-96 NANDA-approved diagnoses are used throughout the text.
- An increased emphasis on psychobiologic knowledge is reflected in the fully revised chapter on psychobiology; a separate chapter on psychotropic medications, completely updated, perforated, pocket-sized drug cards; drug appendix; and the use of a drug icon to call attention to medication-relevant information.
- Full-color plates of brain scan images and the most commonly-used psychiatric medications offer additional new resources for client-family teaching.
- Detailed critical pathways appear in the psychiatric disorders chapters and reflect the emphasis on time-linked client outcomes, quality of care, resource utilization, and cost containment in the practice world.
- Four entirely new chapters address contemporary psychiatric nursing concerns, including epidemiology of mental disorders and prevention levels; clients who have a dual diagnosis; clients with sleep disorders; and managed mental health care.

## Features Retained from Prior Editions

*Psychiatric Nursing* retains many strengths that have kept it on the cutting edge of the field for nearly two decades:

- Competencies (behavioral objectives or “ends-in-view”) begin each chapter.
- Chapter cross-references.
- New Research boxes in each chapter.
- Rich use of client profiles and clinical examples.
- The nursing process as an organizing format in the disorders chapters.
- Case studies drawn from actual client stories.
- Nursing care plans organized in a standard format that includes expected client outcomes.
- A glossary with terms bold-faced in the text.
- Client/Family Teaching boxes and Nutrition boxes.
- Fully updated references for each chapter.
- An index to locate quickly topics in the text.

## The Package

The package includes an instructor’s guide with a test bank and resource directory for audio-visual, programmed instruction, and computer-based interactive teaching/learning materials. A computerized test bank is also available.

## An Answer to the Complex Realities of the Psychiatric Nursing Field

In this edition of *Psychiatric Nursing*, we hope to continue our tradition of offering a text that is comprehensive and sensitive to cultural concerns, and that promotes critical thinking in a clear, readable style to students preparing for the full range of generalist nursing practice, specialty practice, and to nurse practitioners. We have worked to prepare a textbook that presents the latest in scientific developments while retaining the values of caring. We trust that in reading and studying this book, you will see the relevance of psychiatric nursing knowledge and competencies to holistic caring for all clients.

## Acknowledgments

Have you ever looked up to the sky in the autumn when you heard the persistent honking of Canadian geese heading south for the winter? Geese travel thousands of miles with ease and precision by flying in V-formation. As each bird moves its wings, it creates an updraft for the bird following; flying in formation is 70% more efficient than flying alone. Although it appears that the flock is guided by a single leader, the lead bird rotates back into formation when it tires, and another flies at the point position. The drumming sound of the great wings beating together and the encouraging honking energizes the whole formation.

That is the sort of team effort that it took to bring this book into its present form. The journey through the writing of any book is always a collaborative enterprise. It is a pleasure for us to be able to thank all of the team members who provided their lifting power, encouragement, and energy.

Special thanks to Peggy Adams, our sponsoring editor and a warm and caring person, who provided guidance, advocacy, and sensitivity. She facilitated early stages of this revision. Karen Gulliver was responsible for shepherding this book through the production stage. Karen provided a calming presence, a keen eye, and an organized mind. We are thankful for the supportive milieu she created.

The contributors to this book are astute clinicians and academicians whose high standards are evident in their work. We cherish our relationships with them and their commitment to this book.

Despite living on opposite coasts, we have now been friends and colleagues for 30 years and continue to learn from one another.

To all of you, our deepest thanks.

Holly Skodol Wilson

Carol Ren Kneisl



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