

MENTAL HEALTH- PSYCHIATRIC NURSING

A Holistic Life-Cycle Approach



Second Edition

BECK * RAWLINS * WILLIAM

MENTAL HEALTH- PSYCHIATRIC NURSING

A Holistic Life-Cycle Approach

Second Edition

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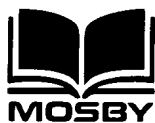
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THE C. V. MOSBY COMPANY

ST. LOUIS • WASHINGTON, D.C. • TORONTO • 1988



A TRADITION OF PUBLISHING EXCELLENCE

Editor Linda L. Duncan

Assistant editor Joanna May

Project manager Suzanne Seeley

Design John R. Rokusek

Production/editing Teresa Breckwoldt, Kathy Burmann,
Jeanne Genz, Sheila Jones, April Nauman,
Timothy O'Brien, Jan Shelly

Second Edition

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Previous edition copyrighted 1984

Printed in the United States of America

The C. V. Mosby Company

11830 Westline Industrial Drive, St. Louis, Missouri 63146

Library of Congress Cataloging-in-Publication Data

Mental health-psychiatric nursing.

Bibliography: p.

Includes index.

I. Psychiatric nursing. I. Beck, Cornelia Kelly.

II. Rawlins, Ruth Parmelee. III. Williams, Sophronia R.

RC440.M355 1988 610.73'68 87-24815

ISBN 0-8016-0558-X

C/C/VH 9 8 7 6 5 4 3 2 01/A/086

MENTAL HEALTH- PSYCHIATRIC NURSING

A Holistic Life-Cycle Approach

*To my husband, Barry, for his constant caring
To my children, Jason and Monica, for their understanding
To my parents, family, and friends
for their inspiration and support*
Cornelia Kelly Beck

*To my parents, from whom I learned perseverance
To my husband and daughters, for their patience and support
To all who love the challenges
of mental health—psychiatric nursing*
Ruth Parmelee Rawlins

*To my mother, my constant support
To the memory of my father*
Sophronia R. Williams

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FOREWORD

Textbooks for nurses ought to enable students and practitioners to enlarge their current knowledge and to enrich their practice. At their best, such books present content that intermeshes contemporary and emerging perspectives related to nursing practice. The authors of this work have taken these responsibilities seriously.

This book describes accepted contemporary practices in mental health–psychiatric nursing, including various forms of psychotherapy, milieu therapy, crisis intervention, and others. Prevailing practices for such categories of dysfunction as impaired cognition and eating disorders are also included. Phenomena such as anxiety, loneliness, guilt, and other selected nursing diagnoses are discussed theoretically and in terms of relevant nursing interventions. The authors have considered important components of the current scope of mental health–psychiatric nursing practice, which has been greatly expanded over the past half century.

The book also takes into account several new perspectives that have recently emerged and seem to be gaining currency in nursing. For example, the subtitle of the book, *A Holistic Life Cycle Approach*, constitutes the authors' philosophical position from which principles of practice were derived and are set forth. In this view, nurses should eschew fragmentation of nursing practice. Instead, nurses should seek to provide comprehensive nursing services, within an "existential-humanistic" orientation. This approach considers the wholeness and integrity of persons and their capabilities for self-care. Therefore age, culture, family, community, and other content related to the holistic perspective are presented.

Another emerging direction is the effort within the profession to evolve a nursing model that is distinctly different from the medical model of practice. The significant difference lies in the phenomena to which the practices of each profession are addressed in this nursing textbook, psychiatric-medical diagnostic categories of the diseases

called mental illness are *not* used. Instead, a broad range of psychosocial phenomena and human dysfunctions as observed by nurses in nursing situations are presented. Psychiatry, on the other hand, seems to be moving toward more biologically oriented practices, more in keeping with the traditional focus of physicians on pathophysiology. There is, of course, an area in which the practices of nurses intersect those of physicians, in psychiatric services. This textbook has taken this matter into account by discussions of somatic and pharmaceutical prescriptions and by description of the biological orientation of psychiatry.

A fairly recent development is the matter of accountability of professionals for the consequences of their services to people. This book considers accountability in several ways. First, nursing practice requires that nurses have adequate data about clients—their situation, the resources available to them, and so forth. Nurses obtain this vital information by using observation, the nursing process, various forms of assessment, and theory application. These topics are presented in separate chapters and in assessment sections in other parts of the book. Second, accountability is also considered in terms of quality assurance, ethics, legal matters, and the like.

This work is quite comprehensive, reflecting the expanded scope of mental health–psychiatric nursing today. The wide range of subject matter also reflects the authors' intent to present a blend of time-tested practices and new directions in the field of nursing. This text is another step forward in the effort to elucidate the nature of nursing. It has the particular merit of being in tune with several powerful contemporary trends in the field of mental health–psychiatric services for the people.

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PREFACE

The intent of *Mental Health–Psychiatric Nursing: A Holistic Life-Cycle Approach* is to provide a basic, comprehensive nursing text for the beginning student in mental health–psychiatric nursing. Since the basic concepts are defined behaviorally, this text is appropriate for use in either an integrated or a nonintegrated curriculum. The textbook will be most meaningful for students who have a general knowledge base in anatomy, physiology, psychology, sociology, and chemistry. In addition, an understanding of the nursing process and the relationship of a philosophy and conceptual framework to nursing practice will enhance the reader's use of the text. Chapters about issues, current treatment modalities, and mental health–psychiatric nursing across the life cycle may be of special interest to graduate students in nursing and to practicing mental health–psychiatric nurses.

In the first edition of *Mental Health–Psychiatric Nursing* our intent was to integrate content essential to the practice of mental health–psychiatric nursing into a holistic approach that addressed the five dimensions of the person as an organizing framework for the nursing process. For example, in the discussion of the person's physical dimension, the biological basis of behavior and the physiological manifestations of psychological processes were examined. In the discussion of the social dimension, the ethnic diversity of clients is addressed and the individual, family, and community were considered from an ecological perspective. The individual's self-responsibility in maintaining and promoting his health as well as participating in the restoration of his mental health was also a highlight of the text.

The second edition of our text is based on this same philosophy about nursing and the individual. The holistic philosophy is strengthened by emphasizing the discussion of holism and addressing the major ideas related to this concept. Nursing process continues to be the organizing framework for practice with strengthening of the implementation phase to make it more useful for the student and practitioner.

CONTENT

In the second edition we have attempted to reflect the latest research and trends in psychiatry and psychiatric nursing. Eight new chapters have been included:

- Pain
- Loneliness
- Boredom
- Manipulation
- Community Mental Health Nursing
- Family Therapy
- Therapy with Clients with Psychophysiological Illness
- Therapy with Clients with Eating Disorders

The most recent NANDA diagnoses that are pertinent to mental health–psychiatric nursing and DSM-III-R classifications are integrated throughout the text. Content on transactional analysis and the eclectic approach are added to the theoretical positions. The biological model is expanded in keeping with the current emphasis on the biological basis for psychiatric problems.

ORGANIZATION

Mental Health–Psychiatric Nursing continues to be divided into five parts. Part I is concerned with the foundations for the practice of mental health–psychiatric nursing. Included in this focus is an examination of a conceptual base for practice and selected philosophical positions about the nature of the person and the relationship of these positions to an understanding of mental health and illness. Theoretical approaches that contribute to the development of frameworks for mental health–psychiatric nursing are explored, including the work of nursing theorists. The organizing theme of Part I is a holistic approach to the individual within the five dimensions.

Part I also views the nursing process in mental health–psychiatric nursing as focusing on (1) basic communication, (2) the establishment of a therapeutic relationship, (3) the process of psychotherapy, and (4) cultural diversity in therapy. Skills and attitudes basic to this process

are interwoven throughout the discussion. The five dimensions of the person are viewed as a basis for the effective use of self in developing a therapeutic relationship characterized by self-responsibility and advocacy. A detailed discussion of communication is included.

Part II focuses on the concepts that are basic to human functioning in health and illness throughout the life cycle. The concepts presented are anxiety, anger, guilt, hope-despair, flexibility-rigidity, dependence-independence, trust-mistrust, pain, loneliness, boredom, and manipulation. Each chapter begins with a discussion of the dynamics of these behaviors and the manifestations of these behaviors within the five dimensions of the individual. This second edition places more emphasis on the biological basis of these behaviors. Based on an organizing framework of the five dimensions, the steps in the nursing process are discussed with specific nursing interventions strengthened in the second edition. Each chapter includes a therapeutic interaction that exemplifies the concept and a summary of the nursing process is included in each chapter. Current research related to each concept and instruments for measuring related behaviors are included.

Presented in Part III is a description of specific treatment modalities designed for health promotion, maintenance, and restoration. Milieu, group, family, marital, and sex therapy as well as therapy with chronically distressed clients, dying clients, clients with psychophysiological illnesses, clients with eating disorders, victims of abuse, and clients with organic mental disorders are discussed. Crisis intervention and short-term psychotherapy are presented as modalities characterized by length of treatment. Psychotropic drugs, somatic therapies, and community mental health nursing are also presented. In addition, alternative forms of therapy, such as Feldenkrais and transcendental meditation, are included.

In Part IV, concepts and principles of mental health-psychiatric nursing are applied to the care of clients across the life cycle. The various periods of life discussed are infancy, childhood, adolescence, and young, middle, and aged adult years. For each life period, content essential to using the nursing process is presented. In addition, specific nursing interventions for mental health-psychiatric nursing are discussed for each stage of life. An assessment tool has been added to each life cycle chapter in the second edition.

An exploration of issues that are basic to the practice of mental health-psychiatric nursing in today's society is the focus of Part V. Value clarification and ethical principles are provided as bases for making decisions about professional practice issues. The chapter on legal issues includes a discussion of laws that have relevance for mental health-psychiatric nursing, the role of the nurse as a client advocate, and the responsibility of the nurse in effecting mental health care legislation. Issues and suggestions regarding research and various aspects of quality assurance, including credentialing, are also presented. The book concludes with a chapter on consultation-liaison nursing.

FEATURES

The manner in which content is structured is perceived as a study aid to reinforce the student's orientation to a holistic, conceptual approach to mental health-psychiatric nursing.

As in the first edition, we have begun each chapter with a list of student learning objectives. Within each chapter we have continued to highlight important concepts and information in tabular, boxed, or illustrative form, such as nursing diagnoses, DSM-III-R classifications, and psychopharmacological considerations. Many new Case Examples and Research Highlights have been included to facilitate understanding of clinical application. Sample nursing care plans for common problems are also featured.

The text is also extensively cross-referenced for easy location of selected topics. The table of contents contains a separate listing of where specific nursing diagnoses, DSM-III-R diagnoses, and discussions of personality disorders can be found in text. We have retained the glossary to familiarize students with key terms; these terms are italicized in text.

Because a thorough understanding of mental health-psychiatric nursing in its current state is facilitated by viewing its substance and issues within a historical perspective, each chapter contains a historical overview. For many chapters, we have included summaries of nursing process, presented within the holistic framework.

TERMINOLOGY AND LANGUAGE

The term *client* instead of *patient*, the traditional term in medicine, is used in this text in keeping with the current thinking that health care consumers have rights, responsibilities, and a participatory role in their care. "Patient" denotes a subservient or dependent position in relation to the caregiver and may imply that the consumer is passive, without responsibility, and subordinate to the caregiver. Use of the term *client* suggests a reciprocal relationship between consumer and caregiver.

We have attempted to delete evidence of sexism in the language of this textbook. However, this has not always been possible. Therefore, for clarity the client is referred to as "he" and the nurse is referred to as "she." No slight is intended to the growing numbers of men in nursing.

ACKNOWLEDGMENT

We greatly appreciate the expertise of the authors contributing chapters to this text. Without their continued efforts, a project of this magnitude would have been many years in the making. We also wish to thank the instructors, students, and clinicians who reviewed the second edition or who offered valuable comments and suggestions for the revision. Supportive friends and colleagues are too many to mention by name.

Linda Duncan, Editor, The C.V. Mosby Company, and Suzanne Seeley, Project Manager, are also gratefully acknowledged for their encouragement and support.

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