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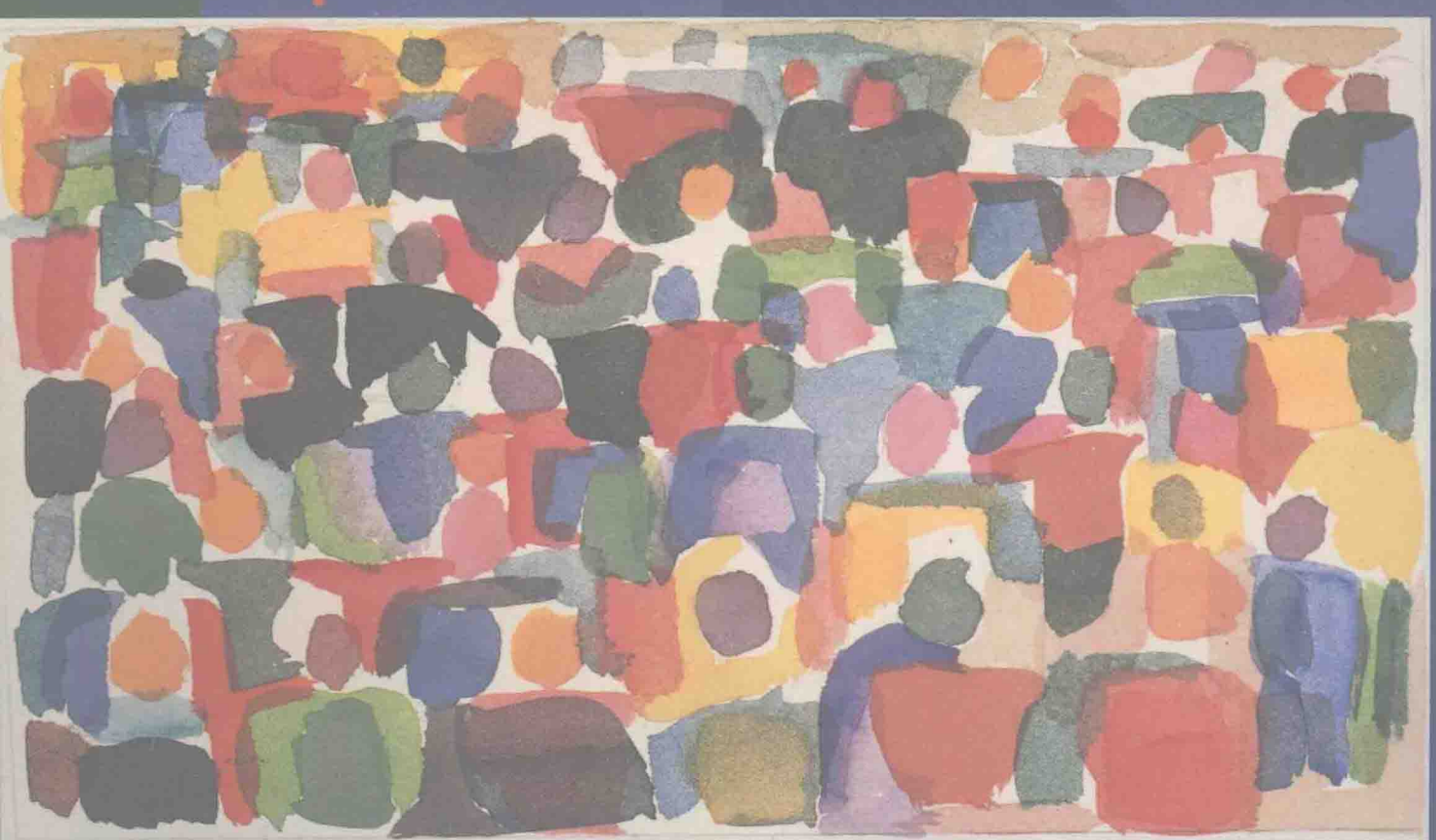
Psychiatric Mental Health Nursing

Second Edition



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Psychiatric Mental Health Nursing

Second Edition

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For those who struggle with mental disorders every day on their journey toward mental health and for the students, nurses, and caregivers whose lives they touch. Our wish is that this text brings knowledge, wisdom, and hope.

PREFACE

Psychiatric Mental Health Nursing, now in its second edition, is prepared to meet the health care challenges of the new millenium. As research continues to expand in the areas of psychobiology and psychopharmacology, nurses continue to integrate the current plethora of biologic information with the caring concepts of the psychosocial models. Newer, more effective, and less toxic medications present new hope for clients and families experiencing the effects of mental disorders. This presents new challenges for nurses, who must prepare themselves to educate clients, families, and community about current trends in treatment modalities, with a sense of cautious optimism. The implication of psychiatric nursing is that these findings must be incorporated into all areas of the discipline. This is especially true for psychopharmacology "to ensure safe and effective care of people with mental illness and the advancement of the specialty" (ANA, 1994).

The health care delivery system continues to be influenced by the revolutionary changes in the industry, most specifically, managed care organizations. The shift of clients with mental disorders from inpatient treatment to alternative, less costly care options, such as partial hospital programs, outpatient clinics, and community agencies, continues to challenge nurses and other health care disciplines. Although inpatient psychiatric care is available for individuals whose illness demands it, the typical lengths of stay in acute care settings continue to be dramatically reduced.

Along with extraordinary changes in psychobiology, the next century promises to infuse the health care delivery system with dramatic information about the cultural and spiritual aspects of clients with mental disorders and their families. Mental health facilities are calling on hospital chaplains and other clergy to assist clients and families in addressing their spiritual concerns within a nondenominational context. These spiritual therapists are part of the professional, interdisciplinary health care team and provide a much-needed service to those in need of spiritual care. Another challenge for nurses and other health care disciplines in keeping with current, dynamic cultural changes is that of cultural awareness. Although nurses have always addressed the cultural and spiritual needs of their clients, current mandates from specific managed care organizations are requiring further knowledge and education in these critical areas in several states across the country.

Now, as in the past, psychiatric mental health nurses are called on to blend their broad base of scientific knowledge and interpersonal skills to meet the traditional and current challenges of providing effective quality care. Whatever changes await psychiatric nursing in the new millenium, one thing remains constant: student nurses, new graduates, and seasoned practitioners alike will meet the challenges, as always, with energy, enthusiasm, and concern for their clients.

APPROACH AND INTENDED USE

This second edition of *Psychiatric Mental Health Nursing* continues to stress the challenges and discoveries of the biologic revolution as health care delivery moves into the twenty-first century. Integration of the client's biologic psychosocial needs remains the focus of nursing care, with additional emphasis on cultural and spiritual areas of concern. Nurses and associated professionals continue to focus on attaining, maintaining, and promoting the client's integrity and dignity while meeting those needs. This text illustrates a balanced nursing and medical approach, with strong emphasis on DSM-IV guidelines and related treatments. Although psychiatric nursing is thoroughly discussed as it relates to various well-regarded theorists, the text does not advocate any one specific nursing framework. This timely, state-of-the-art text is primarily intended to help students and practicing psychiatric nurses deliver professional nursing care for clients and their families, regardless of time, place, or circumstances.

The nursing process, a time-proven, six-step problem-solving method, is featured as a distinct section in relevant chapters. Interesting case studies depicting "real-life" situations followed by a series of questions are interspersed throughout the various stages of the nursing process section to stimulate student learning and critical thinking. This section also includes comprehensive nursing care plans that begin with a case study, followed by relevant DSM-IV and NANDA diagnoses. Client outcomes are identified, interventions with rationales are presented, and an evaluative statement is provided.

The major organizing structures for the disorders chapters include both the diagnoses of the North American Nursing Diagnosis Association (NANDA, 1999) and the American Psychiatric Association (APA) *Diagnostic and Statistical Manual of Mental Disorders,* fourth edition (APA, 1994). We strongly believe in the practicality and effectiveness of the collaborative efforts of nursing and medicine whenever possible. We contend that the use of current NANDA terminology most accurately describes the therapeutic services and contributions of nurses and also reflects contemporary nursing actions and responses. Application and use of refined diagnostic labels are essential to the evolution of the language and discipline of nursing.

STRUCTURE AND ORGANIZATION

Part One, Introduction to Psychiatric Mental Health Nursing, presents concepts and issues fundamental to psychiatric mental health nursing. The reader is intro-

duced to concepts that not only define nursing as an art and a science but also reveal the substantive changes and trends that currently shape and challenge traditional professional nursing roles in the area of mental health. Typical student experiences and concerns specific to the role of psychiatric nursing are uniquely presented in the forms of clinical rewards, challenges, and solutions. This information will be very helpful for students as they enter and interact in the psychiatric setting. Theoretic perspectives that provide the framework for mental and emotional disorders are thoroughly explored with clear, specific examples of each therapeutic modality. A comprehensive chapter on psychobiology is presented, which thoroughly explores the biologic components and their role in mental and emotional disorders. Clear, concise examples are depicted with vivid full-color illustrations of biologic effects on brain chemistry. Legal and ethical issues specific to clients with mental disorders are described. Patients' rights related to mental illness are carefully defined, and relevant case law is cited. Cultural issues are discussed, offering a cross-section of the various cultures. Explanation of how cultural beliefs affect clients' attitudes toward health care and care-giving practices is provided, with emphasis on mental health and mental disorders.

Part Two, Dynamics of Nursing Practice, discusses the two essential components of the nursing role. The chapter on the nursing process presents the foundations of critical thinking, intuitive skills, and problem-solving approaches used by nurses as they practice their discipline in a variety of clinical and community settings. Several helpful assessment and interview tools are featured, including a treatment plan, a standardized care plan, and a clinical pathway. Each phase of the nursing process is carefully explained with examples provided. Nursing Outcomes Classification (NOC) and Nursing Interventions Classification (NIC) and their relationship to NANDA are explored. The second chapter of this unit discusses the most valuable tool of the psychiatric nurse—that of communication—with emphasis on the essential components of the therapeutic nurse-client relationship.

Part Three, Developmental Aspects Across the Life Span, analyzes the stages of growth and development in separate chapters about childhood and adolescence, adulthood, and the elderly. Critical tasks that need to be met or mastered for clients to move forward developmentally are discussed from a variety of theoretic perspectives.

Part Four, Psychiatric Disorders, focuses on 10 major disorders generated by DSM-IV criteria. Each disorder is presented in terms of a brief description, history, etiology, epidemiology, and prognosis. The nursing process is presented as a separate section at the end of each chapter, with discussion of each nursing process step. A detailed nursing care plan is presented in this section, beginning with a case study, followed by DSM-IV multiaxial diagnoses and relevant nursing diagnoses. Client outcomes are identified based on the nursing diagnosis statement, interventions and their rationales are presented, and an evaluation statement is noted. Collaboration between nursing and medicine is evident throughout the nursing process section, most notably in columns depicting a side-by-side listing of DSM-IV and typical NANDA diagnoses and in the multiaxial diagnostic segments preceding the nursing care plans.

Part Five, Therapeutic Modalities, emphasizes the five major therapeutic modalities used to treat clients in the psychiatric setting. The chapter on interactive therapies presents discussion of the different theoretic concepts in the form of practical examples and scenarios typically found in a mental health facility. The chapter on psychopharmacology offers a thorough description of medications typically used to treat mental illness, as well as their therapeutic and nontherapeutic effects, recommended dosages, nursing implications, and other critical information. Forty perforated, detachable drug cards in the back of the book accompany this chapter for the learner's convenience. Crisis intervention is discussed, tracing the historical development of this modality and describing its major components. A separate chapter is devoted to activity therapies, such as occupational, recreational, art, music, and dance therapies, emphasizing the text's interdisciplinary focus. Special consideration is given to the nurse's role in each therapeutic task, function, or activity.

Part Six, Contemporary Issues, describes a variety of timely issues and concerns experienced by clients in different settings and treated by psychiatric nurses. Such important topics as surviving violence, suicide, grief and loss, AIDS, psychologic aspects of physiologic illness, and persons with chronic mental illness are discussed in this unit. An in-depth chapter exploring nursing care in the community and home-based treatment settings follows. The text concludes with a state-of-the-art chapter on spirituality and its relevance and importance in the mental health setting.

DESIGN AND KEY FEATURES

Bright and vivid full-color design permeates this text to promote visual appeal, emphasize and distinguish key pedagogic features, and graphically portray illustrations of critical psychiatric nursing concepts for students in the new millenium. Numerous full-color brain scans and drawings of psychobiologic concepts are presented in relevant chapters throughout the text. Many boxes, tables, and other figures summarize and highlight important information.

Each chapter has several standard features that make critical information more accessible for learning:

- **Objectives,** placed at the beginning of the chapter, emphasize the most important concepts.
- **Key Terms** with definitions are presented at the beginning of the chapter and are highlighted throughout the chapter in bold type.

- A **Summary of Key Concepts** concludes each chapter, summarizing the most significant ideas to be remembered.

Other important key features are highlighted by a unique design and included in relevant chapters.

- A detailed **Nursing Care Plan** is presented as part of the nursing process section. It begins with a case study, followed by DSM-IV multiaxial diagnoses and relevant nursing diagnoses. Client outcomes based on the nursing diagnoses statements are identified, interventions with rationales are presented, and an evaluative statement concludes the care plan.
- **Case Study** boxes with critical thinking components integrate critical thinking questions or statements following realistic case studies to foster students' problem-solving skills and application of the concepts presented. Different steps of the nursing process are featured throughout these case studies to help students in areas such as assessment, diagnosis, and outcomes.
- **Nursing Care in the Community** boxes discuss community perspectives on particular disorders and issues.
- **Clinical Alert** boxes throughout the text highlight critical information relevant to clinical practice.
- **DSM-IV Criteria** boxes present the DSM-IV criteria for particular disorders.
- **Collaborative Diagnoses** boxes present DSM-IV and NANDA diagnoses relevant for a certain disorder.
- **Client & Family Teaching Guidelines** provide education for both the client and the family on various concerns for a particular disorder.
- **Clinical Symptoms** boxes summarize the symptoms that indicate a certain disorder.
- **Additional Treatment Modalities** boxes summarize various modalities and interventions that are used in conjunction with nursing interventions in the treatment of a particular disorder.
- **Understanding & Applying Research** boxes summarize a research study related to a disorder and its application to nursing interventions.
- **Nursing Assessment Questions** boxes present questions that should be included in the assessment of a particular disorder.
- Forty perforated **drug cards** containing essential information about the most common and important psychiatric medications are in the back of the book. These cards can be torn out and easily used for reference in clinical settings.
- **Clinical pathways,** for various disorders and from different institutions, are presented to demonstrate the importance and usefulness of this interdisciplinary tool in the treatment of mental disorders.
- A **Glossary** in the back provides concise updated definitions of the commonly used nomenclature found throughout the book.

TEACHING-LEARNING PACKAGE

A complete ancillary package to enhance teaching and learning is provided for this text.

Instructor's Resource Manual and Test Bank

The *Instructor's Resource Manual and Test Bank* to accompany *Psychiatric Mental Health Nursing* includes many features that will supplement and enhance teaching and learning from the textbook. Critical thinking exercises, enrichment activities, and multimedia resources are provided for each text chapter. Strategies for teaching psychiatric nursing and suggested course outlines for courses of varying lengths are presented. Student worksheets for each chapter are included. The text bank has approximately 700 questions in NCLEX format and provides the applicable nursing process step, cognitive level of each question, and answer rationale.

Mosby's Psychiatric Nursing Transparency Acetates, Second Edition

The second edition of Mosby's *Psychiatric Nursing Transparency Acetates* contains 48 two-color and full-color transparencies, covering many topics in psychiatric nursing. These transparencies provide a visual learning experience to reinforce knowledge and understanding.

Computerized Test Bank

The computerized version of the test bank is available in IBM and Macintosh versions. It comes with an instruction manual and allows users to edit, add, delete, or select questions on the computer.

TERMINOLOGY AND LANGUAGE

We have made every effort to remove evidence of sexism from this text. Whenever possible, we have attempted to use plural nouns and pronouns in place of the singular *his* or *her.* We recognize the contribution of both men and women to the nursing profession. However, clarity sometimes has dictated the use of *she* for nurse and *he* for client.

We have chosen to use the term *client* instead of *patient* because we view individuals receiving treatment as significant participants in the reciprocal process of treatment. We also recognize that *family* can refer not only to blood relatives but friends and significant others. However, the term *family* is generally used for simplicity.

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We are proud to launch this new edition of our textbook and invite psychiatric nursing students and nurses at all levels to meet the challenges presented and to apply the concepts in clinical practice. As we approach the new millennium and meet the dynamic forces influencing health care and health care delivery, the time-honored role of psychiatric nursing holds steady in the twenty-first century. It is our hope that the content described in this textbook will serve as an anchor amid the inevitable turbulence of change. We wish you well in your professional journey and feel confident that you will successfully meet these challenges while experiencing the joy and wonder of psychiatric nursing.

Kathi Fortinash and Pat Holoday-Worret

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