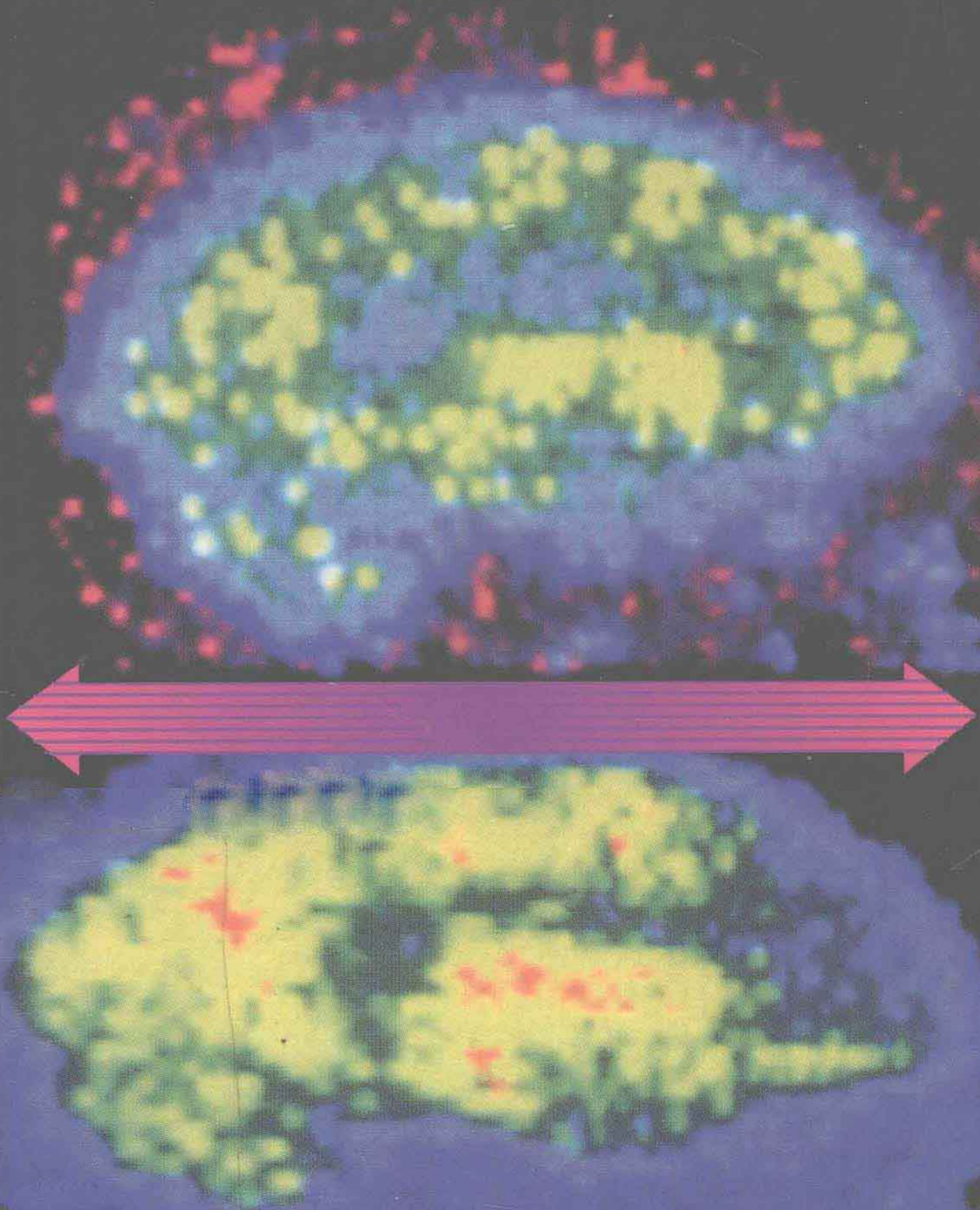


Pocket Guide Psychiatric Nursing

STUART & SUNDEEN

Third Edition



Pocket Guide to Psychiatric Nursing

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Third Edition

with illustrations

 **Mosby**

St. Louis Baltimore Boston

Carlsbad Chicago Naples New York Philadelphia Portland

London Madrid Mexico City Singapore Sydney Tokyo Toronto Wiesbaden



Dedicated to Publishing Excellence



Publisher: Nancy L. Coon

Editor: Jeff Burnham

Associate Developmental Editor: Linda Caldwell

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Manufacturing Supervisor: Karen Lewis

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THIRD EDITION

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Printed in the United States of America

Composition by Graphic World, Inc.

Printing/binding by R.R. Donnelley & Sons Company

Mosby-Year Book, Inc.

11830 Westline Industrial Drive, St. Louis, Missouri 63146

International Standard Book Number ISBN 0-8016-8023-9

95 96 97 98 99 / 9 8 7 6 5 4 3 2 1

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The focus of her practice is on continuing education for mental health service providers, policy development, services for elderly people who are mentally ill, and the rehabilitation of people who have serious and persistent mental illnesses. She is especially interested in becoming involved in partnerships with consumers of mental health services and their families. She speaks, writes, and consults about these areas of interest.

Preface

All nurses in busy practice settings—staff nurses, new graduates, students, administrators, faculty—need a reliable resource to provide them with current information about psychiatric nursing care. A clinical reference book must be convenient, relevant, and organized for rapid access to the desired information. The *Pocket Guide to Psychiatric Nursing* is designed to meet this need.

In the past, nurses have used many resources to explore varied approaches to patient care. Nursing journals address current issues and research findings and are used to share clinical nursing experiences with colleagues in other settings. However, they are not intended to provide a comprehensive review of psychiatric nursing practice. Many patient care settings maintain a small library of medical and nursing textbooks. These are useful for in-depth study of specific topics. They generally try to cover all areas of psychiatric medical and nursing care in detail, assuming that the content is introductory for most readers. Audiovisual learning materials, such as audiotapes and videotapes, are also becoming more accessible to many nurses. However, it may be inconvenient and time consuming to arrange for and set up the necessary equipment to make use of these media. Similarly, attendance at workshops and conferences may be worthwhile in terms of exchanging ideas with other nurses, but they do not fill the immediate need of the nurse who has a question about a current and pressing patient care problem.

The first edition of this book was designed to fill a gap relative to clinical psychiatric nursing practice needs. The enthusiastic response to the book has indicated that it is meeting that need. The third edition continues to be small, but it is filled with the most up-to-date information in a format that makes it easily accessible to the nurse in the practice setting. It focuses on the essentials of psychiatric nursing and

is organized around the nursing process, thus providing assistance with conceptualizing, planning, and documenting nursing care. In this edition, nursing care plan summaries have been added to provide for the clinical application of the nursing process to specific nursing care problems. Both DSM-IV medical and NANDA nursing diagnoses are provided, enabling the nurse to maintain a nursing focus while understanding the relationship with a medical approach. Whenever possible, tables are used to present material. The size of the book is much smaller than a major psychiatric nursing textbook, reflecting the emphasis on the essence of psychiatric nursing care.

The *Pocket Guide to Psychiatric Nursing* is derived from *Principles and Practice of Psychiatric Nursing*, which we also wrote. Readers who are familiar with that book will recognize several of its characteristics but will also notice a relative lack of much of the depth of explanation and exploration of issues that exists in the basic textbook. Thus the books complement each other.

This pocket guide is divided into two parts. Part I, *Principles of Psychiatric Nursing Care*, consists of Chapters 1 through 7. This unit is designed to focus on the basic concepts of psychiatric nursing irrespective of the patient care need or the practice setting. Chapter 1 discusses roles and functions of psychiatric nurses. Chapter 2 presents aspects of the therapeutic nurse-patient relationship, while Chapter 3 presents models of psychiatric-mental health practice. Chapter 4 describes the biopsychosocial context and Chapter 5 the legal context of psychiatric nursing care. The unit concludes with a discussion of the new ANA standards of clinical practice in Chapter 6, and nursing's role throughout the continuum of care in Chapter 7, including primary prevention, crisis resolution, and rehabilitation.

Part II, *Applying Principles in Nursing Practice*, comprises the bulk of the content of the book. Chapters 8 through 18 consider nursing approaches to patients with specific nursing care problems, including anxiety, psychophysiological illness, self-concept, disturbances of mood, self-destructive behavior, psychotic and personality disorders, impaired cognition, substance abuse, eating disorders, and variations in sexual

responses. The concluding two chapters are related to specific types of treatment including psychopharmacology and somatic therapies. These chapters will be particularly useful to nurses who are working in settings that are shifting to a more biological focus on the treatment of mental illness, and they include many explanatory tables and charts.

Finally, we are delighted that so many of you have told us that this book is a useful resource to you. We remain committed to providing you with the information that you need to give the best care possible to the patients who depend on you. We dedicate this book to you and all your psychiatric nursing colleagues who are so often unrecognized. We know that without you the anxiety and suffering of the mentally ill would often go unalleviated. If we have helped you to provide better psychiatric nursing care, then our work has indeed been worthwhile.

Gail Wiscarz Stuart
Sandra J. Sundeen

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PART I

Principles of Psychiatric Nursing Care
