

# goal of psychiatric client care

- To promote client toward mental health....





# Mental Health

- **What Is Mental Health?**
- **What Is Mental Illness?**





# Mental Health

**A life long process a sense of harmony and balance for the individual, family, friends and community.**



# **Mental Health**

**M. Health is the balance between all aspects of life, social, physical, spiritual & emotional.**

**It is impact on how we manage surroundings & make choices in our lives.**

**It is integral part of our over all health.**



# **Mental Health**

**Is far more than the absence of mental illness & has to do with many aspects:**

- 1. How to feel about our selves.**
- 2. How to feel about others.**
- 3. How we are able to meet our demands.**



# What is mental illness?

**A mental disorder or illness is a psychological or behavioral pattern that occurs in an individual & is thought to cause distress or disability that not expected as part of normal development or culture.**



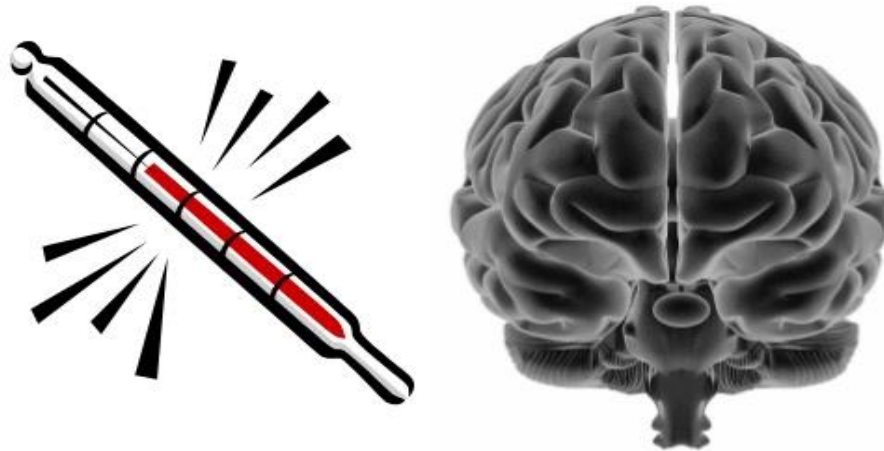


# What is mental illness?

A group of mental disorders that causes severe disturbances in **thinking, feeling & relating**. People with a mental illness often have difficulty dealing with daily life.

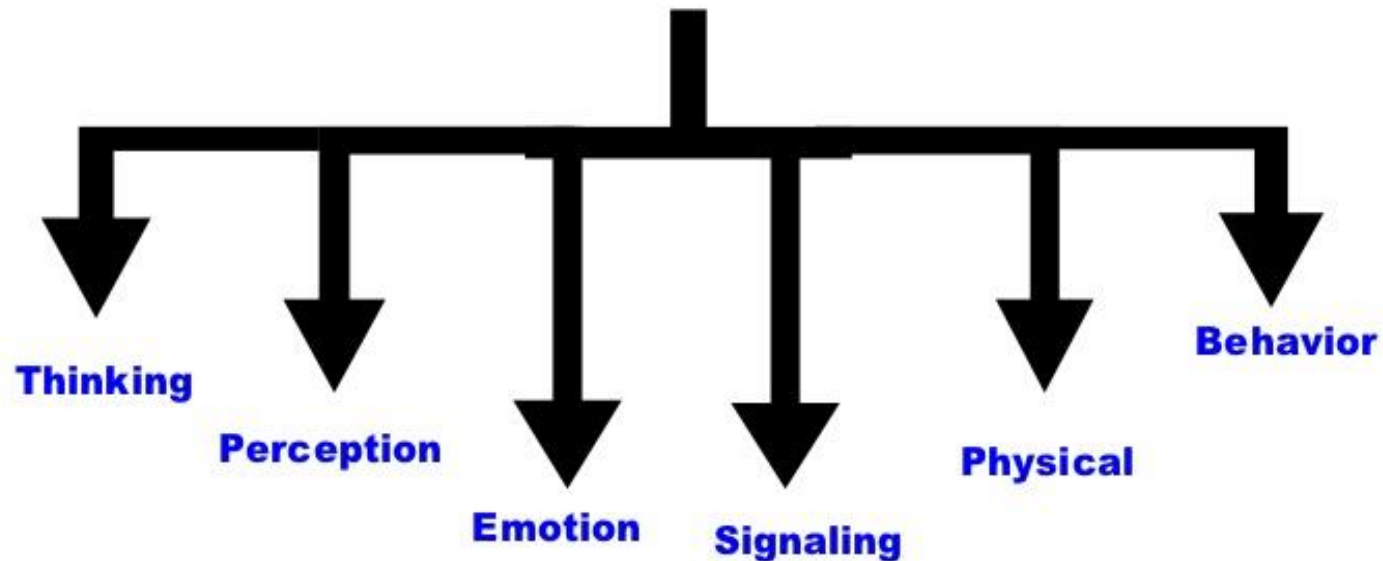


Mental illness can occur when the brain  
(or part of the brain) is **not working well**  
or is working in the wrong way.





When the brain is **not working properly**,  
one or more of its **6 functions** will be disrupted



**When these symptoms  
significantly disrupt a person's life,  
we say that the person has a**



**mental disorder  
or a mental illness.**



# **What are the components of a mentally healthy person??**

# **Emotional Intelligence**

- **Managing your own emotions internally**
- **Emotional self control**
- **Recognizing emotions in others**
- **Handling Relationships**



# **Resiliency**

- **Insight**
- **Independence**
- **Relationships**
- **Initiative**
- **Creativity**
- **Humor**
- **Optimistic approach to life**
- **Morality**

# Spirituality

- Relationships, values
- Questions of purpose of meaning in life





# **Concepts of positive mental health**

- 1- Positive attitude towards self**
- 2- Growth, development & self-actualisation**
- 3- Integrative capacity**
- 4- Autonomous behaviour : (self-governance)**
- 5- Perceiving reality accurately**
- 6- Mastery of one's environment**

# **Characteristics of mentally healthy persons**

- **Perceive self, others, & events correctly.**
- **Recognize own strengths, weaknesses, capabilities and limitations.**
- **Separate fantasy from reality.**
  - **Develop and demonstrate appropriate sense of humour.**
  - **Express emotions.**
  - **Exhibit congruent behaviours.**



- **Accept self & others as uniquely different, but humanly similar.**
- **Find beauty, joy, goodness in self, others, environment.**
- **Be creative.**
- **Be optimistic but realistic.**
- **Use talents to fullest.**
- **Involve self in purposeful, meaningful life work .**
- **Engage in play.**

- **Accept responsibility for actions.**
- **Control impulses and behaviour.**
- **Delay gratification.**
- **Function independently.**
- **Relate to others**
- **Seek self-actualisation**





# Mental Health

- Why do people have mental problems?
- How do we come to an understanding of mental illness?



# **Mental Health Theories**

## **Intrapersonal**

- **Freud**
- **Erikson**

## **Social-Interpersonal**

- **Sullivan**
- **Maslow**



# Game Time!!



- **Compensation**
- **Denial**
- **Displacement**
- **Identification**
- **Intellectualization**
- **Introjections**
- **Minimization**
- **Projection**

- **Reaction Formation**
- **Regression**
- **Repression**
- **Sublimation**
- **Substitution**
- **Undoing**
- **Rationalization**

# Mental Health Theories

## Behavioral

- Skinner

## Cognitive

- Piaget
- Beck





# **Mental Health Theories**

- **Neurobiological Theory**
  - **Genetic Factors**
  - **Neurotransmission**
  - **Gender**



# Mental Health Nursing

- **Therapeutic Relationship**

**Caring**

**Basis for nursing  
Compassion  
Sensitivity**





# **Mental Health Nursing**

- **Hildegard Peplau identified the Nurse-Patient Relationship**
  - **Introductory Phase**
  - **Working Phase**
  - **Termination Phase**

# **Conditions Essential for a Therapeutic Relationship**



**Positive Regard**

**Trust**

**Non-judgmental**

**Acceptance**

**Warmth**

**Empathy**

**Authenticity**

- **Nursing Process-Critical Thinking**
  - **Think independently**
  - **Humility**
  - **Courage**
  - **Integrity**
  - **Perseverance**
  - **Empathy**
  - **Fair-mindedness**



# Assessment

General  
Appearance

Mood or Affect

Awareness

Sensory Ability

Attitude

Expressive  
Aspects of  
Behavior

Lifestyle patterns

Consciousness

Thought  
Content

Coping devices

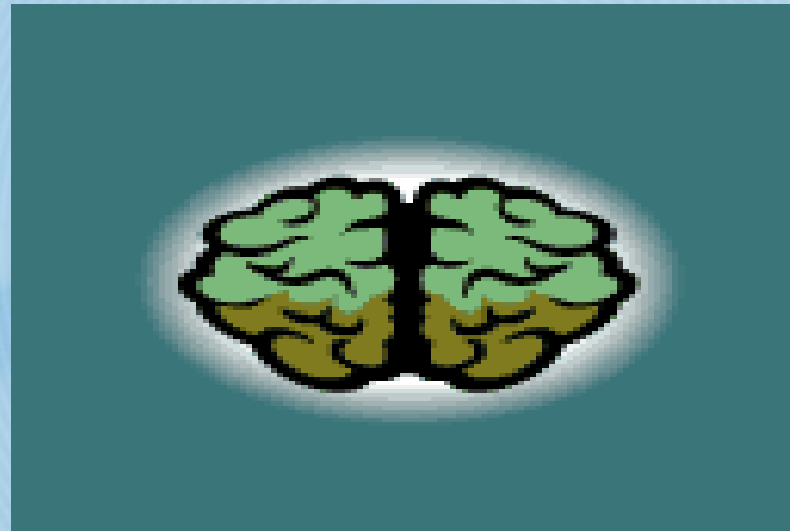
Intelligence

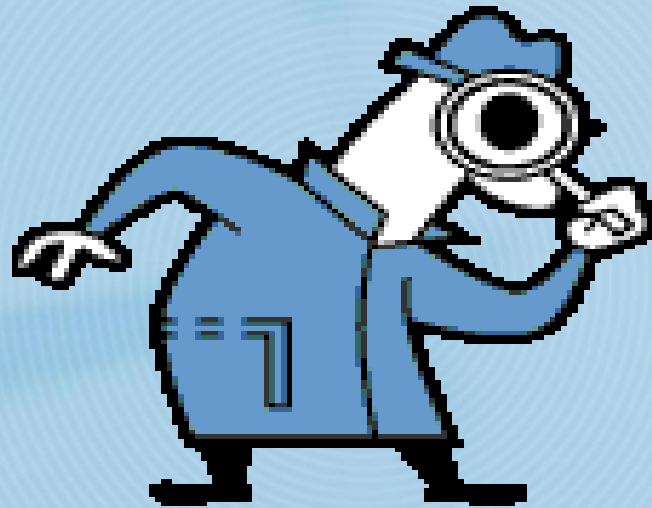
Developmental level

Memory

Thought Processes  
and perception

Judgment





# Nursing Diagnosis



# **Nursing Diagnosis vs DSM-IV-TR**

- **Hopelessness**
- **Self-Care deficit**
- **Impaired verbal communication**
- **Altered family process**

- **Axis I: Major illnesses**
- **Axis II: Personality and Developmental**
- **Axis III: physical problems**
- **Axis IV: psychosocial stressors**

# **Roles of Psychiatric Nurse**

- **Socializing Agent**
- **Teacher**
- **Model**
- **Advocate**
- **Counselor**
- **Role Player**
- **Milieu Manager**



# GOOD LUCK



