

Introduction To Mental Health Nursing

By

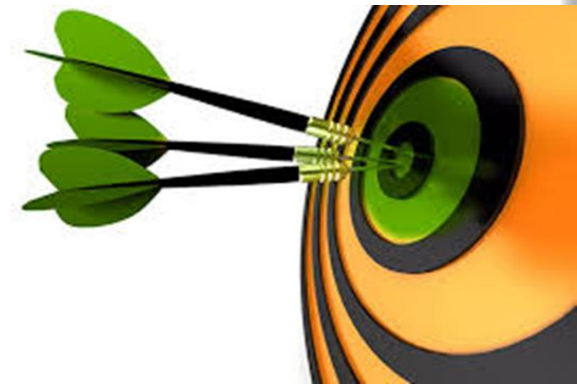
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Students Learning Outcomes

At the end of this presentation, learners will be able to:

- ✓ Identify and discuss the characteristics of mental health and mental illness.
- ✓ Understand the differences of being psychologically healthy or unhealthy.
- ✓ Describe the important aspects in the history psychiatric care.
- ✓ Discuss the modern treatments of mental health.



Mental Health Nursing

The role of mental health nursing is complex. Psychiatric-mental health nursing, a core mental health profession. Mental health nursing is defined as a specialized area of nursing practice committed to promoting mental health of all people through the assessment, nursing diagnosis, and treatment of human responses to mental health problems and psychiatric disorders.

Introduction

An open white door is shown from a low angle, looking out onto a bright blue sky filled with soft, white clouds. The door is slightly ajar, revealing the outdoor scene. The interior wall is a light blue color, and the floor is a light grey.


Mental Health and Mental Illness



Mental Health and Mental Illness

Mental Health “is a state of emotional, psychological, and social wellness.”

Mental Disorder “is a clinically significant behavioral or psychological syndrome or pattern that occurs in an individual and is associated with present distress” (APA, 2000)



Disability, death, or loss of freedom

Mental Health and Mental Illness



Evidence of Mental Illness

- Dissatisfaction with one's own personal characteristics, abilities, and/or achievements.
- Ineffective personal and/or social relationships
- Unable to behave and cope effectively with life events
- Has negative self-image/ concept (displeased in one's own place in the world).

Evidence of Mental Health

- Satisfying interpersonal relationships
- Able to behave and cope effectively with life events
- Has positive self-image/ concept
- Has emotional stability

Factors Influencing Mental Health

❖ Personal/ Individual Factors:



❖ Interpersonal Factors



❖ Social/Cultural Factors



Please review pp. 120-129

History of Mental Illness and Mental Treatment



Ancient Time (BC)

- Any sickness was viewed as gods' displeasure,
- People with mental illness were viewed as being divine or demonic.
- Aristotle (322-382 BC) created a theory relates mental disorders to physical disorders.
- In the 19th century, treatments of mental disorders aimed to balance between the four substances of Aristotle.



Ancient Time (AD):

From 1-1000 AD:

- ✓ Mentally ill people were viewed as controlled or influenced by demons.
- ✓ For treatment, priests performed “exorcisms” (expulsion of an evil spirit from a person).
- ✓ If exorcism fails, priests used more severe and unhuman ways, such as: Incarceration in dungeons, flogging, and starving.



Ancient Time (AD): *In England*

From 13th -16th century:

- ✓ People with mental disorders who are harmless were allowed to live in countryside and distinguished from criminals.
- ✓ In the early of 15th century, the Hospital of St. Mary of Bethlehem was formally named for the insane individuals.



Ancient Time (AD): *In the colonies (lately U.S)*

Late of the 17th century:

✓ People with mental illnesses were viewed as evils and were punished.



Islamic Period:

- ***Craziness or Insanity***: Thought and/or behavior that is Different than the usual or away from the ordinal.
- The word “Craziness/Insanity” is mentioned in Qur’an (11) times, and all of different locations in our Holy Book (Qur’an) describe the variety concepts that the word “Craziness” is used for.
- The concept of “Craziness” kind of different than those of other times in the history of mental illness.

Time of Psychiatric Treatment and Mental Institutions

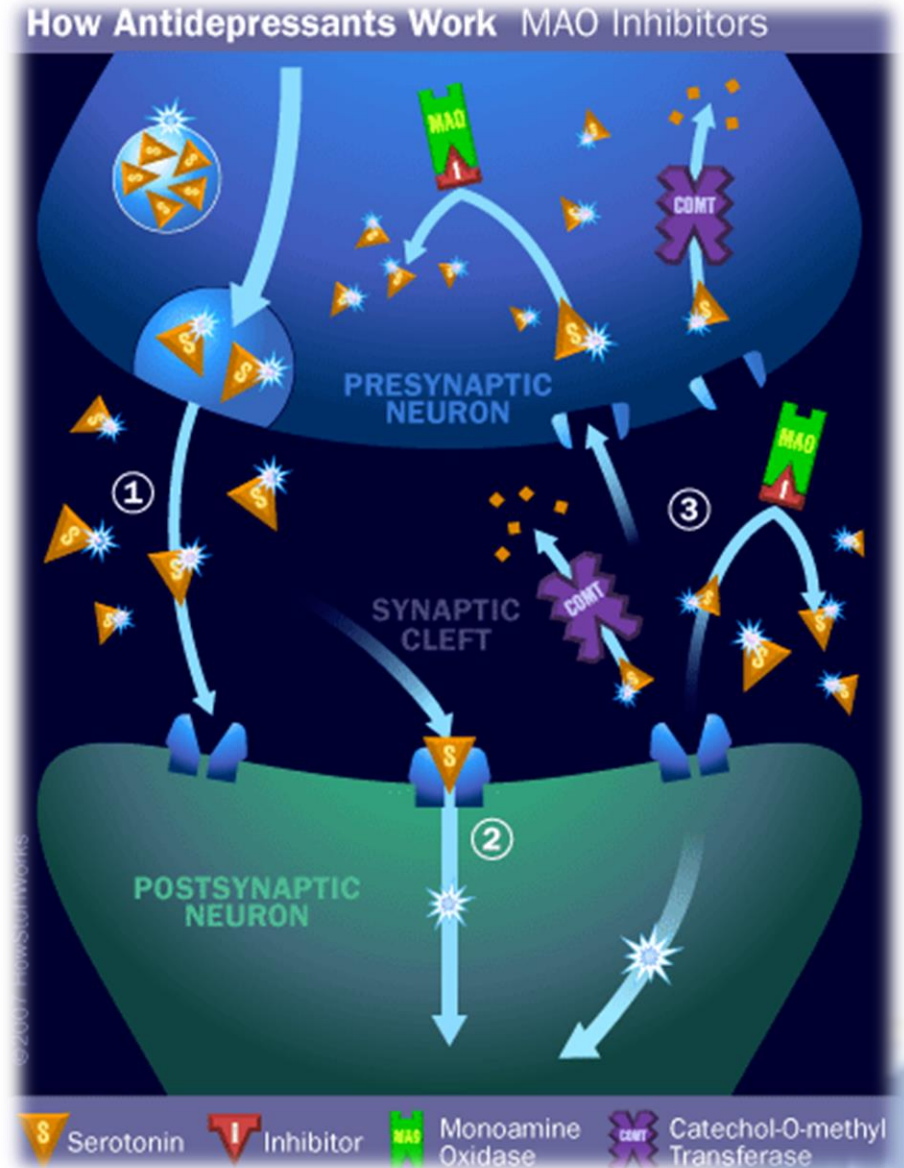
- *In the 1790s:* The beginning of moral treatment by offering a protected asylum for mentally ill individuals.
- *Sigmund Freud treatment from 1856–1939s:* Scientific study & treatment
- *1935:* Insulin shock therapy
- *1936:* Psychosurgery
- *1937:* Electroconvulsive therapy

Time of Psychiatric Treatment and Mental Institutions

➤ *Development of Psychopharmacology (1950s).*

✓- Antipsychotic drug (Chlorpromazine) and
anti-manic agent (Lithium).

✓- 10 years later, antidepressants and
anxiety drugs were first introduced..



The Revolution of Community Mental Health

In the 1963:

- ✓ Beginning the shift of mental care from institutional care in hospitals to community facilities.
- ✓ Offered less restricted treatment strategies and mostly close to home environment.



Psychiatric Nursing Practice

- In 1873, Linda Richards was the first psychiatric nurse who worked to improve the health of mentally ill clients.
- 1882 was the first training of nurses to work with persons with mental illness.
- The care was primarily custodial and focused on nutrition, hygiene, and activity.
- The same principles of adult nursing were applied to care for individuals with psychiatric disorders.

Psychiatric Nursing Practice

- ❑ The first psychiatric nursing textbook was published in 1920, by Harriet Bailey, “*Nursing Mental Diseases*. ”
- ❑ ***In 1913***, Johns Hopkins was the first school of nursing offered a psychiatric nursing course.
- ❑ Hildegard Peplau and June Mellow were the first nursing theorists who shaped psychiatric nursing practice between the time (1952- 1986).
- ❑ First standards of psychiatric care was developed the American Nurses Association (ANA) in 1973

❑ Please review pp. 9 & 10

Students' Concerns

1. What if I say the wrong thing?



Students' Concerns

2. What will I be doing?



Students' Concerns

3. Is it fine to ask personal questions?



Students' Concerns

4. How will I handle bizarre or inappropriate behavior?



Students' Concerns

5. What if I meet someone I know being treated on the unit?



