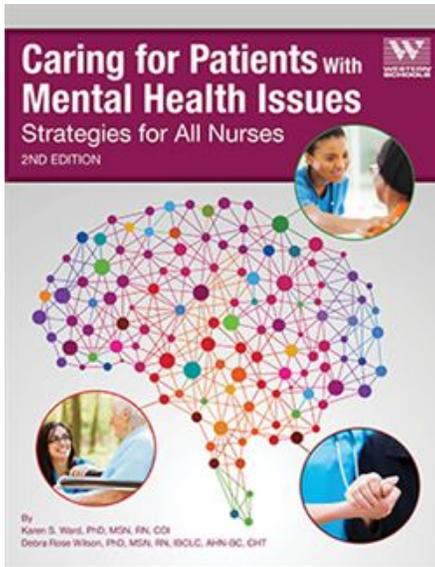


## Caring for Patients With Mental Health Issues: Strategies for All Nurses, 2nd Edition



<b>Disciplines:</b>	<b>Nursing Advanced Practice Nursing Psychiatric Technician</b>
<b>Hours:</b>	<b>30 Contact Hours (1.4 Pharm hours)</b>
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<b>Contents:</b>	<b>1 Course Book (468 pages)</b>

All nurses in the general healthcare setting must be prepared to support patients' mental health care needs. This course is designed as a general review of psychiatric and mental health conditions that nurses in any general-practice or non-psychiatric specialty nursing area may encounter. It provides information about which mental health issues to expect, and possible nursing interventions that can help patients cope with their unique situations.

Patients with a certain medical condition may display common psychiatric symptoms and reactions, or mental health problems related to their condition. Other patients with a current psychiatric illness, or a history of one, may present for treatment of a medical condition. A patient may also require hospitalization because of possible consequences secondary to exacerbation of a psychiatric illness.

Patients who are undergoing emotional issues or crises require nursing interventions that go beyond the routine clinical care regimen. Nurses have a responsibility to help patients cope with these issues because it is part of basic nursing care. However, this situation can present increased challenges for many nurses who do not feel current in caring for patients with mental health issues.

It is essential for nurses to maintain and update skills needed to care for patients who have mental health issues, or psychiatric symptoms or disorders, in order to provide all patients with the best possible care. This course is designed to enhance the skills required by nonpsychiatric nurses when caring for patients with psychiatric and mental health issues in general health care settings. Psychiatric and mental health nurses may also receive new insight into the general medical patient with a psychiatric condition from this course.

### Course Objectives:

- Discuss the communication process, interpersonal skills required in patient care, and strategies used to identify and assess mental health problems.
- Recognize the signs, symptoms, and appropriate nursing care for patients with anxiety, mood disorders, suicidal ideation, psychosis, substance-related disorders, eating disorders, and confusion.
- Identify patients who are potentially aggressive and nursing interventions to prevent workplace violence.
- Discuss the major risk factors for nonadherent and interventions to increase compliance.
- Recognize manipulative behaviors by patients and effective interventions.
- Describe the various types of sleep-wake disorders and their management.
- Recognize common psychological responses to specific chronic illnesses and their treatment.
- Recognize common psychological responses to different types of sensory or bodily loss.
- Recognize common psychological issues related to child and elder abuse.
- Recognize the nurse's role in helping patients who face challenges related to death and dying.
- Discuss the classifications, use, and appropriate administration of psychotropic medications.
- Recognize ethical and legal concerns in the practice of nursing when dealing with individuals who have psychiatric/mental health or psychosocial problems.

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