

ESSENTIALS OF NURSING CARE REQUIRE BOOSTING MENTAL HEALTH AND CARING OF PATIENTS SUFFERING FROM MENTAL DISORDERS**Satish Namdevrao Choure*¹, Namrata Badrinarayan Khandagale², Virat Shankar Gore³ and Pooja Prasad Chaware⁴**

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Article Received on 19/05/2021

Article Revised on 09/06/2021

Article Accepted on 29/06/2021

ABSTRACT

The peoples of current stressful scenario facing huge medical problems and mental illness is one such issue which hampering life of human society day by day. The cases of mental illness increases day by day due to the burden of stressed life style of modern scenario. The mental illness reduces life expectancy, leads poor physical health and affects quality of life. The medical science advises that early detection of disease, proper treatment plan, mental and physical care of patients along and psychotherapy, etc. can helps greatly in mental disorders. In this regards nursing care of patient can serve as vital approach to recover from diseased condition. The nursing staffs working in different setting for acute, primary and community care can helps patient to recover from mental illness. Mental health nursing or psychiatric nursing is specialized field of nursing practice mainly deals with patient of mental disorders.

KEYWORDS: *Nursing, Mental illness, Disorders, Psychotherapy.*

INTRODUCTION

Mental illness is one of the major health problems of today's time, the incidences of physiological health issues increases gradually even in adolescence. The anxiety or stress associated with working place or family disturbances also induces such health issues. There are many disorders comes under category of mental illness which not only affects individual's life but also deteriorates familiar and social life. Mental disorders may impart tendency of social isolation and even suicidal tendency therefore especial attention requires in such cases.^[1-5]

Traumatic experiences, sexual abuse, family negligence, violence, genetic predisposition, hormonal imbalance, biochemical disturbances, drug abuse, alcoholism and emotional breakup, etc. are major factors associated with etiology of mental illness. Mental disorders are associated with behavioral or psychological symptoms as depicted in **Figure 1**.

The medically classified some examples of mental illnesses are as follows:

- ✓ Depression
- ✓ Bipolar disorder
- ✓ Obsessive-compulsive disorder
- ✓ Schizophrenia
- ✓ Phobias
- ✓ Attention and behavioral issues, etc.



Figure 1: Common symptoms associated with mental disorders.

Role of Nursing or Medical Care

A mental health nurse is responsible for the currently mental disorders observed in people of all age groups irrespective to ethnic origin and socioeconomic status. Therefore duties of mental health nurse become more responsible especially in case of pediatric patients. The mental health nurses should be knowledgeable about assessment, diagnosis, treatment and counseling of patient suffering from mental illness. Psychiatric disorders require specialized care along with personalized treatment thus medical nurse must be very attentive for such cases.^[5-8]

The general line of treatment in mental disorders may be as follows:

- Primary care by family assistant
- Physician advise at initial stage
- Medicines as per protocol
- Continuous monitoring or counseling
- Psychiatrist in case of psychological disturbances associated with emotional shock
- Prevention from social isolation
- Keep patient happy and enthusiastic
- Nursing care

As mentioned above the duties of nursing staff becomes essential as a part of treatment plan of mental disorders. The tasks performed by a mental health nurse are psychotherapy, prescription of medications and overall patient care.

The roles of nurse in mental illness are as follows:

- ✚ Assessment and evaluation of the patient's mental health regularly
- ✚ Follow up of treatment care plan
- ✚ Consultation with physician in case of emergency or vibrant behavior
- ✚ Communication with health professionals and pharmacy about treatment plan
- ✚ Patient counseling
- ✚ Maintenance of medical records
- ✚ Support patients family and wherever require taking opinion of patient's family member
- ✚ Motivate patient to help them recover and improve their quality of life.
- ✚ Establish good communication with the patient

The mental health nurse can support greatly in psychotherapy where feelings, moods, thoughts and behavior of patient observed and stress management skills utilized to combat psychological disturbance of patient.

Prerequisite quality of mental health nurse

- ❖ Mental health must be good listener so to get acquitted with physician advice and treatment plan.
- ❖ Nurse should be aware about mental disorders and their treatment
- ❖ Must be patience, cool and calm
- ❖ Sympathy to the patient
- ❖ Must be aware about aggressive or harmful behavioral problems of patient
- ❖ Able to judge suicidal or depressive tendency of patient.
- ❖ Interest and focus in mental illness
- ❖ Empathetic and non-judgmental
- ❖ Emotionally stable
- ❖ Critical thinking skills

Some mental health nurses specialized themselves in the management of psychiatric disorder of a specific age or particular features. These may include pediatrics care, adolescents care, geriatrics care, patients care from withdrawal symptoms and management of cases of sexual abuse.

Mental health nurses works in various setting depending upon their interest or requirements, the needs of mental health nurse on various places can be explained as follows:

- In hospitals/psychiatrist wards
- In rehabilitation programs
- Psychiatric practices in substance abuse
- In-home care services
- Pediatric wards
- In community agencies
- Mental health nurse can helps emotionally to the survivor of war, prisoners, survivor of trafficking or kidnapping where mental health disturbed due the continuous period of harassment & torture.

It is believed that nurses work directly with patients, therefore they can provide best information related to the change in patients behavior during therapy. Moreover a nurse can judge what exactly the patient requires

emotionally as well as medically since they are being in continuous touch with patient. The implementing of treatment plan and success of therapy merely depends upon the medical nurse therefore nursing staff should be trained properly time by time. They must be aware about the changes of field and should be updated with recent advancement of field. Nurses can alter attitude of mentally ill patients by imparting quality care with motivational counseling. The nursing practice focuses towards the overall well-being of patients and maintenance of their physical as well as mental health. The assistance and empathy of mental health nurses can help patients to recover effectively from mental illness and their complications.^[6-9]

CONCLUSION

The duty of nurse is to administer holistic care including continuous assessment of mental status of patient suffering from mental disorders. Mental health nurse should work towards relieving mental distress of mentally ill patients. Early detection and intervention, crisis care, stabilizing patient's mental status, establishment of good communication with the patient, providing sensitive patient care, consultation with knowledgeable mental health professionals and patient's counselling, etc. are major duties of nurse serving to the patients suffering from mental disorders. The proper and attentive care of nurse in case of mental disorders not only helps to recover patients at early stage but also prevent chances of chronic depression and suicidal tendency. Therefore it can be stated that the nursing care of mentally ill patient works synergistically with medicines and psychotherapy towards the overall health restoration of mentally ill patients.

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