92323 Fundamentals of Mental Health Nursing

Week One

Lecture – Introduction to mental heal, mental health care and mental health nursing

What is mental health?

- Includes our emotional, psychological and social wellbeing
- Sense of confidence, self-esteem and self awareness
- Affects how we think, feel and act
- Not just an absence of illness
- WHO definition ,' A state of wellbeing in which the individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community'

Mental illness/mental disorder

- A mental illness is a health problem that significantly affects how a person thinks, behaves and interacts with other people
- Mental illness is diagnosed according to standardised criteria
  - DSM5 - a behavioural or psychological syndrome or pattern that occurs in an individual the consequences of which are clinically significant distress or disability...must not be merely an expectable response to common stressors and losses or a culturally sanctioned response to a particular event
  - ICD-10
- A mental health problem also interferes with how a person thinks, feels and behaves but to a lesser extent that a mental illness
- Clinically speaking the terms mental illness and mental disorder are used to communicate the same meaning
- Important to remember that people living with a mental disorder can also achieve good levels of wellbeing, and live a satisfying, meaningful life

Diagnosis of Mental Disorder

- Diagnoses are made by psychiatrists, specialist doctors
- The Diagnostic and Statistical Manual of Mental Disorders – DSM-5
  - A classification of mental disorders published by the American Psychiatric Association (APA)
  - Used throughout the world including USA, Australia, Britain
  - Fist published in the 1950s

- DSM IV published 1994; DSM IV-TR published 2000, and DSM 5 published in 2013
- It refers to all mental disorders in adults and children
- Each disorder has diagnostic criteria that must be present for diagnosis of the condition
- Also contains information about epidemiology of the disorder, prognosis course and age of onset
- Also used is ICD - International Classification of Diseases mainly used in Europe

Metal Health in Australia

- 45% of Australians aged between 16 and 85 will experience a mental illness at some point in their lives (1 in 2 people!)
- one in five Australians will experiences a mental illness in any given year (ABS, 2013)

- 2007 National survey of mental health and wellbeing identified the most common mental disorders as:
  - anxiety disorders
  - affective disorders
  - substance use disorders

Less Common Mental Disorders

- Involve psychosis
- Only 1 – 2% of adult population are affects
- Majority have a diagnosis of schizophrenia
- More prevalent in males
- Account for around 80% of mental health care expenditure

Mental health continuum

- Non static, fluctuates throughout a person's life
- Developmental periods
- Psychosocial and biological contributors/stressors
- Protective factors

Determinants of Mental Health

- Multiple social, psychological, and biological factors determine the level of mental health of a person
- Persistent socio-economic pressures are recognised risks to mental health for individuals and communities
- Poor mental health is also associated with rapid social change, external and environmental stressors and physical ill health
- Specific psychological and personality factors that make people vulnerable to mental disorders