

Week 1/tut 1 - Mental health nursing, models for care, aetiology, and psychopharmacology

Define mental health and illness

Mental health: a state in which an individual has a positive sense of self, personal and social support with which to respond to life's challenges, meaningful relationships with others, access to employment and recreational activities, sufficient financial resources and suitable living arrangements
Or health definition...

Mental illness: a condition of impairment and disorganisation of mental function for an individual

Stereotypes and stigma related to mental illness

A mark of disgrace associated with a particular circumstance, quality or person – which sets a person apart.

- Stigma and stereotyping have shown to have the potential to contribute to the degree of disability experienced by a person who is ill or recovering from illness
- The stigma from a mental illness can stop people from accessing services

Psychological theories for mental illness

Personality theories and explanations of human behaviour						
	FOCUS	STAGE THEORY	MOTIVATION	INDIVIDUAL CONTROL	CAUSE OF PROBLEMS	INTERVENTION
Biomedical	Physiological homeostasis/pathology	No	Physiological homeostasis	Internal, biological	Genetics, biological/biochemical pathology	Medication, Physical treatment
Psycho-analytic	Unconscious process	Yes, e.g. Freud, Erikson	Internal drives, Pleasure	Internal, psychological	Ego conflict, stage fixation	Psychoanalysis, Insight therapy
Behavioural/learning	Learning environment	No, Pavlov, skinner	Gain rewards, Avoid punishment	External, psychological	Faulty learning	Learn new behaviours, Extinguish unwanted behaviour
Cognitive	Thinking, perception	Some no, e.g. Bandura, some developmental, e.g. Piaget	Psychological balance	Internal, psychological	Faulty perceptions, irrational beliefs	Cognitive restructuring/therapy including CBT, DBT
Humanistic	Self-concept Self-actualisation	No, e.g. Maslow rogers	Meet needs Goals Self-actualisation	Internal Psychological	Loss of meaning, Unmet needs, Incongruence, Lack of unconditional positive regard	Find meaning/ understanding Client centred therapy
sociological	Demographic factors Power Inequities	No, e.g. Durkheim	Power Social equity	External Social	Society Notion of mental illness challenged	Social justice Economic and political reform

Key elements of mental health nursing practice

- ❖ **Caring** –
- ❖ **Hope and spirituality** – there is growing recognition of the concept of hope and its relationship to health, wellbeing and recovery from illness or traumatic events.
- ❖ **Therapeutic relationships** – establishes a therapeutic alliance with the client, which leads to trust and therefore a better nurse/patient relationship
- ❖ **Professional boundaries** – extremely important in mental health nursing because of the nature of the work, and the vulnerability of the patient. mental health nurses have to maintain professional boundaries whilst simultaneously developing close therapeutic relationships with clients based on empathy and positive connectedness.

Discuss person-centred care as it applies to mental health nursing

Focusing treatment plans on the patient specifically, instead of using a standardised treatment plan.

Define the 'bio/psycho/social' model of mental health care

Bio-psycho-social framework: an approach to describing and explaining how biological, psychological and social factors combine and interact to influence physical and mental health

