A guide to… Psychiatric Mental Health Nursing, 8TH EDITION

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STEP 1. Preview what you’ll learn

Chapter Outline, Key Terms, & Core Concepts

Take a look at the Chapter Outline and Key Terms sections at the beginning of every chapter to see what you will be learning and what Core Concepts to focus on.

Objectives

Read the Objectives now to see exactly what you’ll be learning in each chapter. Then, after you read the chapter, revisit the section and assess your progress. Can you correctly define and explain all of the key points?

Homework Assignment

Take a few moments to review the Homework Assignment before you begin the chapter. When you’ve finished reading the chapter, complete the assignment to reinforce what you’ve learned.

STEP 2. Prepare for the real world of nursing practice

Quality and Safety Education for Nurses (QSEN) Activities

Stay up to date—attain the knowledge, skills, and attitudes you need to fulfill the initiative’s most current quality and safety competencies.

NEW! Communication Exercises Boxes

Practice your communication skills with clinical scenarios to prepare for the real world of nursing practice.

Therapeutic Communication Icon

Find helpful interventions and guidance on how to speak to your patients—just look for this icon in the Care Plan sections.

Interactive Clinical Scenarios Online at DavisPlus*

Work through the nursing process with client summaries, multiple-choice questions with rationales, drag-and-drop activities, and more!

* A Plus Code in the front of each new book unlocks DavisPlus Premium Content. (Access can also be purchased at DavisPlus.FADavis.com.)

BOX 24-4 QSEN TEACHING STRATEGY

Assignment: Using Evidence to Address Clinical Problems

Intervention With a Comatose Client

Competency Domain: Evidence-Based Practice

Learning Objectives: Student will:

- Organize and synthesize evidence-based information.
- Formulate a plan that incorporates the available evidence.
- Evaluate the impact of the evidence on the plan of care.

Newborn Case Study

Case Study Outline

- History of the patient
- Physical examination
- Laboratory findings
- Diagnosis
- Plan of care

Communication Exercises

1. Ms. Lee is admitted to the emergency department with a diagnosis of schizophrenia. She is agitated and unable to communicate effectively. What intervention strategies might you use to communicate effectively with Ms. Lee?

2. Mr. Kim is admitted to the ICU with a diagnosis of acute respiratory distress syndrome. He is intubated and sedated. How would you communicate with Mr. Kim to ensure effective care?

3. Mrs. Smith is admitted to the rehabilitation unit with a diagnosis of stroke. She has difficulty communicating due to aphasia. What strategies would you use to communicate effectively with Mrs. Smith?

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**Summary and Key Points**

- Of all mental illness, schizophrenia undoubtedly results in the greatest amount of personal, emotional, and social costs. It presents an enormous threat to life and happiness, yet it remains an enigma to the medical community.
- For many years there was little agreement as to a definition of the concept of schizophrenia. The DSM-5 (APA, 2013) identifies specific criteria for diagnosis of the disorder.
- The initial symptoms of schizophrenia most often occur in early adulthood. Development of the disorder can be viewed in four phases: (1) the premorbid phase, (2) the prodromal phase, (3) the active phase, and (4) the residual phase.

**STEP 3. Build your confidence**

**NCLLEX-Style Test Bank Online at DavisPlus**

Practice makes perfect! Quiz yourself and assess your progress with a wealth of questions, including alternate-item-format questions.

**STEP 4. Expand your knowledge**

**Summary and Key Points**

Too busy to take notes? Refer to the Summary and Key Points section at the end of every chapter for a recap of the most important concepts.

**Lists of Movies**

Take a visual approach—watch the movies listed in every chapter to better understand the conditions and behaviors you may not encounter in clinical.

**Psychotropic Drug Monographs Online at DavisPlus**

Attach these handy, printable monographs to your care plans or take them into clinical rotations. Patient safety information, classifications, actions, and nursing implications are easy to find on each psychotropic drug monograph from the trusted Davis’s Drug Guide for Nurses® database.

**More resources for SUCCESS!**

- Curtis, Fegley, & Tuzo
  Psychiatric Mental Health Nursing Success
A Q&A Review Applying Critical Thinking to Test Taking

Course Review & NCLEX Prep!
Multiple-choice and alternate-item-format questions assure your mastery of psychiatric mental health nursing knowledge while honing your critical-thinking and test-taking skills. Perfect for classroom exams and the NCLEX, too.

- Townsend
Psychiatric Nursing Assessment, Care Plans and Medications
Practical diagnoses + patient safety.
The first half provides the diagnostic information you need to create a care plan; the second half covers the safe prescription and administration of psychotropic medications.

- Pedersen
Psych Notes Clinical Pocket Guide
Includes DSM-5 Content! Quickly find crucial, yet succinct information on all aspects of psychiatric mental health nursing—from basic behavioral theories to psychiatric and crisis interventions.

**SAMPLE CLIENT TEACHING GUIDES**

**BENZODIAZEPINES**

Patient Medication Instruction Sheet

<table>
<thead>
<tr>
<th>Patient Name</th>
<th>Drug Prescribed</th>
<th>Directions for Use</th>
</tr>
</thead>
</table>

**Examples and Uses of the Medication:**

- Benzodiazepines act as central nervous system depressants to treat anxiety, agitation, seizures, and insomnia. They are used to treat anxiety (Chlordiazepoxide, clonazepam, diazepam), manic or depressive episodes (Lithium, quetiapine), and alcohol withdrawal (Disulfiram, Valium). They are used for anxiety, insomnia, and seizure disorders.

Before Taking This Medication: Be Sure to Tell Your Doctor If:

- Are allergic to any medications
- Have glaucoma
- Are using any other medications

Side Effects of This Medication:

**REPORT THE FOLLOWING SIDE EFFECTS TO YOUR DOCTOR IMMEDIATELY:**

- Mental confusion or depression
- Migraines, tiredness, or feeling things out of focus
- Skin rash or itching
- Sore throat and fever
- Unusual drowsiness, irritability, or trouble sleeping

**SIDE EFFECTS THAT MAY OCCUR BUT NOT REQUIRE A DOCTOR’S ATTENTION UNTIL THEY PERSIST LONGER THAN A FEW DAYS:**

- Dizziness
- Headache
- Nausea
- Fatigue

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