9th EDITION

Psychiatric Mental Health Nursing

Concepts of Care in Evidence-Based Practice

Mary C. Townsend
Karyn I. Morgan



DAVIS edge.
Access Code Inside

Contents

UNIT 1
Basic Concepts in Psychiatric-Mental Health Nursing 1

Chapter 1 **The Concept of Stress Adaptation** 2
Objectives 2
Homework Assignment 2
Stress as a Biological Response 3
Stress as an Environmental Event 5
Stress as a Transaction Between the Individual and the Environment 7
Stress Management 8
Summary and Key Points 9
Review Questions 10

Chapter 2 **Mental Health and Mental Illness: Historical and Theoretical Concepts** 12
Objectives 12
Homework Assignment 12
Historical Overview of Psychiatric Care 13
Mental Health 14
Mental Illness 15
Psychological Adaptation to Stress 16
Mental Health/Mental Illness Continuum 22
Summary and Key Points 23
Review Questions 23

UNIT 2
Foundations for Psychiatric-Mental Health Nursing 27

Chapter 3 **Concepts of Psychobiology** 28
Objectives 28
Homework Assignment 28
The Nervous System: An Anatomical Review 29
Neuroendocrinology 39
Genetics 45
Psychoneuroimmunology 48
Psychopharmacology and the Brain 49
Implications for Nursing 49
Summary and Key Points 50
Review Questions 51

Chapter 4 **Psychopharmacology** 54
Objectives 54
Homework Assignment 54
Historical Perspectives 55
The Role of the Nurse in Psychopharmacology 55
How Do Psychotropics Work? 57
Applying the Nursing Process in Psychopharmacological Therapy 57
Summary and Key Points 82
Review Questions 83

Chapter 5 **Ethical and Legal Issues** 86
Objectives 86
Homework Assignment 86
Ethical Considerations 88
Legal Considerations 92
Summary and Key Points 101
Review Questions 102

Chapter 6 **Cultural and Spiritual Concepts Relevant to Psychiatric-Mental Health Nursing** 105
Objectives 105
Homework Assignment 105
Cultural Concepts 106
How Do Cultures Differ? 106
Application of the Nursing Process 108
Spiritual Concepts 120
Addressing Spiritual and Religious Needs Through the Nursing Process 123
Summary and Key Points 128
Review Questions 129

UNIT 3
Therapeutic Approaches in Psychiatric Nursing Care 133

Chapter 7 **Relationship Development** 134
Objectives 134
Homework Assignment 134
Role of the Psychiatric Nurse 135
Dynamics of a Therapeutic Nurse-Client Relationship 136
Conditions Essential to Development of a Therapeutic Relationship 139
Phases of a Therapeutic Nurse-Client Relationship 141
Boundaries in the Nurse-Client Relationship 143
Summary and Key Points 144
Review Questions 145

Chapter 8 **Therapeutic Communication** 147
Objectives 147
Homework Assignment 147
What Is Communication? 148
The Impact of Preexisting Conditions 148
Nonverbal Communication 150
Therapeutic Communication Techniques 152
Nontherapeutic Communication Techniques 154
Active Listening 154
Motivational Interviewing 156
Process Recordings 157
Feedback 160

Summary and Key Points 160
Review Questions 161

Chapter 9 **The Nursing Process in Psychiatric-Mental Health Nursing** 164
Objectives 164
Homework Assignment 164
The Nursing Process 165
Why Nursing Diagnosis? 175
Nursing Case Management 176
Applying the Nursing Process in the Psychiatric Setting 178
Concept Mapping 179
Documentation of the Nursing Process 179
Summary and Key Points 185
Review Questions 185

Chapter 10 **Therapeutic Groups** 188
Objectives 188
Homework Assignment 188
Functions of a Group 189
Types of Groups 189
Physical Conditions That Influence Group Dynamics 190
Therapeutic Factors 191
Phases of Group Development 191
Leadership Styles 192
Member Roles 193
Psychodrama 193
The Role of the Nurse in Therapeutic Groups 194
Summary and Key Points 195
Review Questions 196

Chapter 11 **Intervention With Families** 199
Objectives 199
Homework Assignment 199
Stages of Family Development 200
Major Variations 202
Family Functioning 204
Therapeutic Modalities With Families 208
The Nursing Process—A Case Study 214
Summary and Key Points 219
Review Questions 220

Chapter 12 **Milieu Therapy—The Therapeutic Community** 223
Objectives 223
Homework Assignment 223
Milieu, Defined 224
Current Status of the Therapeutic Community 224
Basic Assumptions 224
Conditions That Promote a Therapeutic Community 225
The Program of Therapeutic Community 226
The Role of the Nurse in Milieu Therapy 229
Summary and Key Points 230
Review Questions 231

Chapter 13 **Crisis Intervention** 234
Objectives 234
Homework Assignment 234
Characteristics of a Crisis 235
Phases in the Development of a Crisis 235
Types of Crises 237
Crisis Intervention 239
Phases of Crisis Intervention: The Role of the Nurse 239
Disaster Nursing 241
Application of the Nursing Process to Disaster Nursing 242
Summary and Key Points 249
Review Questions 250

Chapter 14 **Assertiveness Training** 253
Objectives 253
Homework Assignment 253
Assertive Communication 254
Basic Human Rights 254
Response Patterns 254
Behavioral Components of Assertive Behavior 256
Techniques That Promote Assertive Behavior 257
Thought-Stopping Techniques 258
Role of the Nurse in Assertiveness Training 259
Summary and Key Points 262
Review Questions 263

Chapter 15 **Promoting Self-Esteem** 266
Objectives 266
Homework Assignment 266
Components of Self-Concept 267
Development of Self-Esteem 268
Manifestations of Low Self-Esteem 270
Boundaries 271
The Nursing Process 273
Summary and Key Points 277
Review Questions 277

Chapter 16 **Anger and Aggression Management** 280
Objectives 280
Homework Assignment 280
Anger and Aggression, Defined 281
Predisposing Factors to Anger and Aggression 281
The Nursing Process 283
Summary and Key Points 289
Review Questions 290

Chapter 17 **Suicide Prevention** 293
Objectives 293
Homework Assignment 293
Historical Perspectives 294
Epidemiological Factors 294
Risk Factors 296
Predisposing Factors: Theories of Suicide 298
Application of the Nursing Process With the Suicidal Client 299
Summary and Key Points 312
Review Questions 313

Chapter 18 **Behavior Therapy** 318
Objectives 318
Homework Assignment 318
Classical Conditioning 319
Operant Conditioning 320
Techniques for Modifying Client Behavior 320
Role of the Nurse in Behavior Therapy 322
Summary and Key Points 324
Review Questions 325

Chapter 19 **Cognitive Therapy** 327
Objectives 327
Homework Assignment 327
Historical Background 328
Indications for Cognitive Therapy 328
Goals and Principles of Cognitive Therapy 328
Basic Concepts 329
Techniques of Cognitive Therapy 331
Role of the Nurse in Cognitive Therapy 333
Summary and Key Points 336
Review Questions 337

Chapter 20 **Electroconvulsive Therapy** 340
Objectives 340
Homework Assignment 340
Electroconvulsive Therapy, Defined 341
Historical Perspectives 341
Indications 342
Contraindications 342
Mechanism of Action 343
Side Effects 343
Risks Associated With Electroconvulsive Therapy 343
The Role of the Nurse in Electroconvulsive Therapy 344
Summary and Key Points 346
Review Questions 347

Chapter 21 **The Recovery Model** 350
Objectives 350
Homework Assignment 350
What Is Recovery? 351
Guiding Principles of Recovery 351
Models of Recovery 353
Nursing Interventions That Assist With Recovery 359
Summary and Key Points 360
Review Questions 361

UNIT 4
Nursing Care of Clients With Alterations in Psychosocial Adaptation 363

Chapter 22 **Neurocognitive Disorders** 364
Objectives 364
Homework Assignment 364
Delirium 365
Neurocognitive Disorder 366
Application of the Nursing Process 374
Medical Treatment Modalities 386
Summary and Key Points 393
Review Questions 394

Chapter 23 **Substance-Related and Addictive Disorders** 399
Objectives 399
Homework Assignment 400
Substance Use Disorder, Defined 400
Substance-Induced Disorders, Defined 401
Predisposing Factors to Substance-Related Disorders 401
The Dynamics of Substance-Related Disorders 403
Application of the Nursing Process 425
The Chemically Impaired Nurse 440
Codependency 441
Treatment Modalities for Substance-Related Disorders 442
Non-Substance Addictions 447
Summary and Key Points 450
Review Questions 451

Chapter 24 **Schizophrenia Spectrum and Other Psychotic Disorders** 456
Objectives 456
Homework Assignment 456
Nature of the Disorder 457
Predisposing Factors 458
Other Schizophrenia Spectrum and Psychotic Disorders 463
Application of the Nursing Process 467
Treatment Modalities for Schizophrenia and Other Psychotic Disorders 479
Summary and Key Points 488
Review Questions 489

Chapter 25 **Depressive Disorders** 494
Objectives 494
Homework Assignment 494
Historical Perspective 495
Epidemiology 495
Types of Depressive Disorders 497
Predisposing Factors 500
Developmental Implications 504
Application of the Nursing Process 509
Treatment Modalities for Depression 519
Summary and Key Points 527
Review Questions 527

Chapter 26 **Bipolar and Related Disorders** 533
Objectives 533
Homework Assignment 533
Historical Perspective 534
Epidemiology 534
Types of Bipolar Disorders 534
Predisposing Factors 537
Developmental Implications 538
Application of the Nursing Process to Bipolar Disorder (Mania) 540
Treatment Modalities for Bipolar Disorder (Mania) 547
Summary and Key Points 555
Review Questions 555

Chapter 27 **Anxiety, Obsessive-Compulsive, and Related Disorders** 559
Objectives 559
Homework Assignment 559
Historical Aspects 560
Epidemiological Statistics 560
How Much Is Too Much? 562
Application of the Nursing Process—Assessment 562
Diagnosis and Outcome Identification 571
Planning and Implementation 574
Evaluation 578
Treatment Modalities 580
Summary and Key Points 586
Review Questions 587

Chapter 28 **Trauma- and Stressor-Related Disorders** 591
Objectives 591
Homework Assignment 591
Historical and Epidemiological Data 592
Application of the Nursing Process—Trauma-Related Disorders 592
Application of the Nursing Process—Stressor-Related Disorders 600
Treatment Modalities 606
Summary and Key Points 610
Review Questions 611

Chapter 29 **Somatic Symptom and Dissociative Disorders** 614
Objectives 614
Homework Assignment 614
Historical Aspects 615
Epidemiological Statistics 616
Application of the Nursing Process 616
Treatment Modalities 632
Summary and Key Points 637
Review Questions 638

Chapter 30 **Issues Related to Human Sexuality and Gender Dysphoria** 641
Objectives 641
Homework Assignment 641
Development of Human Sexuality 642
Variations in Sexual Orientation 644
Gender Dysphoria 646
Application of the Nursing Process to Gender Dysphoria in Children 647
Gender Dysphoria in Adolescents and Adults 650
Sexual Disorders 652
Application of the Nursing Process to Sexual Disorders 659
Summary and Key Points 668
Review Questions 668

Chapter 31 **Eating Disorders** 673
Objectives 673
Homework Assignment 673
Epidemiological Factors 674
Application of the Nursing Process 676
Treatment Modalities 690
Summary and Key Points 693
Review Questions 693

Chapter 32 **Personality Disorders** 697
Objectives 697
Homework Assignment 697
Historical Aspects 699
Types of Personality Disorders 700
Application of the Nursing Process 707
Treatment Modalities 721
Summary and Key Points 725
Review Questions 726

UNIT 5
Psychiatric Mental Health Nursing of Special Populations 731

Chapter 33 **Children and Adolescents** 732
Objectives 732
Homework Assignment 732
Neurodevelopmental Disorders 733
Disruptive Behavior Disorders 754
Anxiety Disorders 763
Quality and Safety Education for Nurses (QSEN) 765
General Therapeutic Approaches 767
Summary and Key Points 768
Review Questions 769

Chapter 34 **The Aging Individual** 773
Objectives 773
Homework Assignment 773
How Old is *Old*? 774
Epidemiological Statistics 775
Theories of Aging 776
The Normal Aging Process 779
Special Concerns of the Elderly Population 785
Application of the Nursing Process 791
Summary and Key Points 798
Review Questions 801

Chapter 35 **Survivors of Abuse or Neglect** 806
Objectives 806
Homework Assignment 806
Predisposing Factors 807
Application of the Nursing Process 809
Treatment Modalities 822
Summary and Key Points 824
Review Questions 825

Chapter 36 **Community Mental Health Nursing** 831
Objectives 831
Homework Assignment 831
The Changing Focus of Care 832
The Public Health Model 833
The Community as Client 834
Summary and Key Points 858
Review Questions 858

Chapter 37 **The Bereaved Individual** 862
Objectives 862
Homework Assignment 862
Theoretical Perspectives on Loss and Bereavement 863
Length of the Grief Response 867
Anticipatory Grief 867
Maladaptive Responses to Loss 868
Application of the Nursing Process 869
Additional Assistance 875
Summary and Key Points 878
Review Questions 879

Chapter 38 **Military Families** 883
Objectives 883
Homework Assignment 883
Historical Aspects 884
Epidemiological Statistics 884
Application of the Nursing Process 884
Treatment Modalities 894
Summary and Key Points 897
Review Questions 898

Appendix A Answers to Chapter Review Questions Appendix-1
Appendix B Examples of Answers to Communication Exercises Appendix-3
Appendix C Mental Status Assessment Appendix-6
Appendix D *DSM-5* Classification: Categories and Codes Appendix-10
Appendix E Assigning NANDA International Nursing Diagnoses to Client Behaviors Appendix-26
Glossary Glossary-1
Index Index-1

Ebook Bonus Chapters

Chapter 39 **Complementary and Psychosocial Therapies** 903
Chapter 40 **Relaxation Therapy** 929
Chapter 41 **Theoretical Models of Personality Development** 940
Chapter 42 **Forensic Nursing** 959

1 The Concept of Stress Adaptation

CORE CONCEPTS
Adaptation
Maladaptation
Stressor

CHAPTER OUTLINE

Objectives
Homework Assignment
Stress as a Biological Response
Stress as an Environmental Event
Stress as a Transaction Between the Individual and the Environment
Stress Management
Summary and Key Points
Review Questions

KEY TERMS

adaptive responses
fight-or-flight syndrome
general adaptation syndrome
maladaptive responses
precipitating event
predisposing factors

OBJECTIVES

After reading this chapter, the student will be able to:

1. Define *adaptation* and *maladaptation*.
2. Identify physiological responses to stress.
3. Explain the relationship between stress and "diseases of adaptation."
4. Describe the concept of stress as an environmental event.
5. Explain the concept of stress as a transaction between the individual and the environment.
6. Discuss adaptive coping strategies in the management of stress.

HOMEWORK ASSIGNMENT

Please read the chapter and answer the following questions:

1. How are the body's physiological defenses affected when under sustained stress? Why?
2. In the view of stress as an environmental event, what aspects are missing when considering an individual's response to a stressful situation?
3. In their study, what event did Miller and Rahe (1997) find produced the highest level of stress reaction in their participants?
4. What is the initial step in stress management?

Psychologists and others have struggled for many years to establish an effective definition of the term *stress*. This term is used loosely today and still lacks a definitive explanation. Stress may be viewed as an individual's reaction to any change that requires an adjustment or response, which can be physical, mental, or emotional. Responses directed at stabilizing internal biological processes and preserving self-esteem can be viewed as healthy adaptations to stress.

Roy (1976), a nursing theorist, defined an **adaptive response** as behavior that maintains the integrity of the individual. Adaptation is viewed as positive and is correlated with a healthy response. When behavior