Mental Health

- A state of well-being
- Able to recognize own potential
- Cope with normal stress
- Work productively
- Make contribution to community

Traits of Mental Health

- Ability to
  - Think rationally
  - Communicate appropriately
  - Learn
  - Grow emotionally
  - Be resilient
  - Have a healthy self-esteem
  - Realistic goals and reasonable function within the individual’s role

Mental Health: Some Attributes

- Ability to play and laugh
- Ability to think and learn
- Ability to work and be productive
- Ability to relate to others
- Ability to deal with contributing sanctions
- Angle to live without causing gain or pain
- Ability to have responsibility to one’s own actions
- Think clearly
- Have good judgment
- Have self-control

Factors That Can Affect Mental Health

Mental Illness

- Disorders with definable diagnosis
  - Considered clinically significant when marked by
    - Patient’s distress
    - Disability or Risk of disability
    - Loss of freedom
    - Culturally defined
Case Study

Mrs. M comes to the clinic reporting a feeling of hopelessness. She works full time and is dealing with a troubled teenage son and her elderly parents. She confides in you that she "can't deal with her life right now."

Discuss attributes you might screen for to quickly assess her overall mental health.

Resilience

- Ability and capacity to secure resources needed to support well-being
- Characterized by
  - Optimism
  - Sense of mastery
  - Competence
  - Essential to recovery

Audience Response Question

As you work through Mrs. M’s assessment, you evaluate her possible level of resilience. Which other characteristic would you expect her to have?

A. Optimism
B. Patriotism
C. Aggressiveness
D. Depressed affect

Diathesis-Stress Model

- **Diathesis** – Biological predisposition
- **Stress** – Environmental stress or trauma
- Most accepted explanation for mental illness
- Combination of genetic vulnerability and negative environmental stressors
Case Study: Discussion

Mrs. M has a history of major depressive disorder. “Do we have to deal with that?” she says. “Can’t we just focus on my insomnia? If I could just get something to help me sleep at night, I think I’d cope better right away. Besides—insomnia would be covered by my health insurance. It’s an uphill battle getting compensated for any treatment for the other. Fighting with insurance people is not going to help anything!”

Social Influences on Mental Health Care

- Consumer movement/recovery movement
- National Alliance on Mental Illness (NAMI)
- Human Genome Project
- Brain Research through Advancing Innovative Neurotechnologies (BRAIN) Initiative
- Research Diagnostic Criteria (RDoC) Initiative

Contrast and compare the focus and approach of the mental health recovery model to the evidence-based practice (EBP) model.

- **Recovery Model**
  - Consumers as partners
  - Mental health care:
    - Consumer and family driven
    - Increasing consumer’s ability in:
      - Coping, facilitating recovery, and building resilience
    - Individualized care:
      - Consumer centered and recovery oriented
  
- **EBP Model**
  - 1990s “Decade of the Brain”
  - Scientific evidence for psychologic and sociologic treatments
  - Neurobiology of psychiatric disorders
  - Psychopharmacology
  - Medical model

Institute of Medicine Goals for a Transformed Mental Health System in the US

1. Americans understand that mental health is essential to overall health
2. Mental healthcare is consumer and family driven
3. Disparities in mental health services are eliminated
4. Early mental health screening, assessment and referral to services is common practice
5. Excellent mental healthcare is delivered, and research is accelerated
6. Technology is used to access mental healthcare and information

Substance Abuse and Mental Health Services Administration (SAMHSA)

Audience Response Questions

How many Americans per annum (snapshot of one year) have a diagnosable mental health disorder in the United States?

A. 10%  
B. 50%  
C. 25%  
D. 65%
Audience Response Questions
What percentage of Americans will develop a mental health disorder in their lifetime?

A. 45%
B. 70%
C. 90%
D. 30%

Audience Response Question
Which of these mental health problems has the highest annual prevalence in the United States?

A. Schizophrenia
B. Panic disorder
C. Major depressive disorder
D. Generalized anxiety disorder

DSM-V
• The Diagnostic and Statistical Manual of Mental Disorders, 5th Edition
• Official medical guidelines of the American Psychiatric Association for diagnosing psychiatric disorders
• Based on specific criteria influenced by multiprofessional clinical field trials

Psychiatric Mental Health Nurses
• Employ purposeful use of self
• Promoting mental health through assessment, diagnosis, and treatment of behavioral and mental disorders
• Use nursing, psychosocial, neurobiological theories and research
• Work with people throughout the life span
• Employed in a variety of settings and among varied populations

NANDA-I, NOC, and NIC
• The North American Nursing Diagnosis Association International (NANDA-I)
• Provides standardized nursing diagnoses
• Nursing Outcomes Classification (NOC)
• Source of standardized outcomes, definitions of these outcomes, and measuring scales
• Nursing Interventions Classification (NIC)
• Identifies seven domains of nursing intervention

Mental health Nursing – Keep It In Mind
Levels of Psychiatric Nursing Practice

- **Basic Level**
  - Psychiatric mental health registered nurse (PMH-RN)
  - 2 years full-time work, 2000 clinical hours, 30 hours continuing education, followed by certification exam to add “BC” to the RN title (RN-BC)
- **Advanced Practice**
  - Psychiatric mental health advanced practice registered nurse (PMH-APRN)
  - Master of Science or Doctorate

QSEN

- **Patient-centered care**: Care should be given in an atmosphere of respect and responsiveness, and the patient’s values (rather than our own), preferences, and needs should guide care.
- **Teamwork and collaboration**: Nurses and interprofessional teams need to maintain open communication, respect, and shared decision making.
- **Evidence-based practice**: Optimal health care is the result of integrating the best current evidence while considering the patient/family values and preferences.

QSEN

- **Quality improvement**: Nurses should be involved in monitoring the outcomes of the care that they give. They should also be care designers and test changes that will result in quality improvement.
- **Safety**: The care provided should not add further injury. Harm to patients and providers is minimized through both system effectiveness and individual performance.
- **Informatics**: Information and technology is used to communicate, manage knowledge, mitigate error, and support decision making.

QSEN

- Betsy Lehman was a health reporter for the Boston Globe and was married to a cancer researcher. She herself was diagnosed with cancer and was mistakenly prescribed an extremely high and wrong dose of an anti-cancer drug. Ms. Lehman sensed something was wrong and appealed to the health care providers, who did not respond. The day before she died, she begged others to help because the professionals were not listening (Robert Woods Johnson, 2011).

QSEN

- How could the application of QSEN prevented her death?
  - Patient centered care
  - Teamwork and collaboration
  - Evidence-based practice
  - Quality Improvement
  - Safety
  - Informatics