

Margaret H. Rollins School of Nursing  
N201 Nursing Care of Special Populations  
MENTAL HEALTH NURSING

Class Preparation

Directions: Answer the following questions:

1. What is your perception of an individual with a mental illness? **My perception of an individual with a mental illness is someone who has a loss of control of their thoughts, mood, behavior, and actions. A mental illness not only affects someone's mind, but also affects their physical health. Someone who is mentally ill is less likely to take care of their physical body, and also has a more negative outlook on their surroundings.**
2. What would you say to a depressed client who was admitted to a psychiatric facility after attempting suicide? **I would present in a comforting manner, explain that the conversation is confidential, and lead with an open ended question such as "can you tell me what has been going on?". Within the conversation, I would make sure to observe their nonverbal cues, avoid asking "why", and keep the focus on the patients perspective.**
3. What is a Mental Status Examination? **A tool to assess a person's personal information, appearance, behavior, speech, mood, cognition, thought processes, perceptual disturbances, and ideas of harming themselves or others. The purpose is to differentiate between different conditions.**

**Directions:** Identify the following key terms associated with caring for patients with mental illness and substance use disorders in general practice settings with the descriptions or definitions listed below.

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| a. diagnostic overshadowing         | e. <del>social distancing</del>    |
| b. <del>patient-centered care</del> | f. <del>stigmatization</del>       |
| c. screening                        | g. <del>suicide prevention</del>   |
| d. <del>SBIRT</del>                 | h. <del>trauma informed care</del> |

  **b**   1. A concept that requires nurses and other healthcare professionals to listen to and empower the patient in decision making around his or her care and establish a collaborative partnership

  **f**   2. An attitude of devaluing a person because of a particular characteristic or illness

  **d**   3. An evidence-based approach referring to screening, brief intervention, and referral to treatment

  **a**   4. A phenomenon in which a person's physical symptoms are attributed to his or her mental illness

**g** 5. Methods of assessment for suicide risk and for differentiating between  
suicide ideation and attempts

\_\_\_h\_\_\_ 6. Care that assesses for and demonstrates sensitivity to the impact of trauma history on current behavior and relationships in every aspect of nursing intervention

\_\_\_c\_\_\_ 7. The identification of clinically significant symptoms that require further assessment and intervention

\_\_\_e\_\_\_ 8. An aspect of stigma that refers to the tendency of healthcare workers and others to avoid people with mental illness or addiction