

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 whose thinking, feeling, or mood is affected which can make it difficult for them to relate to others or have an otherwise enjoyable, functioning life. I do not have a negative perception of mental illness since most people, including myself, have dealt with hardships and had their emotional, psychological, and social well-being affected to some degree. Treatments, along with a great social support system, can bring those greatly affected by mental illness back to a high level of functioning with symptom relief.

2. What would you say to a depressed client who was admitted to a psychiatric facility after attempting suicide?

I would say “What would you like to talk about today,” “Tell me what you are thinking about,” and “I’ll stay with you a while.” These are questions and statements that give a broad opening, offer me to the client, and allow for silence, active listening, and reflection. I do not want the client to feel pressured, offended, or embarrassed as I care for them.

3. What is a Mental Status Examination?

A mental status examination is a way for healthcare professionals to assess how a client learns and understands their environment through components of personal information, appearance, behavior, speech, mood, disorders of the form of thought, perceptual disturbances, cognition, and ideas of harming self or others.

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. social distancing~~

~~b. patient-centered care~~

~~f. stigmatization~~

~~c. screening~~

~~g. suicide prevention~~

~~d. SBIRT~~

~~h. trauma-informed care~~

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

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

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- 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
- G** 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