

**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?
 - a. I do not see people with mental illness any differently than anyone else. I believe that everyone has their own struggles, and we all deal with things in different ways. As someone who has been diagnosed with anxiety and depression, I understand what it feels like to struggle internally. Although my direct experience with individuals diagnosed with mental illness is quite limited, I ensure that I approach each and every person with empathy and an open mind. I am looking forward to learning how to communicate more effectively and therapeutically with individuals living with mental health conditions this semester, so I can better support their recovery.
2. What would you say to a depressed client who was admitted to a psychiatric facility after attempting suicide?
 - a. After introducing myself and ensuring that the patient feels safe and comfortable, I would say something along the lines of, "I am so sorry you are feeling this way. I cannot fully understand what you are going through, but I am here to support you in any way you need. If and when you feel ready, I am here to listen to whatever you would like to share." Depending on the patient's response, I would then utilize therapeutic communication techniques such as asking open-ended questions, offering general leads, silence, and making statements of acceptance to strengthen the nurse-to-client relationship.
3. What is a Mental Status Examination?
 - a. A mental status examination is an assessment tool utilized to evaluate a patient's cognitive, emotional, and behavioral functioning at a given point in time. The mental status examination is comprised of collecting a patient's personal information, as well as observing their appearance, behavior, speech, mood, and cognition. It also consists of evaluating for harm (to self or others), disorders of the form of thought, and perceptual disturbances.

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.

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| 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
- 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