

**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 that they are people who are struggling internally and need more care than others to help rehabilitate them. Their battles aren't things we can see, we can only see the manifestation that occurs through their behaviors, spoken words and actions. Usually they require extra help in order to rehabilitate them, and the battle continues even onward to prevent them from relapsing.
2. What would you say to a depressed client who was admitted to a psychiatric facility after attempting suicide?
I would be very careful with what I say after someone was admitted to a psychiatric facility after attempting suicide. It is crucial to find out their backstory and the context of their situation before attempting to speak with them or else one may say the wrong thing and possibly trigger or ruin the rapport that the healthcare team is trying to build. All I could really say that is safe is that I am here for them, and will do my absolute best to help them feel comfortable, safe, and free from any physical pain that they may be experiencing.
3. What is a Mental Status Examination?
 - a. A mental status examination is a standardized method providers can perform to create a baseline and assess a person's mental wellbeing and mental health throughout their care. It helps guide a client's diagnosis and the treatment that comes with it. It also ensures safety through an easy understanding of the assessments.

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 |
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- 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