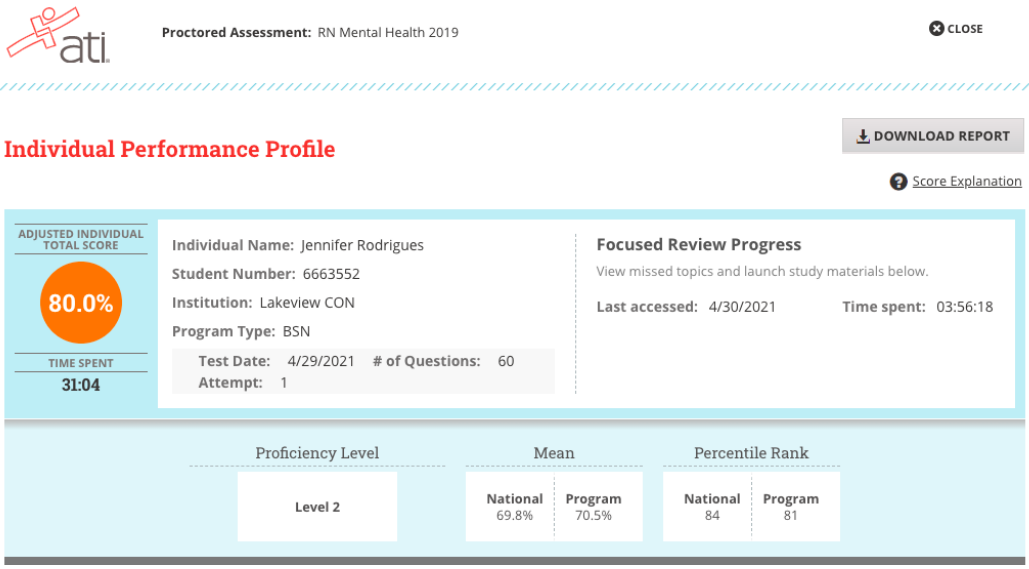
ATI Remediation Mental Health Jennifer Rodrigues



Ethical Practice - (1)

1. Legal and Ethical Issues: Priority Action for Client Refusing Treatment (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 2 Legal and Ethical Issues)
   - Clients who have a mental health diagnosis have the same civil rights.
   - Client have a right to confidentiality under the HIPAA rule of 2003.
   - The nurse should share information only with those who are responsible for client's treatment plan.

Accident/Error/Injury Prevention - (1)

1. Neurocognitive Disorders: Making Room Assignments (Active Learning Template – Basic Concept, RM MH RN 11.0 Chp 17 Neurocognitive Disorders)
   - It is important to distinguish between cognitive disorders and mental health disorders.
   - Assign a client with delirium a room close to the nurses' station.
   - Have client in a room with windows to help orient to time.

Coping Mechanisms - (1)

1. Crisis Management: Assessing Personal Coping Skills (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 29 Crisis Management)
   - A crisis is usually acute and time limited, lasting 4-6 weeks.
   - A crisis represents a struggle for equilibrium and adaptation.
   - A crisis can be broken down into 4 phases.

Mental Health Concepts - (2)

1. Eating Disorders: Evaluating the Effectiveness of Treatment for a Client Who Has Anorexia Nervosa (Active Learning Template - System Disorder, RM MH RN 11.0 Chp 19 Eating Disorders)

- A history of being a “picky” eater in childhood can be associated with anorexia.
- Usually a type of cognitive distortion can be present with those with anorexia.
- Low blood pressure, decreased pulse and body temperature can be changes in vital signs.

2. Eating Disorders: Identifying Manifestations of Anorexia Nervosa (Active Learning Template - System Disorder, RM MH RN 11.0 Chp 19 Eating Disorders)

- Hypokalemia is often present in those with anorexia.
- A prolonged QT interval can be present in those with anorexia.
- Work with a dietician to plan meals and food selection.

Substance Use and Other Disorders and Dependencies - (1)

1. Substance Use and Addictive Disorders: Identifying Manifestations of Alcohol Use Withdrawal (Active Learning Template - System Disorder, RM MH RN 11.0 Chp 18 Substance Use and Addictive Disorders)

- Substance abuse is repeated use of a substance leading to impairment within a 12 month period.
- The defense mechanism is a common method of denial.
- Manifestations of alcohol withdrawal include tachycardia, tremors, increased respiratory rate, heart rate and temperature.

Non-Pharmacological Comfort Interventions - (1)

1. Depressive Disorders: Recommendations to Decrease Social Isolation (Active Learning Template - System Disorder, RM MH RN 11.0 Chp 13 Depressive Disorders)

- Acute phase of epression usually lasts 6-12 weeks.
- Clients can see healthcare for somatic issues that manifest from untreated depression.
- Depression is twice as common in females.

Adverse Effects/Contraindications/Side Effects/Interactions - (3)

1. Medications for Bipolar Disorders: Adverse Effects of Lamotrigine (Active Learning Template - Medication, RM MH RN 11.0 Chp 23 Medications for Bipolar Disorders)

- Antiepileptic medications are used to treat and prevent relapse of manic and depressive episodes.
- Lamotrigine can result in a rash or even Steven Johnson’s syndrome.
- Avoid activities that require concertation or visual acuity.

2. Medications for Depressive Disorders: Contraindications for Selegiline (Active Learning Template - Medication, RM MH RN 11.0 Chp 22 Medications for Depressive Disorders)

- Blocking MAO in the brain allows for increase in serotonin and dopamine.

- These meds are first line choice for atypical depression.
- MAOIs are contraindicated in those with heart failure or renal insufficiency.

3. Medications for Psychotic Disorders: Adverse Effects of Clozapine (Active Learning Template - Medication, RM MH RN 11.0 Chp 24 Medications for Psychotic Disorders)

- Clozapine works to block mainly serotonin receptors.
- It can be used for positive and negative symptoms of schizophrenia.
- Clients should not consume alcohol while taking clozapine.

Expected Actions/Outcomes - (2)

1. Medications for Bipolar Disorders: Evaluating Effectiveness of Mood Stabilizers (Active Learning Template - Medication, RM MH RN 11.0 Chp 23 Medications for Bipolar Disorders)

- Relief of acute mania is often the first sign of effectiveness of mood stabilizers.
- Improved sleeping, interaction with peers and ability to perform ADLs also present.
- The client should also be able to verbalize an improvement in mood.

2. Medications for Children and Adolescents Who Have Mental Health Issues: Evaluating Client Understanding of Methylphenidate (Active Learning Template - Medication, RM MH RN 11.0 Chp 25 Medications for Children and Adolescents Who Have Mental Health Issues)

- Methylphenidate raises the level of dopamine and norepinephrine in the CNS.
- It is primarily used for treatment of ADHD in children and adults.
- Clients should understand to avoid alcohol when using this type of medication.