

## Breasha remediation key points

- Mental health disorder clients receiving acute care are guaranteed the same civil rights as any other citizen.
  - Clients have the right to refuse treatment.
  - Informal admission is the least restrictive form of admission.
  - In voluntary admission, the client's self or guardian can choose access to a mental health facility to obtain treatment.
  - Clients admitted under involuntary commitment are still considered competent and have the right to refuse treatment, including medication.
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- The shortest, simplest communication is usually the most effective for anxiety patients.
  - Projective questions: use "What if" to assist clients in exploring feelings and to gain a greater understanding of problems and possible solutions.
  - Summarizing enables the nurse to bring together essential points to enhance patients' understanding vs. Restating, which allows the nurse to repeat the main idea expressed.
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- Mild anxiety occurs in the typical experience of everyday living -calm behaviors include finger-tapping, foot-tapping, fidgeting, and lip-chewing.
  - Moderate anxiety occurs when mild anxiety escalates.-Somatic manifestations include headaches, backache, urinary urgency and frequency, and insomnia.
  - The severe anxiety-the perceptual field is reduced with distorted perceptions.-Confusion, feelings of impending doom, hyperventilation, tachycardia, withdrawal, loud and rapid speech, and aimless activity. Can't take directions from others
  - Panic level-markedly disturbed behavior. Experience extreme fright and horror.severe hyperactivity, flight, or immobility.
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- Milieu therapy creates an environment that is supportive, therapeutic, and safe.
  - A therapeutic nurse-client relationship is goal-directed.
  - transference -when the the nurse reminds the client of someone from their personal life vs countertransference:when the client reminds the nurse of someone from their personal life.
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- Nurses in acute care mental health facilities use the nursing process and a holistic approach to providing care.

- Assertive community treatment (ACT) includes nontraditional case management and treatment by an interprofessional team for clients with severe mental illness and who are noncompliant with traditional treatment.
- The goal of acute mental health treatments includes preventing the client from self-harm, stabilizing mental health crises, and returning the client who is severely ill to community care.
- Safety recommendations for older adults: install bath rails, grab bars, and handrails on stairways. Remove throw rugs and use mobility aids.
- vulnerable person

demonstration of low self-esteem and feelings of hopelessness, helplessness, powerlessness, guilt, and shame

- All states have mandatory reporting laws that require nurses to report suspected child or vulnerable adult abuse.
- Different types of violence: **Physical violence:** physical. **Sexual violence:** Sex without consent. **Emotional violence:** Behavior that minimizes an individual's feelings of self-worth or humiliates, threatens, or intimidates a family member. **Neglect:** failure to support physical, emotional, and educational needs. Economic abuse: disconnection of bills, failure to provide for the needs of a vulnerable person when adequate funds are available.
- Alcohol manifestations usually start within 4-12 hr of the last intake of alcohol. And continue for 5 to 7 days.

Alcohol manifestations are increased heart rate, blood pressure, respiratory rate and temperature, diaphoresis, tonic-clonic seizures, and illusions. Delirium can occur 2 to 3 days after cessation of alcohol.

Drugs for alcohol withdrawal are Chlordiazepoxide, diazepam, lorazepam, and oxazepam.

Decrease seizures: Carbamazepine

Decrease BP & HR: Clonidine, propranolol, atenolol

Decrease in craving: Propranolol, atenolol.

Disulfiram is a daily pill that causes nausea, vomiting, weakness, sweating, palpitations, and hypotension. Avoid alcohol products.