

RN Mental Health 2019 Remediation

Management of Care

- **Case Management - (1) Substance Use and Addictive Disorders: Creating a Discharge Plan for a Client Who Has Alcohol Use Disorder (Active Learning Template - System Disorder, RM MH RN 11.0 Chp 18 Substance Use and Addictive Disorders)**
 1. Encourage the client and family to attend programs such as Alcoholics Anonymous (AA) and other individual or group therapy.
 2. Withdrawal symptoms and manifestations can occur such as insomnia, tremors, restlessness, n/v, tachycardia, illusions, and hallucinations.
 3. Safety is the primary focus for withdrawal. Monitor VS and Neurologic status.

- **Client Rights - (1) Legal and Ethical Issues: Interventions for a Client Who Refuses Medication (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 2 Legal and Ethical Issues)**
 1. Ensure HIPAA Privacy Rule of 2003 is implemented to protect client's right to confidentiality.
 2. The nurse should try less restrictive means before using restraints or seclusion.
 3. It is important to document the client behavior, staff response, and the time the nurse notified the provider.

- **Establishing Priorities - (1) Personality Disorders: Priority Strategy for Plan of Care (Active Learning Template - System Disorder, RM MH RN 11.0 Chp 16 Personality Disorders)**
 1. Identify defense mechanisms such as suppression, regression, splitting and undoing.
 2. To prevent manipulation of clients, limit setting and consistency is essential.
 3. Relief from manifestations of symptoms include medication administration of anxiolytic, antidepressants, antipsychotics, and mood stabilizer.

- **Ethical Practice - (2)**
 - o Legal and Ethical Issues: Identification of Nonmaleficence (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 2 Legal and Ethical Issues)
 1. Beneficence: The quality of doing good; can be described as charity
 2. Autonomy: The client's right to make their own decisions.
 3. Justice: Fair and equal treatment for all.
 4. Fidelity: Loyalty and faithfulness

5. Veracity: Honesty when dealing with the client.
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- o 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)
 1. The client can refuse treatment however, he/she must accept consequences and respect the decision of others.
 2. In cases of involuntary admission, client can request a legal review of the admission.
 3. Nurses must know policies not only the facility's policy but also the federal and state policy.

Safety and Infection Control

- **Use of Restraints/Safety Devices - (1)** Legal and Ethical Issues: Applying Restraints (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 2 Legal and Ethical Issues)
 1. A provider's written prescription of restraints is needed before applying seclusion or restraints to client.
 2. The nurse must obtain the prescription within 15 to 30 min.
 3. A tort is referred to as a civil wrongdoing, in which monetary damages can potentially be awarded to the injured party and collected from the responsible party.

Psychosocial Integrity

- **Abuse/Neglect - (1)** Family and Community Violence: Counseling a Client Who is Experiencing Partner Violence (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 32 Family and Community Violence)
 1. Cultural differences can influence whether the nursing assessment is valid.
 2. The nurse should collaborate with support groups and interprofessional such as SANE nurses and social workers.
 3. Identify the violence phase in the cycle which the client is in.
- **Behavioral Interventions - (1)** Psychoanalysis, Psychotherapy, and Behavioral Therapies: Use of Positive Reinforcement (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 7 Psychoanalysis, Psychotherapy, and Behavioral Therapies)
 1. Psychoanalysis is a therapeutic process of assessing unconscious thoughts and feelings and resolving conflict.
 2. Psychotherapy involves more verbal client to therapist interaction there is a trusting relationship to explore problems.
 3. In Behavioral theory, changing behavior was the key to treating anxiety and depressive disorders.

- **Coping Mechanisms - (3)**

- o Stress and Defense Mechanisms: Adaptive Use of Defense Mechanisms (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 4 Stress and Defense Mechanisms)
 1. Adaptive use of defense mechanism helps to reduce anxiety and achieve goals.
 2. In an adaptive use of displacement, the client can use an object to shift the feelings of frustration and anger to provide and channel.
 3. In an adaptive use of rationalization, there is a creation of reasonable and acceptable explanations.
- o Stress and Defense Mechanisms: Identifying an Adaptive Use of a Defense Mechanism (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 4 Stress and Defense Mechanisms)
 1. Maladaptive defense mechanism when it interferes with relationships, functioning, and orientation to reality.
 2. Maladaptive is having the same reaction to every stressful situation.
 3. Procrastination is a form of suppression.
- o Stress and Defense Mechanisms: Recognizing Defense Mechanisms (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 4 Stress and Defense Mechanisms)
 1. Clients use defense mechanisms in repose to anxiety and a way to manage conflict.
 2. Defense mechanism is reversible and can be adaptive and maladaptive.
 3. It is important that defense mechanism is used appropriately.

- **Mental Health Concepts - (2)**

- o Basic Mental Health Nursing Concepts: Mental Status Examination (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 1 Basic Mental Health Nursing Concepts)
 1. To alleviate stigma and stereotypes, the nurse should be aware of cultural preferences.
 2. The nurse should allow the client to participate and practice religious and spiritual beliefs.
 3. Provide physical assessment and respect the client's personal space including refusal to answer personal questions.
- o Depressive Disorders: Expected Findings in Older Adult Client (Active Learning Template - System Disorder, RM MH RN 11.0 Chp 13 Depressive Disorders)
 1. Depression is an affective and mood disorder that causes disability to the client's ADL.

2. The risk for suicide, anxiety and panic attacks is higher in clients with depression.
 3. A client with depression usually has poor self-esteem, chronic medical condition, and lack of emotional and social support.
- **Stress Management - (1) Psychoanalysis, Psychotherapy, and Behavioral Therapies: Stress Management Using Cognitive Reframing (Active Learning Template - Therapeutic Procedure, RM MH RN 11.0 Chp 7 Psychoanalysis, Psychotherapy, and Behavioral Therapies)**
 1. Aversion therapy includes pairing of a maladaptive behavior with a punishment or unpleasant stimuli to promote a change in the behavior.
 2. The client can try mediation, muscle relaxation, biofeedback, guided imagery to control pain, tension, and anxiety.
 3. Systematic desensitization therapy, the client uses relation techniques to suppress anxiety response.
 - **Substance Use and Other Disorders and Dependencies - (2)**
 - o Medications for Substance Use Disorders: Initial Medication to Administer for Acute Alcohol Withdrawal (Active Learning Template - Medication, RM MH RN 11.0 Chp 26 Medications for Substance Use Disorders)
 1. CAGE Questionnaire is used to determine current alcohol use.
 2. 0.08% of alcohol in the system is considered legally intoxicated for adults.
 3. Medications used for alcohol withdrawal includes Diazepam, clonidine, carbamazepine, chlordiazepoxide, naltrexone, and phenobarbital.
 - o Substance Use and Addictive Disorders: Caring for a Client Who Has Opioid Use Disorder (Active Learning Template - System Disorder, RM MH RN 11.0 Chp 18 Substance Use and Addictive Disorders)
 1. Opioids include morphine, heroin, and hydromorphone.
 2. Opioids can be smoked, inhaled, or swallowed.
 3. Medications used for Opioids withdrawal includes Clonidine, Methadone substitution, buprenorphine, naltrexone, levo-alpha-acetylmethadol.
 - **Therapeutic Communication - (1) Suicide: Responding to a Client Who Has Major Depressive Disorder (Active Learning Template - Basic Concept, RM MH RN 11.0 Chp 30 Suicide)**
 1. Suicide is the intentional act of killing oneself. Suicide Ideation occurs when a client is having thought about committing suicide.
 2. Some of the risk factors are: females, being an adolescent, older adult males.
 3. Assist the client to develop a support system and provide telephone numbers that can assist in cases of emergency.

Pharmacological and Parenteral Therapies

Adverse Effects/Contraindications/Side Effects/Interactions - (1) Medications for Depressive Disorders: Interactions with Phenelzine (Active Learning Template - Medication, RM MH RN 11.0 Chp 22 Medications for Depressive Disorders)

1. Phenelzine is a C Category for Pregnancy Risk
2. Other Phenelzine medications include Isocarboxazid, Tranylcypromine, Selegiline.
3. These medication block MAO in the brain.

Medication Administration - (1) Medications for Depressive Disorders: Medication Interactions With Monoamine Oxidase Inhibitor (Active Learning Template - Medication, RM MH RN 11.0 Chp 22 Medications for Depressive Disorders)

1. Concurrent use with MAOIs can cause severe hypertension.
2. Avoid use of TCA and MAOIs
3. Concurrent use with MAOIs, TCAs, or St. John's Wort increases the risk for serotonin syndrome.

Reduction of Risk Potential

- **Potential for Complications of Diagnostic Tests/Treatments/Procedures - (1) Brain Stimulation Therapies: Preprocedure Medication for Electroconvulsive Therapy (Active Learning Template - Therapeutic Procedure, RM MH RN 11.0 Chp 10 Brain Stimulation Therapies)**
 1. Brain stimulation includes ECT, TMS, and VNS.
 2. ECT can enhance the effect of serotonin, dopamine, and norepinephrine neurotransmitters.
 3. TMS stimulates the cerebral cortex of the brain.
 4. VNS enhances the action of antidepressants and increases the level of neurotransmitters.