Role of a Psychiatric Nurse

DR. ARNEL BANAGA SALGADO, D.Sc., Ed.D., RN, MA, B.Sc, Cert .Ed, MAT (Psychology)
H/P No.: 050-799-3803
URL: www.ifeet.co; www.ifeet.org; www.ifeet.com.ph
Personal URL: www.abs.com.ph; www.arnelsalgado.com
Doctor of Science (D.Sc.)
Doctor of Education (Ed.D.)
Master of Arts in Nursing (RP)
Master of Arts in Teaching - Psychology (PNU)
Registered Nurse (RP, Mal, UAE)
Licensed Teacher (RP)
Certificate in Teaching,
Bachelor of Science in Nursing (BSN)

Author of
McGraw-Hill
Learning Objectives

- Define therapeutic milieu
- Discuss the role of the nurse in the psychotherapeutic process
- Explain various phases of therapeutic relationship
- Discuss factors important in the establishment of a nurse–patient relationship
Introduction

- Psychiatric nursing is an interpersonal process that promotes and maintains the integrated adaptive functioning of patients.

- The psychiatric nurse works with other members of the treating team and facilitates the best possible treatment options for the patient.
Therapeutic Milieu

- Milieu is a term which encompasses:
  
  i. Setting
  ii. Structure
  iii. People
  iv. Emotional climate

- Therapeutic milieu uses a combination of the social environment and therapeutic approaches for healing purposes.
Therapeutic Milieu (cont.)

- Therapeutic milieu provides a supportive and safe environment for the patient.
- Group activities enhance the functional ability of the patient.
- As the nurse spends a lot of time with a patient, she becomes a role model for various social behaviours and communication skills.
Roles of a Psychiatric Nurse

The nurse performs three major functions which include:

i. Care

ii. Communication

iii. Management
The six major roles of a psychiatric nurse are:

i. Caregiver

ii. Educator

iii. Counsellor

iv. Advocate

v. Coordinator

vi. Health promoter
This relationship forms the basis of all psychiatric nursing treatment approaches.

It is loosely defined as a therapeutic relationship.
A therapeutic relationship:

i. focuses on the needs and problems of the patient

ii. establishes an understanding in the patient that the relationship is safe, reliable, and confidential and has clear boundaries
Phases of a Nurse–Patient Relationship

Peplau described three phases of nurse–patient relationship:

i. Orientation phase

ii. Working phase

iii. Termination phase
Orientation Phase

- Goal: Establishing trust
  i. Defining and clarifying roles of nurse and patient
  ii. Clarifying the purpose of meetings
  iii. Drawing a contract—verbal or written
iv. Identifying problems and setting the goals of the treatment

v. Maintaining confidentiality

vi. Setting the time limit of the working relationship
Working Phase

Goal: Identifying and exploring the needs and problems of the patient

i. Collecting data

ii. Identifying problems

iii. Promoting problem-solving skills

iv. Developing new coping skills
Working Phase (cont.)

v. Facilitating behavioural changes

vi. Periodic evaluation of goals and progress made
Termination Phase

- Goal: Consolidating goals and objectives achieved
  
  i. Summarizing accomplishments
  
  ii. Addressing the emotions aroused because of separation
Factors Promoting Establishment of Therapeutic Relationship

Nurse factors:

i. Consistency

ii. Positive attitude

iii. Active listening

iv. Setting of pace

v. Control
Factors Promoting Establishment of Therapeutic Relationship (cont.)

Patient factors:

i. Trust

ii. Active participation
Factors Hindering Establishment of Therapeutic Relationship

- Nurse factors:
  i. Inconsistency
  ii. Unavailability
  iii. Negative attitude
  iv. Lack of confidentiality
Factors Hindering Establishment of Therapeutic Relationship (cont.)

- Patient factors:
  i. Resistance
  ii. Illness factors