

HEALTH

THE BASICS *green edition*



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Aspects of Psychosocial Nursing



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PSYCHOSOCIAL NURSING FOR GENERAL PATIENT CARE

3rd EDITION

Introduction to Psychosocial Nursing for General Patient Care



Learning Objectives

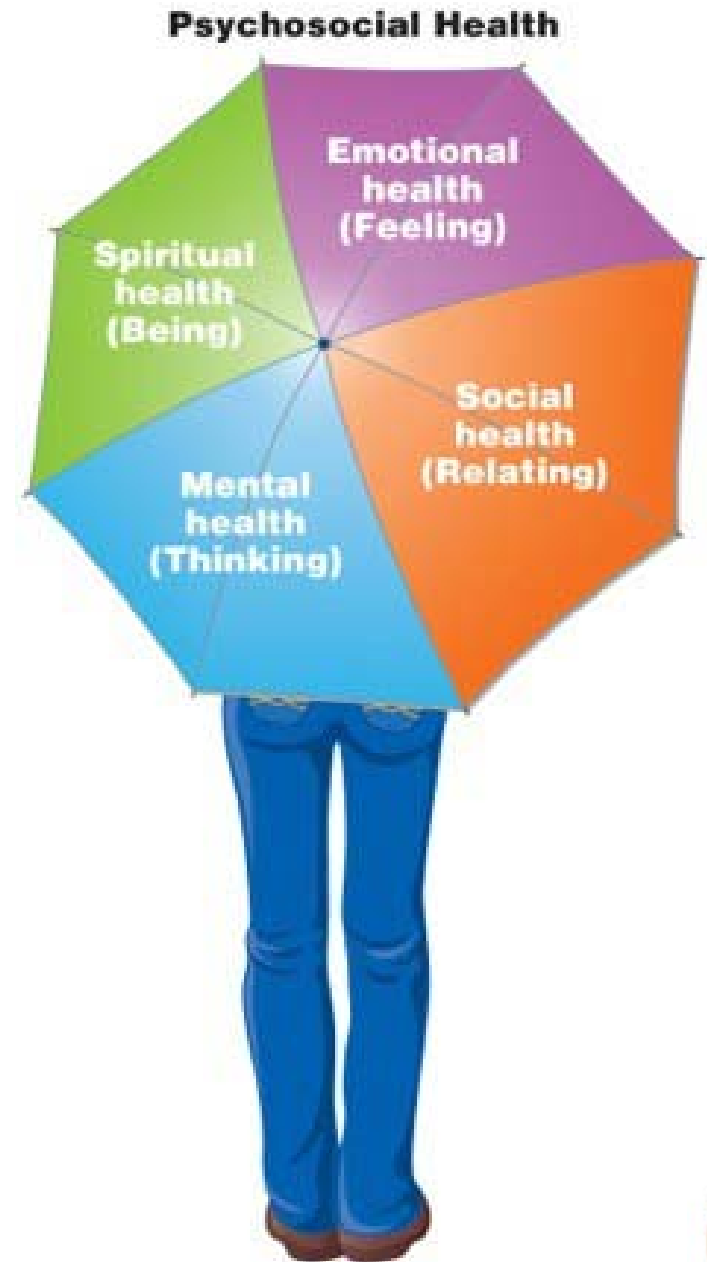
After the classroom discussion, the students will be able to:

- 1. Define psychosocial nursing care.**
- 2. Describe the impact of patient behavior problems in a managed care setting.**
- 3. Describe the role of patient education in psychosocial care.**
- 4. Name the resources the nurse can use when planning for patients across care settings.**



What Is Psychosocial Health?

- Psychosocial health encompasses the mental, emotional, social, and spiritual dimensions of what it means to be healthy.
- Psychosocial health is the result of complex interaction between a person's history and his or her thoughts about and interpretations of the past and what the past means to him.



What Is Psychosocial Health?

- **Psychosocially healthy people**
 - Feel good about themselves
 - Feel comfortable with other people
 - Control tension and anxiety
 - Are able to meet the demands of life
 - Curb hate and guilt
 - Maintain a positive outlook
 - Value diversity
 - Appreciate and respect nature
 - Enrich the lives of others



What Is Psychosocial Nursing Care?

- Every day, nurses are confronted with patient problems and crises that fall in the realm of the psychosocial, and they must find a way to deal with them.
- *Nurses often must care for patients with:*
 - a. Intense emotional responses to illness
 - b. Personality styles that make care difficult
 - c. Psychiatric disorders
 - d. Stresses and family problems that affect patients' reactions to illness or hospitalization



What Is Psychosocial Nursing Care?

- Psychosocial care is the culturally sensitive provision of psychological, social, and spiritual care through therapeutic communication.
- Nurses perceived that psychosocial care consists of providing holistic care, spiritual care, support to the patient and family members, and showing empathy.



Nurses' Possible Reactions

- A factor whose importance cannot be overlooked in psychosocial care is awareness of one's own reactions to patient behaviors.
- These reactions will influence the nurse-patient relationship, assessment findings, and selection of potential interventions.
- They can help or hinder the relationship.



Recognizing the influence of these reactions can help the nurse to:

1. Increase awareness of the reactions that influence objectivity
2. Identify reactions frequently experienced by other nurses to ease feelings of guilt and resentment
3. Increase understanding of colleagues' reactions to enhance the work environment
4. Facilitate self-support by reducing self-criticism and reinforcing skills
5. Select better assessment tools to identify patients' dilemmas and responses
6. Recognize how personal reactions to patients can influence assessment, planning, and effective interventions



The Role of Psychosocial Nursing in Managed-Care Settings

1. Patient Safety

Psychosocial care incorporates these patient safety measures as a routine part of practice by maintaining open communication with the patient and health-care team.

2. Life Span Issues

Problems such as depression and grief affect individuals differently in each stage of life. Childhood, adolescence, and old age are times of particular vulnerability to psychosocial dysfunction.



The Role of Psychosocial Nursing in Managed-Care Settings

3. Collaborative Management

The nurse also needs to know when work needs to be shared or delegated through referrals. Other resources include physicians, advanced practice nurses, pharmacists, clergy, dietitians, and others, depending on the specialty and setting. Knowing when and how to access them and work effectively with them will improve patient outcomes and enhance the working environment.

4. Patient Education

Patient education is an important component of psychosocial care. Nurses are required to incorporate appropriate patient education in their practice. To provide adequate education, the nurse needs to be aware of how psychosocial issues influence learning



Charting Guideline on Psychosocial Problems

- Changes in patients' emotional responses and behaviors, and their responses to interventions and education are significant and must be noted in the medical record.
- The increased use of computerized documentation can present new challenges to nurses who are trying to identify and record behavioral problems succinctly.



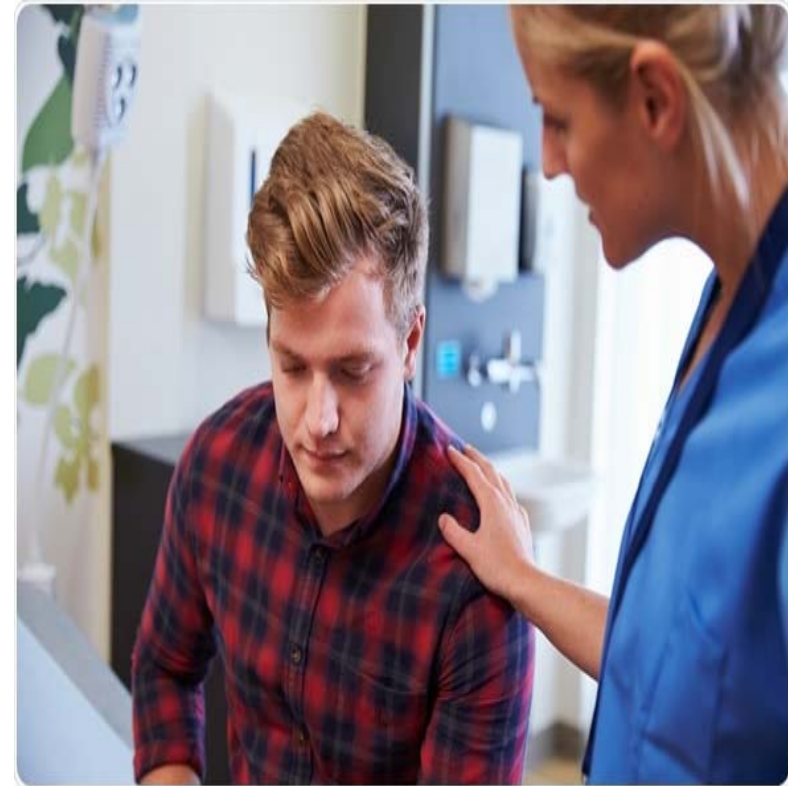
Community-Based Care

- Many patients require care that crosses settings, for instance from hospital-based care to home nursing care.
- To ensure continuity of care, planning for the next level of care should begin as early as possible.
- Long-term care, outpatient rehabilitation, other outpatient programs, and home health care are now used for many patients.
- Nurses in all these settings must also consider planning for the next level of care.



Interventions by Psychiatric Home Care Nurses

1. Crisis intervention
2. Suicide risk assessment
3. Management of psychiatric medications and blood level monitoring
4. Administration of long-acting injectable psychiatric medications
5. Counseling and education
6. Assessment of patient and family coping
7. Safety assessment



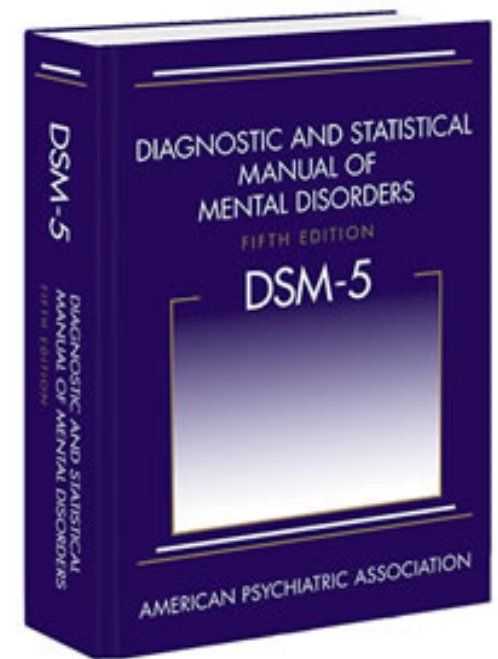
Patient Privacy and Right to Confidentiality

- Patient rights are becoming increasingly emphasized in all health-care settings.
- These rights generally include autonomy, informed consent, treatment with dignity and respect, and confidentiality.
- The Code of Ethics also requires a nurse to protect confidential information.



Diagnostic and Statistical Manual – V (DSM-5)

- The Diagnostic and Statistical Manual of Mental Disorders (DSM) is the handbook widely used by clinicians and psychiatrists in the United States to diagnose psychiatric illnesses.
- The DSM covers all categories of mental health disorders for both adults and children.
- It contains descriptions, symptoms, and other criteria necessary for diagnosing mental health disorders. It also contains statistics concerning which gender is most affected by the illness, the typical age of onset, the effects of treatment, and common treatment approaches.



End of Chapter 1

