

Patricia G. O'Brien  
Winifred Z. Kennedy  
Karen A. Ballard

# Psychiatric Mental Health Nursing

An Introduction  
to Theory and  
Practice



Comprehensive Online Resources Available!

<http://nursing.jbpub.com/psychiatric>

# Contents

Introduction xvi  
Preface xix  
Acknowledgments xxi  
Author Biographies xxii  
Contributors xxiii

## ■ Part I: Overview of Psychiatric-Mental Health Nursing 1

### Chapter 1: Introduction to Psychiatric-Mental Health Nursing. . . . . 3

*Cecelia M. Taylor*

#### History 4

- The Eighteenth and Nineteenth Centuries
- The Twentieth Century
- The Twenty-First Century

#### Conceptual Models 8

- Psychoanalytic Model
- Interpersonal Model
- Behavioral Model
- Cognitive Models
- Developmental Models
- Neurobiologic Model

#### Selected Nurse Theorists and Their

##### Conceptual Models 13

- Hildegard Peplau
- Ida Jean Orlando (Pelletier)
- Imogene King
- Dorothea E. Orem
- Joan Riehl-Sisca

#### Treatment Modalities 14

- Individual Therapy
- Family Therapy
- Group Therapy
- Milieu Therapy
- Crisis Intervention
- Somatic Therapies

#### The Therapeutic Relationship 17

- Phases of the Nurse-Client Relationship

#### Summary 19

#### References 19

### Chapter 2: Issues and Trends in Psychiatric-Mental Health Nursing. . . . . 21

*Karen A. Ballard*

#### Overview 22

- Mental Health Definitions
- Nurse Practice Acts
- Scope and Standards of Practice

#### Psychiatric-Mental Health Registered Nurses 24

#### Psychiatric-Mental Health Advanced Practice Nurses 24

- Third-Party Reimbursement

#### The Nursing Process and Classification Systems 26

- Assessment
- Diagnosis
- Planning
- Intervention
- Evaluation
- Utilization of NANDA and *DSM-IV-TR* Classification Systems

#### Interventions, Outcomes, and Research 28

- Primary, Secondary, and Tertiary Prevention
- Outcomes of Care
- Research

#### Documentation and Client and Family

##### Education 30

- Documentation
- Education for Clients and Families

#### Case Management, Managed Care, and Mental Health Parity 31

- Case Management
- Managed Care
- Mental Health Parity

#### Home Care and Community Practice Settings 33

#### Cultural Issues and Mental Health 34

#### Professional Psychiatric Nursing Organizations 35

#### Summary 35

#### References 36

### Chapter 3: The Psychiatric Nursing Assessment. . . . . 39

*Christine Carniaux Moran*

#### Introduction 40

#### Assessment 40

#### Psychiatric Nursing Interview 41

- Content of the Psychiatric Nursing Interview:
  - Biopsychosocial History
- Content of the Psychiatric Nursing Interview:
  - Mental Status Examination
- The Process of the Psychiatric Nursing Interview

#### Psychological Testing 54

#### Physical Assessment 54

#### Organizing Data: Diagnosis 56

- Nursing Diagnosis
  - Diagnostic and Statistical Manual of Mental Disorders*
  - Multiaxial *DSM-IV* Diagnosis

#### Outcome Identification and Planning of Nursing Care 61

#### Summary 61

#### References 62

## CONTENTS

### **Chapter 4: Neurobiologic Considerations in Psychiatric Care . . . . . 65**

*Karan S. Kverno and Sherry Goertz*

#### **Introduction 66**

#### **Structure and Function of the Nervous System 66**

- Cerebrum
- Brain Stem
- Cerebellum

#### **Cellular Mechanisms of Communication 72**

- The Cells of the Brain
- Neurotransmitters
- Synapses
- Neurotransmission
- Neuroplasticity

#### **Regulation of Emotion 77**

- The Limbic System
- The Stress Response

#### **Mental Disorders 79**

- Mood Disorders
- Anxiety
- Schizophrenia
- Dementia
- Substance Disorders

#### **Neuroimaging 83**

- Structural Imaging
- Functional Imaging
- Other Neuroimaging Methods

#### **Electroencephalography (EEG) 85**

#### **Implications 86**

#### **Summary 86**

#### **References 86**

### **Chapter 5: Psychopharmacology . . . . . 89**

*Beth Harris*

#### **Introduction 90**

#### **The Nurse's Role 90**

#### **Education for Clients and Families 91**

#### **Psychotropic Medications 91**

- Antipsychotic Medications
- Mood Stabilizers
- Antianxiety Medications
- Stimulants
- Other Medications Used in Psychiatry

#### **Drug-Drug and Food-Drug Interactions 104**

#### **Special Populations 104**

#### **Compliance with Medication 104**

#### **Summary 107**

#### **References 107**

### **Chapter 6: Crises, Psychiatric Emergencies, and Disasters . . . . . 109**

*Winifred Z. Kennedy*

#### **Introduction 109**

#### **Overview 110**

- Crisis
- Psychiatric Emergency
- Disaster

#### **Stress-Related Disorders and DSM-IV-TR 111**

#### **Incidence and Prevalence 112**

#### **Etiology 112**

- Suicide
- Substance Abuse Problems
- Medical and Mental Disorders
- Response of Caretakers

#### **Physiology 116**

#### **Clinical Presentation 117**

#### **Triage 117**

#### **Clinical Course and Complications 119**

- Physical or Sexual Abuse
- Risk of Suicide
- Substance Abuse
- Medical Illness
- Violence

#### **Differential Diagnosis 123**

#### **Management and Treatment 125**

- Nursing Interventions
- Crisis Intervention
- Psychiatric Emergencies
- Disasters

#### **Pharmacology 131**

#### **Summary 131**

#### **References 131**

### **Chapter 7: Legal and Ethical Considerations . . . . . 135**

*Amy Wysoker*

#### **Introduction 135**

- State Nurse Practice Acts
- Ethical Principles
- Standards of Practice and Professional Performance

#### **Informed Consent 136**

#### **Research 137**

- Children in Research

#### **The Right to Treatment 138**

#### **The Right to the Least Restrictive Environment 139**

#### **The Right to Refuse Treatment, Including Hospitalization 139**

- Involuntary Out-patient Treatment

#### **The Right to Refuse Medication 140**

#### **Psychopharmacology 141**

#### **Electroconvulsive Therapy 141**

#### **Suicide 142**

#### **Seclusion and Restraints 143**

#### **Discharge Planning 144**

#### **Confidentiality 144**

- Privileged Communication
- Duty to Protect and Duty to Warn

#### **Violence 146**

#### **Sexual Misconduct 146**

#### **Summary 147**

#### **References 147**

### **Chapter 8: Self-Help Groups: Options for Support, Education, and Advocacy . . . . 151**

*Edward J. Madara*

#### **Introduction 151**

<b>The Beginnings of Self-Help Groups</b>	<b>153</b>		
<b>The Variety of Self-Help Groups</b>	<b>154</b>		
Mental Health			
Parenting			
Bereavement			
Addiction			
“Hidden Clients			
Rare Disorders			
Disaster Recovery			
Other Stressful Life Situations			
<b>Characteristics of Self-Help Groups</b>	<b>157</b>		
Mutual Help			
Member-Run			
Composed of Peers			
Nonprofit			
<b>Primary Functions</b>	<b>158</b>		
Social Support			
Education			
Advocacy			
<b>How Groups Help</b>	<b>159</b>		
Helper Therapy			
Positive Role Models			
Accessibility			
Normalization			
Alternatives			
Prevention Equation			
Empowerment			
Source of Altruism and Meaning			
<b>Growth of Online Self-Help Networks</b>	<b>161</b>		
<b>Roles for Nurses</b>	<b>162</b>		
Identify and Refer to Groups			
Liaison			
Resource Person			
Education			
Development			
<b>Summary</b>	<b>165</b>		
<b>References</b>	<b>165</b>		
<b>Chapter 9: Holistic Nursing and Complementary Modalities</b>	<b>169</b>		
<i>Jeanne Anselmo and Julia Balzer Riley</i>			
<b>Introduction</b>	<b>169</b>		
<b>Spiritual Roots of Nursing</b>	<b>172</b>		
From Spiritual Roots to Modern Theorists			
Spiritual Roots in Other Cultures			
<b>Beliefs and Philosophy of Holistic Nursing</b>	<b>175</b>		
Nurses as Psychospiritual Counselors			
Description of Holistic Nursing			
<b>Complementary Modalities in Holistic Nursing Practice</b>	<b>176</b>		
Self-Healing and Self-Regulation			
Relaxation			
<b>Herbal Remedies</b>	<b>181</b>		
<b>Holistic Nursing Practice</b>	<b>182</b>		
Client Assessment			
A Practice Model			
Embellishing Your Nursing Practice with Your Own Gifts: Creative Expression in Action			
<b>Summary</b>	<b>184</b>		
<b>References</b>	<b>184</b>		
<b>Chapter 10: Family and Intimate Partner Violence</b>	<b>187</b>		
<i>Claudia Mitzeliotis and Winifred Z. Kennedy</i>			
<b>Introduction</b>	<b>187</b>		
<b>General Description</b>	<b>188</b>		
<b>Epidemiology of Family Violence</b>	<b>189</b>		
Patterns of Abuse			
Clinical Presentation			
Intimate Partner Violence			
Special Considerations: Teen Dating/Relationship Abuse			
Clinical Course and Complications			
Differential Diagnosis			
Management and Treatment of Intimate Partner Violence			
<b>Child Abuse</b>	<b>196</b>		
Incidence and Prevalence			
Epidemiology			
Clinical Presentation			
Management and Treatment of Child Abuse			
<b>Elder Abuse</b>	<b>198</b>		
Incidence and Prevalence			
Epidemiology			
Clinical Presentation			
Management and Treatment of Elder Abuse			
<b>Summary</b>	<b>202</b>		
<b>References</b>	<b>202</b>		
<b>Part II: Mental Health Disorders and Conditions</b>	<b>205</b>		
<b>Chapter 11: Disorders Diagnosed in Infancy, Childhood, or Adolescence</b>	<b>207</b>		
<i>Bethany A. Murray</i>			
<b>Introduction</b>	<b>207</b>		
<b>Classification of Disorders</b>	<b>208</b>		
<b>Disorders Related to Development</b>	<b>208</b>		
Learning Disorders			
Communication and Language Disorders			
Tourette’s Disorder			
Enuresis and Encopresis			
<b>Disorders Related to Behavior</b>	<b>213</b>		
Attention Deficit Hyperactivity Disorder			
Oppositional Defiant Disorder			
Conduct Disorder			
<b>Disorders Related to Anxiety</b>	<b>221</b>		
Anxiety Disorders			
<b>Disorders Related to Trauma and Abuse</b>	<b>224</b>		
Posttraumatic Stress Disorder and Acute Stress Disorder			
Reactive Attachment Disorder			
<b>Other Disorders in Childhood Related to Mood and Affect</b>	<b>225</b>		
<b>Disorders Related to Mood and Affect</b>	<b>225</b>		
Major Depressive Disorder			
Bipolar Disorder of Childhood			
<b>Education for Clients and Families</b>	<b>229</b>		

## CONTENTS

**Summary 232**

**References 232**

### **Chapter 12: Dementia, Delirium, Amnesia, and Other Cognitive Disorders . . . . . 235**

*Winifred Z. Kennedy*

**Introduction 235**

**General Descriptions of the Disorders 236**

**Incidence and Prevalence 236**

**Etiology 237**

**Physiology 238**

Dementias

Amnesias

**Clinical Presentation 240**

**Differential Diagnosis 241**

**Clinical Course and Complications 245**

**Management and Treatment 247**

Nursing Interventions

Pharmacology

Behavioral and Psychological Symptoms

Depression

**Summary 250**

**References 251**

### **Chapter 13: Mental Disorders Due to General Medical Conditions . . . . . 253**

*Joan C. Masters*

**Introduction 253**

**General Description 254**

**Incidence and Prevalence 255**

**Etiology 255**

**Physiology 256**

Medical Conditions

Catatonia

Personality Changes

**Clinical Presentation 258**

**Differential Diagnosis 258**

**Clinical Course and Complications 259**

Mood Disorders Due to a General Medical Condition

Psychotic Disorders Due to a General Medical

Condition

Anxiety Disorders Due to a General Medical Condition

Other Disorders Due to General Medical Condition

**Management and Treatment 264**

**Summary 264**

**References 264**

### **Chapter 14: Substance-Related Disorders 267**

*Patricia G. O'Brien*

**Introduction 267**

Substance-Induced Disorders

Substance-Use Disorders

**Incidence and Prevalence 269**

**Etiology 270**

**Physiology 270**

**Substances of Abuse 270**

CNS Depressants

CNS Stimulants

Opiates

Hallucinogens

Cannabinoids

Phencyclidine (PCP)

Inhalants

Nicotine

### **Assessment of Clients with Substance-Abuse**

**Disorders 274**

Physical Assessment

Psychiatric Assessment

Alcohol and Drug History

### **Management and Treatment 276**

Detoxification

Nurse-Client Relationship

Treatment Plan

### **Education for Clients and Family 279**

**Summary 281**

**References 282**

### **Chapter 15: Schizophrenia and Other Psychotic Disorders . . . . . 285**

*Winifred Z. Kennedy*

**Introduction 285**

**General Description 286**

Schizophrenia

Schizophreniform Disorder

Schizoaffective Disorder

Delusional Disorder

Brief Psychotic and Shared Psychotic Disorders

Psychotic Disorder Due to a General Medical

Condition

Substance-Induced Psychotic Disorder

### **Incidence and Prevalence 287**

**Etiology 288**

**Physiology 289**

**Clinical Presentation 289**

Positive Symptoms

Negative Symptoms

**Differential Diagnosis 291**

Schizophrenia

Delusional Disorder

Medical Problems and Substance Abuse

Other Psychiatric Disorders

**Clinical Course and Complications 295**

Phases of Schizophrenia

Complications

**Management and Treatment 297**

Managing the Client with Hallucinations

Managing Clients with Communication Problems

Managing Clients with Delusions

Psychoeducation and Psychotherapy

**Pharmacology 301**

Medications

Side Effects

**Summary 304**

**References 305**

### **Chapter 16: Mood Disorders . . . . . 309**

*Valerie N. Markley*

**Introduction 307**

- Major Depressive Disorder 311**  
 Incidence and Prevalence  
 Etiology  
 Physiology  
 Clinical Presentation  
 Differential Diagnosis  
 Management and Treatment  
 Nursing Interventions  
 Education for Clients and Families
- Bipolar Disorder 322**  
 Incidence and Prevalence  
 Etiology  
 Physiology  
 Clinical Presentation  
 Differential Diagnosis  
 Management and Treatment  
 Psychopharmacology  
 Nursing Interventions  
 Education for Clients and Families
- Suicide and Mood Disorders 330**  
**Summary 331**  
**References 332**
- Chapter 17: Anxiety and Dissociative Disorders . . . . . 335**  
*Loraine Fleming and Patricia G. O'Brien*
- Introduction 335**
- Anxiety Disorders 336**  
 Essential Features of Anxiety Disorders  
 Incidence and Prevalence  
 Etiology  
 Clinical Course and Complications  
 Nursing Assessment  
 Differential Diagnosis  
 Treatment  
 Nursing Interventions  
 Client and Family Education
- Dissociative Disorders 348**  
 Essential Features  
 Incidence and Prevalence  
 Etiology  
 Clinical Course and Complications  
 Nursing Assessment  
 Differential Diagnosis  
 Treatment  
 Nursing Interventions
- Summary 349**  
**References 349**
- Chapter 18: Somatoform Disorders, Factitious Disorders, and Malingering . . 353**  
*Winifred Z. Kennedy*
- Introduction 353**
- General Description of Disorders 354**  
 Somatoform Disorders  
 Factitious Disorders  
 Malingering
- Incidence and Prevalence 356**  
**Etiology 357**  
**Physiology 358**
- Clinical Presentation 359**  
**Clinical Course and Complications 361**  
**Differential Diagnosis 363**  
**Management and Treatment 366**  
**Summary 368**  
**References 369**
- Chapter 19: Sexual Disorders and Gender Identity Disorders . . . . . 373**  
*Blaine R. Beemer*
- Introduction 373**  
 Sexual Health  
 Biology of Sexual Function  
 Types of Sexual and Gender Identity Disorders
- The Nurse's Role 375**  
 Nursing Assessment  
 Nursing Interventions
- Essential Features of the Sexual and Gender Identity Disorders 376**  
 Sexual Dysfunctions  
 Paraphilias  
 Gender Identity Disorder  
 Sexual and Gender Identity Disorders Not Otherwise Specified (NOS)
- Education for Clients and Families 385**  
 Medication Side Effects  
 Information  
 Behavioral Approaches  
 Communication
- Summary 386**  
**References 386**
- Chapter 20: Eating Disorders . . . . . 389**  
*Amy Wysocker*
- Introduction 389**
- Anorexia Nervosa 390**  
 Incidence and Prevalence  
 Etiology  
 Physiology  
 Clinical Presentation  
 Behavioral Features  
 Clinical Features  
 Differential Diagnosis  
 Clinical Course and Complications  
 Management and Treatment
- Bulimia Nervosa 394**  
 Incidence and Prevalence  
 Etiology  
 Physiology  
 Clinical Presentation  
 Behavioral Features  
 Clinical Features  
 Differential Diagnosis  
 Clinical Course and Complications  
 Management and Treatment
- Binge Eating Disorder 396**  
**Obesity 397**  
**Summary 399**  
**References 400**

## CONTENTS

### **Chapter 21: Sleep Disorders . . . . . 405**

*Winifred Z. Kennedy*

#### **Introduction 405**

#### **General Description of Sleep Disorders 406**

- Primary Sleep Disorders
- Sleep Disorders Related to Another Mental Disorder
- Sleep Disorder Caused by a General Medical Condition
- Substance-Induced Sleep Disorder

#### **Incidence and Prevalence 407**

#### **Etiology 407**

- Environment
- Rhythm-Disrupting Stressors
- Poorly Modulated Regulatory Function
- Physical and Mental Disorders
- Pharmaceuticals and Other Substances

#### **Physiology 409**

- Sleep Stages
- Neural System Effects
- Abnormal Sleep

#### **Clinical Presentation 411**

#### **Clinical Course and Complications 413**

- Insomnia
- Hypersomnia
- Narcolepsy
- Breathing-Related Sleep Disorders
- Circadian Rhythm Sleep Disorders
- Parasomnias

#### **Differential Diagnosis 415**

#### **Management and Treatment 416**

- Extrinsic and Intrinsic Factors
- Normalizing Circadian Rhythm
- Treating Underlying Disorders
- Pharmacology

#### **Summary 419**

#### **References 420**

### **Chapter 22: Adjustment and Impulse-Control Disorders. . . . . 423**

*Karen A. Ballard*

#### **Introduction 423**

#### **Adjustment Disorders 424**

- Incidence and Prevalence
- Etiology
- Physiology
- Clinical Presentation
- Differential Diagnosis
- Clinical Course and Complications
- Management and Treatment

#### **Impulse-Control Disorders 427**

- Incidence and Prevalence
- Etiology
- Physiology
- Clinical Presentation
- Differential Diagnosis
- Clinical Course and Complications
- Management and Treatment

#### **Summary 436**

#### **References 436**

### **Chapter 23: Personality Disorders. . . . . 439**

*Patricia G. O'Brien*

#### **Introduction 439**

#### **Types of Personality Disorders 440**

- Cluster A
- Cluster B
- Cluster C
- Not Otherwise Specified

#### **Incidence and Prevalence 440**

#### **Etiology 441**

- Developmental Factors
- Environmental Factors
- Biogenetic Factors

#### **Clinical Presentation 442**

- Diagnostic Criteria
- Additional Criteria
- Assessment

#### **Treatment 445**

- Psychotherapy
- Pharmacotherapy
- Client Behaviors and Nursing Interventions

#### **Summary 448**

#### **References 452**

## **Part III: Nursing Management of Special Populations 455**

### **Chapter 24: Children and Adolescents. . . 457**

*Karen A. Ballard*

#### **Introduction 458**

- Child's Bill of Rights
- Mental Health and Emotional Problems of Childhood
- Family Structure

#### **Incidence and Prevalence 459**

#### **Differential Diagnosis 459**

#### **Etiology 460**

#### **Clinical Presentation 460**

- Assessing and Interviewing a Child or Adolescent
- Child's Mental Status Examination

#### **Theoretical Models 462**

- Attachment Model
- Psychosocial Developmental Model
- Cognitive Model
- Sense of Self Model
- Behavior Modification Model

#### **Management and Treatment 465**

#### **Special Issues 469**

- Children with Medical Conditions
- Feelings
- Pain
- Death
- Child Abuse and Trauma

#### **Self-Destructive Behavior 477**

- Self-Injury
- Suicide

#### **Parenting Behaviors and Child Discipline 477**

- Caregiver Stress

**Sibling Rivalry 478**  
**Summary 478**  
**References 479**

**Chapter 25: The Aging Client . . . . . 483**  
*Beverley E. Holland*  
**Introduction 483**  
**General Description 484**  
**The Normal Aging Process 484**  
**Mental Health of the Older Adult 485**  
**Geriatric Mental Health Assessment 486**  
 Nursing Assessment  
 Thought Processes  
 Cognition and Intellectual Performance  
 Behavioral Changes  
 Mental Health Screening Tools  
**Factors that Impact Mental Status 488**  
 Nutrition  
 Elimination  
 Sleep  
 Pain  
 Polypharmacy  
**Stress and Coping 491**  
**Mental Disorders of Late Life 492**  
 Dementia  
 Delirium  
 Schizophrenia  
 Depression  
 Anxiety  
**Caregiver Issues 496**  
 Competency  
**End-of-Life Issues 497**  
**Suicide 497**  
**Substance Abuse 498**  
**Management and Treatment 499**  
**Summary 500**  
**References 500**

**Chapter 26: Clients with Intellectual and Developmental Disabilities . . . . . 505**  
*Donna R. Falvo*  
**Introduction 505**  
**Mental Retardation 506**  
 Incidence and Prevalence  
 Etiology  
 Physiology  
 Clinical Presentation  
 Differential Diagnosis  
 Management and Treatment  
**Learning Disorders 509**  
 Incidence and Prevalence  
 Etiology  
 Physiology  
 Clinical Presentation  
 Differential Diagnosis  
 Management and Treatment  
**Pervasive Developmental Disorders 511**  
 Autistic Disorder

Asperger's Disorder  
 Examples of Other Pervasive Developmental Disorders  
**Nursing Interventions for Clients with Intellectual and Developmental Disabilities 518**  
**Summary 520**  
**References 520**

**Chapter 27: Clients with a Dual Diagnosis . . . . . 525**  
*Patricia G. O'Brien*  
**Introduction 525**  
**General Description 525**  
**Incidence and Prevalence 526**  
**Etiology 526**  
 Self-Medication  
 Neurobiology  
**Clinical Presentation 527**  
**Differential Diagnosis 527**  
**Clinical Course and Complications 529**  
**Integrated Treatment 529**  
**The Nurse's Role in the Treatment of the Client with a Dual Diagnosis 529**  
 Detoxification  
 Pharmacological Treatment  
 12-Step Programs  
 Nonabstinence Approach  
 Psychotherapy  
**Summary 534**  
**References 534**

**Chapter 28: Clients with Chronic Mental Illness . . . . . 537**  
*Karen A. Ballard*  
**Introduction 537**  
**Theoretical Frameworks 538**  
 John Rolland  
 Juliette Corbin and Anselm Strauss  
 Irene Morof Lubkin and Pamala Larsen  
**Incidence and Prevalence 540**  
**Etiology and Physiology 540**  
**Clinical Course and Complications 541**  
**Management and Treatment 542**  
**Summary 545**  
**References 546**

**Appendix I: Psychiatric-Mental Health Standards of Nursing Practice . . . . . 549**

**Appendix II: Common NANDA-I Diagnoses Used in Psychiatric Disorders . . . . . 551**

**Glossary . . . . . 559**  
**Index . . . . . 579**  
**Photo Credits . . . . . 597**