Psychiatric & Mental Health Nursing for Canadian Practice

SECOND EDITION



Wendy Austin and Mary Ann Boyd



Contents

Canadian Contributors	vi
American Contributors	ix
Reviewers xii	
Preface xv	



The Landscape of Mental Health, Mental Illness, and Mental Health Care 1

1 Psychiatric and Mental Health Nursing: From Past to Present 3

Geertie Boschma and Marlee Groening

Early Forms of Institutional Care 3 A Revolutionary Idea: Humane Treatment 4 The 19th and Early 20th Centuries: An Era of Asylum Building 5 Modern Thinking 9 The Late 20th and Early 21st Century 12

2 Mental Health and Mental Illness

Marion Healey-Oaden

Universality of Mental Health 20 Mental Iliness 23 Evidence-Based Care 26

3 The Context of Mental Health Care: Cultural, Socioeconomic, and Legal Arlene Kent-Wilkinson

Cultural Context of Mental Health Care 29

Socioeconomic Context of Mental Health Care 35 Legal Context of Mental Health Care 37 Research and the Context of Mental Health Care 40

4 The Continuum of Psychiatric and Mental Health Care 45

Cheryl Pollard

Primary Health Care Approach 46 Defining the Continuum of Care 46 Comprehensive Mental Health System: Core Programs and Services 47

Mental Health in the Workplace 56

Wendy Austin and Marion Healey-Ogden

Work 57 Healthy Workplaces 58 Nurses and Workplace Mental Health 61 Workplace Violence 64



Foundations of Psychiatric and Mental Health Nursing 69

Contemporary Psychiatric and Mental Health Nursing Practice 71

Olive Yonge and Wendy Austin

The Bio/Psycho/Social/Spiritual Model of PMH Nursing 71 Standards of Professional Practice 73 Tools of PMH Nursing Practice 74

Interdisciplinary Approach and the Nurse's Role 76 Challenges of PMH Nursing 79 PMH Nursing Organizations 80 PMH Nursing in a Global Community 80 Ethical Psychiatric and Mental Health Nursing Practice 83 Wendy Austin What is Ethics? 83 Approaches to Ethics 85 Moral Dilemmas and Moral Distress 90 Some Ethical Issues in PMH Settings 92 Theoretic Basis of Psychiatric and Mental Health Nursing 101 Ginette Pagé	Neurophysiology of the Central Nervous System 153 Neurons and Nerve Impulses 153 Synaptic Transmission 155 Receptor Activity 158 Receptor Subtypes 158 Neurotransmitters 158 New Fields of Study 163 Psychoendocrinology 163 Psychoimmunology 164 Chronobiology 164 Diagnostic Approaches 165 Laboratory Tests and Neurophysiologic Procedures 166 Integration of the Biologic, Psychological, Social, and Spiritual Domains 167
Nursing Theories 101 Biologic Theories 106 Psychological Theories 108 Social Theories 115 Spiritual Theories 117	UNITIII Interventions in Psychiatric and Mental Health Nursing Practice
Communication and the Therapeutic Relationship 121 Cheryl Forchuk Self-Awareness 121 The Bio/Psycho/Social/Spiritual Self 122 Understanding Personal Feelings and Beliefs and Changing Behaviour 122 Communication 122 Using Verbal Communication 123 Using Nonverbal Communication 127 Recognizing Empathic Linkages 128 Selecting Communication Techniques 128 Applying Communication Concepts 128 Analyzing Interactions 132 The Nurse-Client Relationship 134	 The Assessment Process 173 Gerri Lasiuk Assessment as a Process 173 Bio/Psycho/Social/Spiritual Psychiatric and Mental Health Nursing Assessment 177 Diagnosis and Outcomes Development 191 Christine Davis Evolution of Nursing Diagnosis and Individual
Orientation Phase 134 Working Phase 135 Resolution Phase 135 Nontherapeutic Relationships 137 Biological Foundations of Psychiatric and Mental Health Nursing Practice 139 Anne Marie Creamer Foundational Concepts 140 The Biologic Basis of Behaviour 140 Current Approaches and Technologic Advances 142 Neuroimaging 143	13 Psychiatric and Mental Health Nursing Interventions 198 Nicole Snow Nursing Interventions and PMH Nursing 200 Interventions for the Biologic Domain 200 Promotion of Self-Care Activities 200 Activity and Exercise Interventions 200 Sleep Interventions 201 Nutrition Interventions 202 Relaxation Interventions 202 Hydration Interventions 203 Thermoregulation Interventions 203 Pain Management 203 Medication Management 203
Neuroanatomy of the Central Nervous System 145 Cerebrum 146 Other Central Nervous System Structures 151	Interventions for the Psychological Domain 204 Counselling Interventions 204 Conflict Resolution 204 Recovery Orientation 205

Reminiscence 205 Behaviour Therapy 205 Cognitive Interventions 206 Psychoeducation 206 Health Te aching 207	
Interventions for the Social Domain	207
Milieu Therapy 207	
Promotion of Client Safety on Psychi	atric
Units 208	

Community Action 211
Interventions for the Spiritual Domain 211

14 Psychopharmacology and Other Biologic Treatments 214

Kathleen Hegadoren

Home Visits 210

Pharmacodynamics 215
Pharmacokinetics: How Drugs Move through the Body 221
Phases of Drug Treatment 227
Antipsychotic Medications 229
Mood Stabilizers (Antimania Medications) 238
Antidepressant Medications 242
Antianxiety and Sedative-Hypnotic Medications 247
Stimulants 250
New Medications 252
Other Biologic Treatments 252

15 Cognitive-Behavioural Therapy 261

Wendy Austin

The Cognitive Model 262
Levels of Cognition 263
Principles of Cognitive-Behavioural Therapy 265
Treatment Strategies 267
Conclusion 272

Psychosocial Issues in Biologic Treatments 256

16 Interventions With Groups 275

Carol Ewashen

Group: Definitions and Concepts 275 Group Leadership 281 Types of Groups 285 Common Nursing Intervention Groups 286

17 Family Assessment and Interventions 291

Peggy Simpson

Family Mental Health 292

Effects of Mental Illness on Family
Functioning 292
Influence of Cultural Beliefs and Values on Family
Functioning 292

Comprehensive Family Assessment 293

Relationship Building 294 Genograms 294 Family Biologic Domain 295
Family Psychological Domain 295
Family Social Domain 300
Family Spiritual Domain 303

Family Nursing Diagnoses 303 Family Interventions 303

Counselling 304
Promoting Self-Care Activities 304
Supporting Family Functioning and
Cohesiveness 304
Providing Education and Health
Teaching 304
Using Genograms 305
Using Family Therapy 305



Care of Persons With Psychiatric Disorders 309

18 Schizophrenia 311

Jane Hamilton Wilson

Clinical Course 312

Overview of Schizophrenia 312
Diagnostic Criteria 315
Schizophrenia In Special Populations 316

Epidemiology 317

Risk Factors 317
Age of Onset 317
Gender Differences 317
Ethnic and Cultural Differences 318
Familial Differences 318
Comorbidity 318

Etiology 319

Biologic Theories 319
Psychological Theories 324
Social Theories 324

Interdisciplinary Treatment 325

Priority Care Issues 325

Family Response to Disorder 326

Nursing Management: Human Response to Disorder 326 Evaluation and Treatment Outcomes 356 Continuum of Care 356

19 Schizoaffective, Delusional, and Other Psychotic Disorders 362

Diana Clarke

Schizoaffective Disorder 363

Clinical Course 363
Diagnostic Criteria 363
Epidemiology and Risk Factors 364
Etiology 365
Interdisciplinary Treatment 366
Priority Care Issues 366
Nursing Management: Human Response to Schizoaffective Disorder 366

Etiology of Anxiety Disorders 439

Nursing Management: Human Response to Panic

Priority Care Issues 442

Disorder 442

Evaluation and Treatment Outcomes 453 Evaluation and Treatment Outcomes 373 Continuum of Care 453 Continuum of Care 373 Assessment and Treatment Issues Specific to **Delusional Disorder** 374 Obsessive-Compulsive Disorder 454 Clinical Course 374 Assessment and Treatment Issues Specific to Diagnostic Criteria 375 Generalized Anxiety Disorder 458 Subtypes 376 Specific Assessment and Treatment Issues Related Epidemiology and Risk Factors 377 to Acute Stress Disorder and Posttraumatic Stress Comorbidity 378 Disorder 459 Etiology 378 Interdisciplinary Treatment 378 Priority Care Issues 379 22 Somatoform and Related Disorders 463 Nursing Management: Human Response to L. Elizabeth Hood Delusional Disorder 379 Somatization 464 Evaluation and Treatment Outcomes 382 Cultural Differences in Somatization 464 Continuum of Care 382 Gender and Somatization 464 Other Psychotic Disorders 383 Somatization Disorder 464 Schizophreniform Disorder 383 Clinical Course 464 Brief Psychotic Disorder 383 Diagnostic Criteria 465 Shared Psychotic Disorder 384 Somatization Disorder in Special Populations 465 Psychotic Disorders Attributable to Substance 384 Epidemiology 466 Etiology 466 20 Mood Disorders 388 Pilsk Factors 467 Yvonne M. Havne Interdisciplinary Treatment 468 Depressive Disorders 389 Nursing Management: Human Response to Disorder 468 Clinical Course 389 Depressive Disorders in Special Populations 390 Evaluation and Treatment Outcomes 477 Epidemiology 391 Continuum of Care 477 Etiology 392 Mental Health Promotion 480 Interdisciplinary Treatment of Disorder 393 Other Somatoform Disorders 480 Priority Care Issues 393 Undifferentiated Somatoform Disorder 480 Family Response to Disorder 393 Conversion Disorder 480 Nursing Management: Human Response to Pain Disorder 480 Depressive Disorder 393 Hypochondriasis 480 Evaluation and Treatment Outcomes 405 Body Dysmorphic Disorder 481 Continuum of Care 405 Factitious Disorders 482 **Bipolar Disorders (Manic-Depressive** Factitious Disorder 482 Disorders) 406 Nursing Management: Human Response to Diagnostic Criteria 406 Disorder 483 Clinical Course 409 Factitious Disorder, Not Otherwise Specified 484 Epidemiology 409 Comorbidity 409 23 Eating Disorders 488 Etiology 409 Kathryn Weaver Interdisciplinary Treatment of Disorder 411 Priority Care Issues 411 Anorexia Nervosa 489 Family Response to Disorder 411 Clinical Course 489 Nursing Management: Human Response to Diagnostic Criteria 490 Bipolar Disorder 411 Epidemiology 493 Evaluation and Treatment Outcomes 419 Etiology 494 Continuum of Care 419 Risk Factors 498 Interdisciplinary Treatment 500 21 Anxiety Disorders 431 Pharmacologic Interventions 501 Kathleen Hegadoren Priority Care Issues 502 Nursing Management: Human Response to Normal Versus Abnormal Anxiety Response 432 Anorexia Nervosa Disorder 502 Overview of Anxiety Disorders 432

Evaluation and Treatment Outcomes 512

Continuum of Care 513

Bulimia Nervosa 513

Clinical Course 514

Diagnostic Criteria 514 Bulimia Nervosa in Special Populations 515 Epidemiology 515 Etiology 516 Risk Factors 517 Interdisciplinary Treatment 517 Priority Care Issues 517 Nursing Management: Human Response to Bulimia Nervosa Disorder 517 Evaluation and Treatment Outcomes 520 Continuum of Care 521

Binge Eating Disorder 521

Clinical Course 521 Diagnostic Criteria 521 Binge Eating Disorder in Special Populations 522 Epidemiology 522 Etiology 523 Risk Factors 524 Interdisciplinary Treatment 524 Priority Care Issues 524 Nursing Management: Human Response to Binge Eating Disorder 524 Evaluation and Treatment Outcomes 526 Continuum of Care 526 Prevention of Eating Disorders 527

24 Substance-Related Disorders 534

Diane Kunyk and Charl Els

Diagnostic Criteria 535 Epidemiology 537 Etiological Theories 539 Classes of Substances 542 Interdisciplinary Treatment Recommendations for Patients with SRD 555 Integrating Pharmacotherapy and Psychosocial Interventions 560 Implementing Nursing Interventions 564 Special Populations 564 The Nurse as Health Advocate 569

25 Personality and Impulse-Control Disorders 576

Stephen VanSlyke

Personality Disorders 577

Personality Disorder Versus Personality Traits 578 Common Features and Diagnostic Criteria 578 Severity of Disorder 579

Cluster A Disorders: Odd-Eccentric 579

Paranoid Personality Disorder: Suspicious

Schizoid Personality Disorder: Asocial Pattern 580 Schizotypal Personality Disorder: Eccentric Pattern 582

Continuum of Care 583

Cluster B Disorders: Dramatic-Emotional 583

Borderline Personality Disorder: Unstable Pattern 583

Borderline Personality Disorder in Special

Populations 586

Nursing Management: Human Response to

BPD 591

Evaluation and Outcomes 604

Continuum of Care 604

Antisocial Personality Disorder: Aggrandizing

Pattern 607

Nursing Management: Human Response to Antisocial Personality Disorder 611

Evaluation and Outcomes 613

Continuum of Care 613

Histrionic Personality Disorder: Gregarious

Pattern 614

Narcissistic Personality Disorder: Egotistic

Pattern 615

Continuum of Care 616

Cluster C Disorders: Anxious-Fearful 616

Avoidant Personality Disorder: Withdrawn Pattern 616

Dependent Personality Disorder: Submissive

Pattern 618

Obsessive-Compulsive Personality Disorder:

Conforming Pattern 618 Continuum of Care 619

Impulse-Control Disorders 619

Intermittent Explosive Disorder 620 Kleptomania 621 Pvromania 621 Pathologic Gambling 621 Trichotillomania 622 Continuum of Care 622



Children and Adolescents 629

Mental Health Promotion With Children and Adolescents 631

Wendy Austin

Childhood and Adolescent Mental Health 631 Common Childhood Stressors 632 Protective Factors Against Childhood Pathology 638 Risk Factors for Childhood Psychopathology 638 Mental Illness Among Children and Adolescents 644 Intervention Approaches 644 New Directions in Community-Based Mental Health Promotion 647

27 Mental Health Assessment of Children and Adolescents 651

Wendy Austin

Data Collection in the Clinical Interview 653 Bio/Psycho/Social/Spiritual Psychiatric Nursing Assessment of Children and Adolescents 662

28	Psychiatric Disorders
	Diagnosed in Children and
	Adolescents 678
	Iulia Gaiovati Nast

Julia Gajewski-Noe!

Developmental Disorders of Childhood 679 Pervasive Developmental Disorders 681 Nursing Management: Human Response to Pervasive Developmental Disorder 684 Evaluation and Treatment Outcomes 686 Specific Developmental Disorders 687 Continuum of Care 688

Disruptive Behaviour Disorders 688

Attention Deficit Hyperactivity Disorder 688 Nursing Management: Human Response to Attention Deficit Hyperactivity Disorder 691 Evaluation and Treatment Outcomes 695 Continuum of Care 695 Oppositional Defiant Disorder and Conduct Disorder 695 Nursing Management: Human Response to Oppositional Defiant Disorder 698 Evaluation and Treatment Outcomes 700 Continuum of Care 701

Disorders of Mood and Anxiety 701

Anxiety Disorders 701 Separation Anxiety Disorder 701 Obsessive-Compulsive Disorder 703 Posttraumatic Stress Disorder 705 Mood Disorders: Major Depressive Disorder 705

Tic Disorders and Tourette Disorder 706 Childhood Schizophrenia 709 Elimination Disorders 710

Enuresis 710 Encopresis 711



Mental Health Promotion With the Older Adult 721

Sharon I., Moore

Mental Health of the Older Adult 722 Risk Factors for Geriatric Psychopathology 727 Mental Illness Prevention and Mental Health Premotion 729

30 Mental Health Assessment of the Older Adult 735

Annette M. Lane

Techniques of Data Collection 736 Bio/Psycho/Social/Spiritual Geriatric Mental Health Nursing Assessment 736

31 Delirium, Dementias, and Other Related Disorders 750

Mary Haase

Delirium 751

Clinical Course of Disorder 751 Diagnostic Criteria 752 Delinium in Special Populations 752 Epidemiology and Risk Factors 752 Etiology 753 Interdisciplinary Treatment and Priority Care Issues 754 Nursing Management: Human Response to Delirium 755 Evaluation and Treatment Outcomes 759

Dementia 759

Alzheimer's Disease 759

Continuum of Care 759

Clinical Course of Disorder 759 Diagnostic Criteria 760 Epidemiology and Risk Factors 760 EtioLøgy 762 pterdisciplinary Treatment 764 Priority Care Issues 764 Family Response to Disorder 764 Nursing Management: Human Response to Aizheimer's Disease 764 Evaluation and Treatment Outcomes 780 Continuum of Care 781

Other Dementias 781

Vascular Dementia 781 Dementia with Lewy Bodies (DLB) 783 Frontotemporal Dementia 783 Dementia Caused by other General Medical Conditions 783

UNITIVII Care of Special Populations ... 791



32 Issues in Dual Diagnosis 793

Brad F. Hagen

Relationship of Substance Use to Mental Illness 794 Manifestations of Dua! Disorders 794 Epidemiology 796 Psychodynamic Model of Dual Disorders 796 Barriers to Treatment 797 Disorder-Specific Assessment and Interventions 799 Psychotic Illnesses and Substance Use 799 Anxiety Disorders and Substance Use 800 Mood Disorders and Substance Use 801 Organic Mental Disorders and Substance Use 802 Cognitive Impairment in Early Stages of Recovery from Substance Use 802 Personality Disorders and Substance Use 802

General Treatment Elements 803 Continuum of Care and Discharge Planning Planning for Nursing Care 808	806		
sychosocial Aspects of Medically			

33 Psychosocial Aspects of Medically Comp≡omised Persons 811

Michel A. Tarko

Psychological Illness Related to Specific Physiologic Disorders 812

Psychological Impact of Pain 812

Biologic Basis of the Pain Response 813 Psychological Aspects of the Pain

Response 815

Assessment of the Client with Chronic Pain 816
Sensory and Pharmacologic

Modulation of Pain 817

Psychopathologic Complications of AIDS 819

Biologic Basis of Neurologic Manifestations of HIV 820

Psychological Aspects of AIDS 820

Assessment of the Client with AIDS 821

Bio/Psycho/Social/Spiritual Interventions 821

Psychological Illness Related to Trauma 822

Biologic Basis of the Trauma Response 822 Psychological Aspects of the Trauma

Response 822

Assessment of the Traumatized Client 823 Bio/Psycho/Social/Spiritual Interventions 823

Psychological Illness Related to CNS

Disorders 823

Biologic Basis of Neurologic Impairment 823 Psychological Aspects of Neurologic

Impairment 826

Assessment of the Client with Neurologic Problems 827

Bio/Psycho/Social/Spiritual Interventions 827

Psychological Illness Related to Acute and Chronic Medical Illness 827

Biologic Aspects of Mental Illness Related to Medical Disease 828

Psychological Aspects of Medical Illness 829 Assessment of the Client with Medical

Assessment of the Client w Illness =830

Clinical Features of Special Significance 831 Bio/Psycho/Social/Spiritual Interventions 831

Intervening in Mental and Medical Illnesses 831

34 Forensic Psychiatric and Mental Health Nursing 835

Cindy Peternelj-Taylor

Criminalization of the Mentally III 836 The Paradox of Custody and Caring 836 Forensic Nursing: A Model for Care 836 Societal Norms 846



Care Challenges in Psychiatric and Mental Health Nursing ... 851

35 Stress, Crisis, and Disaster Management 853

Gerri Lasiuk

Stress 853

Evaluation and Treatment Outcomes 871

Crisis 871

Disaster: Natural and Human-Caused 875

36 Management of Aggression and Violence 883

Yvonne Savard

Anger 884

Experience of Anger 884
Expression of Anger 884

Aggression and Violence 885

Models of Anger, Aggression, and Violence 886

Biologic Theories 886

Neurochemical Model and Low Serotonin

Syndrome 887

Psychological Theories 888

Sociocultural Theories 889

Interactional Theory 889

Nursing Management: Human Response to Anger

and Aggression 889

Interactional Processes 901

Responding to Assault 902

Evaluation and Treatment Outcomes 903

Continuum of Care 903

37 Caring for Abused Persons 908

Elizabeth A. McCay

Types of Abuse 909

Theories of Abuse 914

Survivors of Abuse: Human Responses

to Trauma 921

Nursing Management: Human Response to

Abuse 927

Evaluation and Treatment Outcomes 938

38 Care for Self-Harm and Suicidal Behaviour: Children, Adolescents, and Adults 945

B. Lee Murray

Epidemiology of Suicidal Behaviour 946 Etiology of Suicidal Behaviour 951

Effects of Suicide 955

Legal Considerations in Caring for Suicidal

People 956

Nursing Assessment and Interventions 957

xxiv Contents

Appendix A

DSM-IV-TR Classification: Axes I and II Categories and Codes 971

Appendix B

Brief Psychiatric Rating Scale 980

Appendix C

Simpson-Angus Rating Scale 981

Appendix D

Abnormal Involuntary Movement Scale (AIMS) 983

Appendix E

Simplified Diagnoses for Tardive Dyskinesia (SD-TD) 985

Appendix F

Hamilton Rating Scale for Depression 987

Appendix G

Clinical Institute Withdrawal Assessment of Alcohol Scale, Revised (CIWA-Ar) 988

Appendix H 990

Glossary 992

Index 1007