

College of Nursing

Psychiatric and Mental Health Nursing Department

Health psychology-Lec-1

## **Nursing Process: One Step to Professionalism**

### Psychiatric nursing

Nursing has struggled for many years to achieve recognition as a profession.

Out of this struggle has emerged an awareness of the need to do the following:

1-Define the boundaries of nursing(What is nursing).

2-Identify a scientific method for delivering nursing care.

#### **Nursing definition:**

Nursing is the protection ,promotion, and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response ,and advocacy in the care of individuals, families, communities, and population.

#### **Nursing process:**

The nursing process has been identified as nursing's scientific methodology for the delivery of nursing care

## Steps of the nursing process

1-**Assessment**: Establishing a database about a client

2-**Diagnosis**: Identifying the clients health care needs and selecting goals of care

3-**Outcome Identification**: Establishing criteria for measuring achievement of desired outcomes

4-**Planning** : Designing a strategy to achieve the goals established for client care

5-**Implementation**: Initiating and completing actions necessary to accomplish the goals

6-**Evaluation**: Determining the extent to which the goals of care have been achieved

### Psychiatric Assessment

Definition:(it is a process of collection and organization of data which required for diagnosis of mental illness).

It may include further assessment as:

1-Laboratory tests.

2-Hospital observation.

3-Psychological testing.

4-Home visits

## **Aims of Psychiatric assessment**

- 1-Discover and diagnose the mental illness.
- 2-Determine the severity of the diagnosed.
- 3-Identify the causes of mental illness.
- 4-Used for setting the management plan.
- 5.Make a good relationship with clients.

## **Difference between psychiatric and medical –surgical assessment:**

- 1-Psychiatric assessment usually takes longer time.
- 2-In psychiatric assessment , information from others are mostly necessary.
- 3-Also psychiatric patient may feel ashamed.

## **Methods of psychiatric assessment:**

- 1-Psychiatric history(patient history).
- 2-Mental status examination.
- 3-Physical examination.