

General principles of psychiatric nursing

Principles

-Principle is rules or law that guides one's action, it is a code or standard that helps people to govern their conduct. The principles of psychiatric nursing provide general guidelines that should be used in nursing care of mentally ill persons.

-There are general principles that applied to care of psychiatric patients. These principles applied to all psychiatric patients regardless of diagnosis or type of behaviour.

Basic principles of psychiatric nursing:

1-Accept the patient exactly as he is.

The nurse needs to accept the client as a human being who has values and worth. Acceptance is important in nursing because you will care for many people who are different, but they must be accepted.

Acceptance does not mean acceptance of inappropriate behaviour but accept the person as worthy.

The nurse must set boundaries for behaviour by being cleared and firm without anger or judgement and conveying that certain behaviour is unacceptable.

Acceptance of the patient is an **active process**, we showing acceptance by,

.- the nurse spend more time with the client listening to him ,hearing what he is saying and understand the meaning of what is said.

-Be Non – judgemental and non- punitive - we don't judge patient's behaviour as right or wrong, good or bad – All direct or indirect methods of punishing must be avoided, the patient is not punished for his undesirable behaviour.

-Listening to patient's another means of acceptance. Listening is more than keeping quite it includes hearing what he is saying and understand the meaning of what is said.

-Permitting the patients to express emotions the patients has negative emotions and need to express these emotions without psychological or physical danger to themselves and others, and these emotions are in need of an outlet. In fact, the ability of the patient to express a negative emotion is often a very healthy sign.

2-Understanding:- (self-understanding) :-

Self-understanding leads to understanding of other's behaviour and to be aware of why he behaves as he does. And help to understand the behaviour of patients with whom he works. And this will make him able to handle the patients in a good way and give the right nursing care.

3-Respect: -

It means respect the patient as an individual, as human being who possesses worth and dignity. The nurse should have a basic respect for the patient simply as a person. Respect is increased with understanding of the patient's uniqueness. Respect can be seen in different ways.

- Sitting silently with patient who is crying.
- Laughing with the patient in response to particular event.
- A apologizing for hurt.
- Listening to the patient.
- Call him by Name.

4-Reassurance:

- Psychiatric patients need constant reassurance as they are insecure and uncertain – they have to be helped to develop trust and confidence.

But we must avoid this type of reassurance.

You will get well. •

All will end well. •

Nothing to worry •

Your fear is •
groundless

How to give reassurance.

- pay attention to the matters that are important to the patient.
- Be a ware and accept how the patients really feels /
- Sit beside the patient even when he doesn't want to talk, accepting patient's silence, and the physical presence can be very reassuring the patient.
- Listen to personal problems without showing surprise or disapproval.
- Provide patient acceptable outlets of anxiety.

5-Observation:-Observation of mentally ill patients is directed toward the way of his behaviour. Everything the patient does or says is observed by the nurse and analyzed to know and understand the motivation behind it. And evaluate patient's behaviour as wrong or right.

6-Nursing care should be centred on patient as a person and not on the symptoms.

Every behaviour is meaningful and behaviour is reflected in the symptoms patient presents

7-Procedures should explain to the patients: -

Every procedure should be explained at the patient level of understanding.

Explaining the procedure to the patients will reduce his anxiety.

8-Unnecessary increase of patient's anxiety should be avoided:-

Anxiety is problem with which the patient has been unable to cope. The nurse should carefully study situations that may increase the patient's anxiety.

9-Verbal and physical force must be avoided.

Any kind of force applied on patient result in psychological trauma. So the nurse can prevent by

-Carry out the procedure quickly firmly and efficiently with adequate help.

-No verbal comments should be made during the procedure.

-Nursing team must have self- control.

Beliefs of psychiatric nursing

1. The individual has intrinsic worth and dignity. Each person is worthy of respect
2. The goal of the individual is one of growth, health, autonomy, and self- actualization.
3. Every individual has the potential to change and the desire to pursue personal goals
4. The person functions as a holistic being that act on, interact with, and reacts to the environment as a whole person
5. All people have common, basic, and necessary human needs.

Physical ❖

Safety and security ❖

Love and belongingness ❖

Self esteem ❖

Self-actualization ❖

6. All behavior of the individual is meaningful.

7. Behavior consists of perceptions, thoughts, feelings and actions. These occur in a sequential manner: from ones perceptions thoughts arise, emotions are felt, and actions are conceived.

8. Individuals vary in there copying capacities, which depend on genetic endowment, environmental influences, nature and degree of stress, and available resources. All individual have the potential for both health and illness.

9. Illness can be growth- producing experience for the individual. The goal of nursing care is to maximize the person's positive interaction with his environment, promote his level of wellness and enhance his degree of self-actualization.

10. All people have a right to and equal opportunity for adequate health care regardless of sex, race, religion, ethics, or culture background. Nursing care is based on the needs of the individuals, families and communities and mutually defined goals and expectations.

11. Mental health is a critical and necessary component of comprehensive health care services.

12. The individual has the right to participate in decision making regarding his physical and mental health.

13. An interpersonal relationship has the potential for producing change and growth within the individual. It is the vehicle for the application of the nursing process and the attainment of the goal of nursing care.