

GNM - 2nd yr. MHN.

GNM - 2 year.

(Mental Health Nursing)

Mental Health

Definitions:- An adjustment of human beings to the world & to each other with a maximum of effectiveness & happiness.

(Components of Mental Health)

- ① The ability to accept self
- ② The capacity to feel towards others
- ③ The ability to fulfill life tasks

(Criteria of Mental Health)

- ① Adequate contact with Reality
- ② Control of thoughts & imagination
- ③ Efficiency in work & play
- ④ Social acceptance
- ⑤ Positive self concept
- ⑥ A healthy emotional life

(Indicators of Mental Health)

- ① A positive attitude towards self
- ② Growth development & the ability for self actualization
- ③ Integration
- ④ Autonomy
- ⑤ Perception of Reality
- ⑥ Environmental Mastery

(Seven signs of Mental Health)

- ① Happiness
- ② Control over behaviour
- ③ Appraisal of Reality
- ④ Effectiveness in work
- ⑤ Health self-concept
- ⑥ Satisfying Relationships.
- ⑦ Effective Coping Strategies

(Characteristic of a Mentally Health person)

- ① He Has an ability to make adjustments
- ② He Has a sense of personal worth, feels worthwhile & important
- ③ He solves his problems largely by his own effort & makes his own decisions.
- ④ He Has a sense of personal security & feels secure in a group, shows understanding of the other's people problems & motives.
- ⑤ He Has a sense of Responsibility
- ⑥ He can give & accept love
- ⑦ He lives in a world of Reality rather than fantasy.
- ⑧ He Has developed a philosophy of life that gives meaning & purpose to his daily activities
- ⑨ He Has a variety of interests & generally live a well-balanced life of work, rest & recreation.

(Mental Health)

A Mentally ill person loses His ability to Respond according to the expectations He Has for Himself & the demands that Society Has for him.

(Definition)

Mental & behavioral disorders are understood as clinically significant conditions characterized by alterations in thinking mood (emotions) or behavior associated with personal distress and or impaired functioning (WHO, 2001)

(Mental Health Act)

Indian Lunacy Act (ILA) Act 4 of 1912, Replaced the Indian Lunatic Asylums Act, Act 36 of 1858.

It was enacted to govern reception detention & care of lunatics & their property & to consolidate & amend the laws relating to lunacy.

Act to consolidate & amend the law relating to the treatment & care of mentally ill persons, to make better provisions with respect to their property & affairs & for matters connected therewith or incidental thereto.

In 1949 an ad hoc drafting committee was appointed which consisted of 3 distinguished psychiatrists. They prepared a draft Bill called as the "Indian Mental Health Act", which was redrafted & finalized in January 1950. After 37 years it will pass. (1987)

(Mental Health Team are Multidisciplinary Team)

(The multidisciplinary team)

- ① A Psychiatrist
- ② A Psychiatric Nurse
- ③ A Clinical Psychologist
- ④ A psychiatric social worker
- ⑤ An occupational therapist or an activity therapist
- ⑥ A Pharmacist & dietitian.
- ⑦ A counsellor
- ⑧ A dietitian

(Mental Status Examination)

① (General Appearance & Behaviour)

Appearance:- Looking one's age / looks older / younger than his / her age / underweight / overweight / physically disabled / fit.

Facial expression:- Anxious / Muted / Pleasant / Hostile.

Level of grooming:- Normal / shabby / dishevelled / over-dressed / idiosyncratically dressed.

Level of alertness:- Adequate / inadequate / overtly clear / stuporous / comatose

Mode of entry:- Came willingly / persuaded / brought using physical force.

Behaviour:- Normal / ~~More than so~~ / less than so

Co-operativeness:- Normal / More than so / less than so

Behaviour:- Normal / Over friendly / preoccupied / aggressive

Eye to eye contact:- Maintained / difficult / ~~Maint~~ Not Maintained.

Psychomotor activity:- Normal / increased / decreased

Rapport:- Spontaneous / difficult / Not established

Gesturing:- Normal / exaggerated / odd

Posturing:- Normal posture / catatonic posture / stooped / stiff / guarded

Other Movements:- Normal / Stereotype / tremors / extrapyramidal
- ~~Mild~~ ^{Mid} ~~symt~~ symptoms / abnormal involuntary Movt.

Other Catatonic phenomena:- Automatic obedience / Negativism
excessive cooperation / waxy flexibility / echopraxia / echolalia

Convulsion & dissociative sign:- Pseudoseizures / Possession states / any other.

Compulsive act or Rituals or Habits (for example Nail biting).

Hallucinatory behaviour, smiling or crying without Reason / muttering or talking to self / odd gesturing.

Speech:-

Initiation:- Spontaneous / Speaks when spoken to / Minimal / Mute.

Reaction time, (time taken to answer the question):- Normal / delayed / shortened / difficult to assess

Rate:- Normal / slow / Rapid.

Productivity :- Monosyllabic | elaborate Replies | measured volume :- Normal | increased (loud) | decreased (soft)

Tone :- Normal Variation | High pitch | low pitch | Monotonous

Relevance :- Fully Relevant | Sometimes off target | Irrelevant (answered the question appropriately)

Stream :- Normal | circumstantial | tangential | blocking / verbigeration | stereotypes verbal | flight of ideas / clang associations (How & Rhythm of speech)

Coherence :- Fully coherent | loosening of associations (in coherent)

Other :- Echolalia | perseveration | Neologism.

Sample of speech (in response to open-ended questions, verbatim in 2 or 3 sentences)

Mood & Affect

- Subjective data
- objective data
- Predominant Mood state :- Inevitable | labile | Blunted | anxious | fearful | panic | aggressive | cheerful | depressed
- Appropriate (Relevance to situation & thought congruent) in appropriate.

Thought

stream (How of thought) Normal | Racy thoughts (pressure of thought) Retarded thinking (poverty of thought) thought block / muddled or unclear thinking | Flight of ideas | clang association pattern.

→ Form (formal thought disorder) Normal (Not understandable) / circumstantiality / tangentiality / Neologism / word salad / ambivalence / perseveration (Specific with a sample of speech)

Content:-

Delusions:- specify type & give Example:-

- persecutory delusions
- delusions of Reference
- delusion of influence or passivity
- Hypochondriacal delusions
- delusions of grandeur
- Nihilistic delusions
- delusions of infidelity
- delusions of control
- bizarre delusions

Thought alienation phenomena:- Thought insertion / thought withdrawal / thought broadcasting.

→ obsessional / compulsive phenomena: Thoughts / images / Ruminations / doubts / impulsive rituals

Phobias (irrational fears)

Any pre-occupations.

Perception:-

- Illusions
- Hallucinations (Specific type & give Example)

Auditory [visual] olfactory [Gustatory] Tactile

Somatic passivity

Dejavu/jamie vu:-

Depersonalization / derealization

⑥ Cognitive Function (Neuropsychiatric Assessment)

Consciousness :- Conscious / cloudy / comatose

Orientation :-

Time :- Appropriate time / day / Night date / day / month / year.

Place :- Kind of place / area / city

Person :- self / close associates / Hospital staff

- Digit forward
- Digit Backward

Concentration :- Normally sustained / Sustained with difficulty / distractible

100 - 7

40 - 3

20 - 1

Name of months (backwards)

Name of weekdays (backwards)

→ Memory

Immediate (same text as for attention)

Recent (Recent happenings - last meal, visitors etc)

Verbal Recall :- 3 unrelated objects

5 unrelated objects, see imaginary
addresses of 5 items

Remote:-

- > Personal events
- > Impersonal events
- > Illness-Related events

Intelligence:-

- > general fund of information
- > Arithmetic ability - mental arithmetic / written sums
- > Abstraction:-
Normal / concrete

Interpretation of proverbs (give a proverb & ask the inmate meaning e.g. feathers of a bird flock together / rolling stones gather no moss):-

Similarities b/w paired objects:-

Dissimilarities b/w paired objects

Judgement:-

Personal (future plans) Intact / impaired

Social (perception of the society) :- Intact / impaired

Test (present a situation & ask their response to the situation) : Intact / impaired.

Insights:-

- 1) complete denial of illness
- 2) slight awareness of illness
- 3) Awareness of being sick attributed to external or physical factors.
- 4) Awareness of being sick but due to something unknown in himself
- 5) Intellectual insight
- 6) True emotional insight

5 July 2020

GNM 3rd - Assignment

[GNM 3rd year] [Paper - Assignment]
(each question of 5 Marks)

Q. Write the following questions in Brief:-

- Q1:- write Note on Health organization at the different levels.
- Q2:- Define the following:-
- Health System
 - Gram Sabha
 - Gram panchayat
 - Panchayat samiti
 - Zila Parishad.
- Q3:- Describe the state Health administration & the services provided to community?
- Q4:- Write a Note on public private partnership.
- Q5:- Write a Note on Health insurance facilities available in India.
- Q6:- Describe primary Health care at the subcenter level & primary Health centre (PHC) level.
- Q7:- Indigenous System of Medicine?
- Q8:- Describe level of Preventive services?
- Q9:- Services provided by Community Health Nurses.

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