

CHAPTER - 3

Mental illness

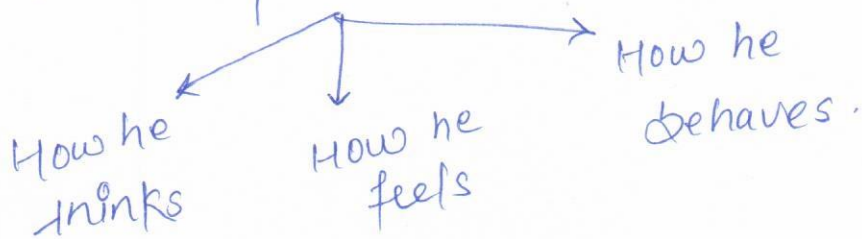
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ANM 1ST YEAR

HEALTH PROMOTION

Mental illness means disturb the mental functions due to various cause.

Symptom of mental illness of a person can be observed in three aspects.



Changing in thinking.

Changing in feelings.

Changes in behaviour.

- Start drinking.
- Tries to commit suicide.

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Types of Mental illness

Major disorders

Minor disorders.

Major Disorder

- Schizophrenia
- Manic depressive psychosis.
- Paranoid.

Minor Disorders

- Neurosis or psychoneurosis.
- Personality disorder.
- Psychoneurosis.
- Depression.

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ICD classification of Mental Disorder.

- F₀ - Organic mental disorder
- F₁ - Substance abuse.
- F₂ - Schizophrenia.

F₃ - Mood disorder

F₄ - Neurotic stress disorder.

F₅ - Behavioural disorder

F₆ - Disorder of personality.

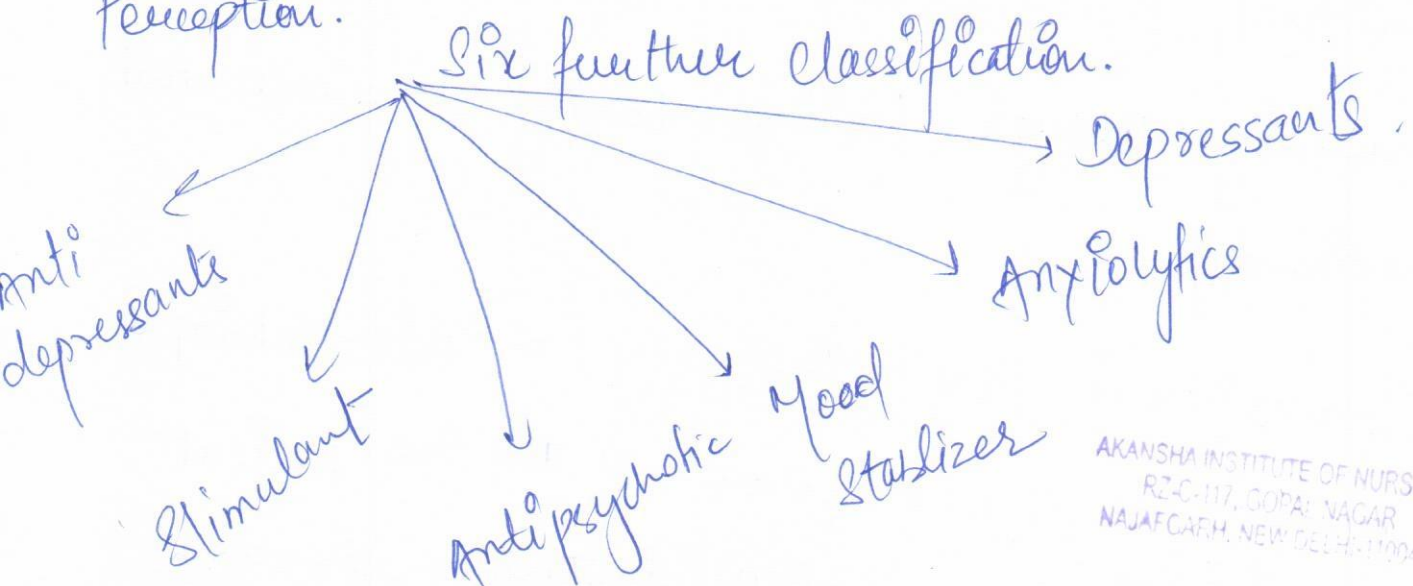
F₇ - Mental Retardation

F₈ - Disorder of psychological development.

F₉ - Emotional disorder.

Types of Treatment

Psychoactive Drugs :- These drugs act on central nervous system. They alter brain function, changes in perception.



Antidepressants :- use to treat clinical depression, anxiety, eating disorder.

Stimulants :- used to treat attention deficit disorder, narcolepsy and suppress the appetite.

Antipsychotic :- To treat psychosis, mania, schizophrenia.

Mood stabilizer :- used to treat bipolar disorder, schizoaffective disorder.

Anxiolytic :- used to treat anxiety disorder.

Depressants used as hypnotics, sedatives, anesthesia.

Individual Psychotherapy :- It is the process of examining through feelings, bodily experience and relationship.

Psychoanalytic Psychotherapy :- This technique encourage the verbalization of all the patient thoughts, free association, fantasies, dream.

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which the analyst formulate the nature of
unconscious conflict causing patient symptom.

Cognitive Behaviour Therapy :- The Therapist
work with the patient to identify the thoughts
that are causing distress.

Supportive Psychotherapy :- Individual patient is
conducted according to psychoanalytic understanding
principle by a trained therapist.

Family Therapy :- Therapy given to the whole
family of client.

Group Therapy :- Group therapy is given to a
group which have similar conditions.

Behaviour Therapy :- Based on the assumption
that emotional problems are learned response

to the environment.

Light Therapy :- It is the therapeutic application of light device to treat illness.

Recreational Therapy :- It is in a form of activity individual enjoy pleasureably the leisure time.

Recreational Therapy :-> To relax the patient
Relaxation Therapy by yoga, meditation, bio feedback.

Occupational Therapy :-> It uses meaningful and purposeful Occupation to promote health and well being.

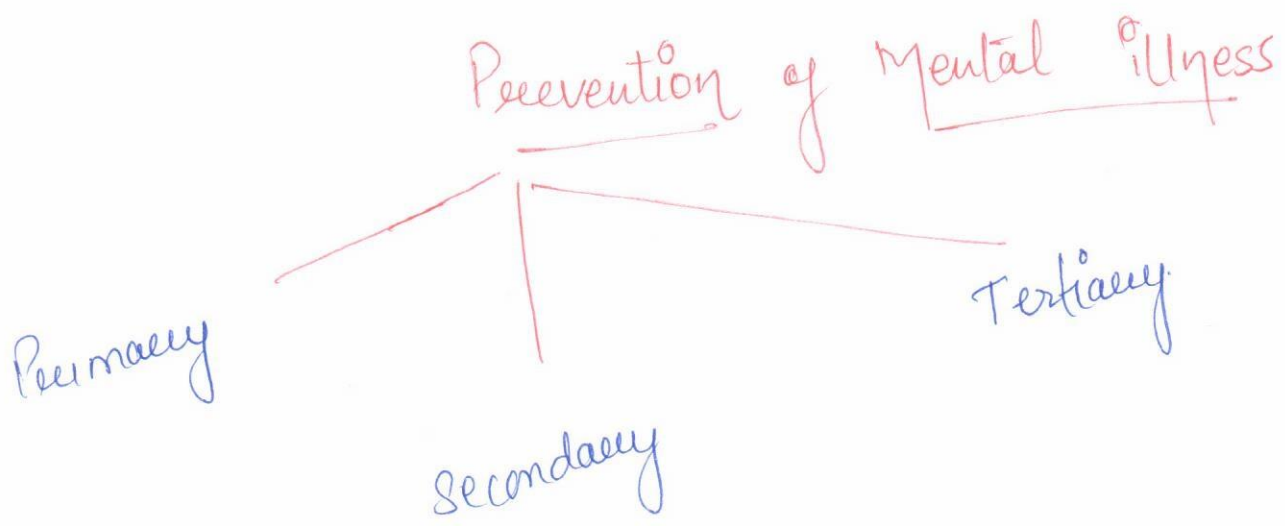
ECT -> Electro Convulsive Therapy. artificial induction of grand mal seizure.

Insulin shock Therapy :-> Involve the use of insulin to induce hypoglycemia in a patient.

Early Detection and Referral of Mentally ill :->

Warning sign of mental illness (Early Detection)

- Marked personality changes.
- Inability to cope with problems.
- Strange idea or delusion.
- Excessive anxiety.
- Prolong feeling of sadness.
- Changes in eating and sleeping pattern.
- Talking about suicide.
- Abuse drugs
- Excessive anger
- Violent behaviour
- Irrational fears.



Role of Nurse in Primary Prevention :->

- Educating the family & community regarding good Antenatal care.
- Identify high risk mothers.
- Encourage mother and couple to go for Antenatal visit and institutional delivery.
- Educate the parents regarding growth & development.
- Monitor milestones in infants.
- Educate about healthy nutrition.
- Harmonious relationships with family member.

Role in Secondary Prevention :-

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- Encourage community leaders for active participation.
- Train and educate community leader.
- Identify high risk cases in community.
- Coordinating the care of patients.
- Guiding teachers for early symptoms of abnormal behaviour in children.
- Carry out school health checkups to identify the abnormality.

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Role in Tertiary prevention

- Restoring the mental health of the discharge client
- Educating family member regarding health care needs
 - Assisting in referral services.
 - Educate family member regarding Pt. care.

- Assist client for rehabilitation.
- Visiting patients in their home to monitor progress.

Home Care And

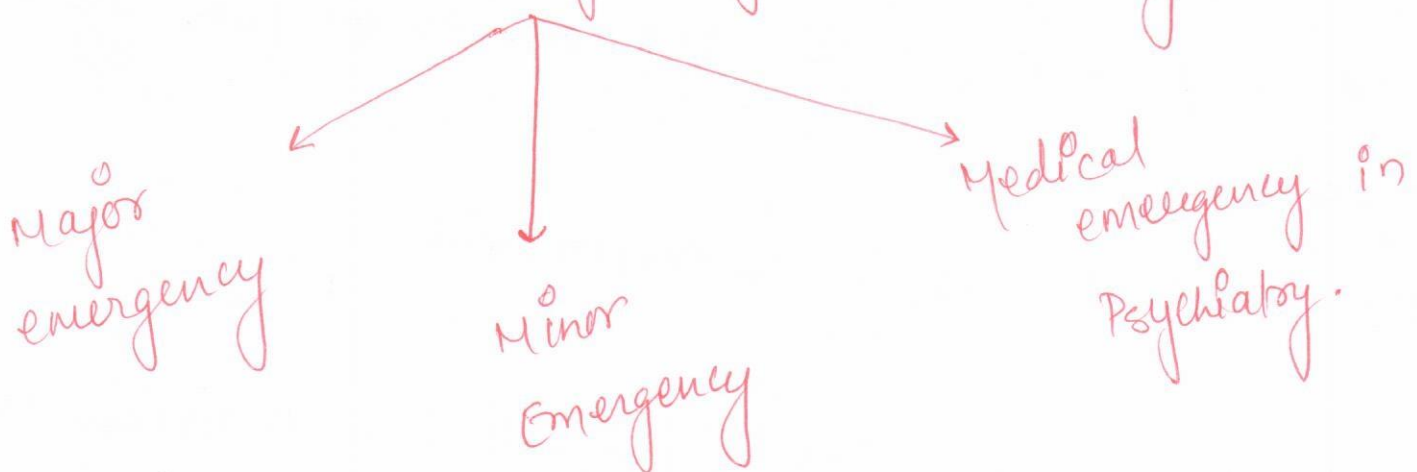
Counselling

- Accept the patient as he/she. non-judgemental and non-punitive.
- Study the client behaviour.
- Identify the likes and dislikes of the client.
- Spent time with client.
- Encourage client to express the feeling.
- Be honest and sincere with the client.
- Avoid probing into sensitive matter.
- Show concern and true interest towards client care.

Referring Psychiatric Emergencies

A psychiatric emergency is an acute disturbance of behaviour, thought or mood of a patient which if untreated may lead to harm either to the individual or to others in the environment.

Classification of Psychiatric Emergencies



Major Emergency :-

- Suicidal patients
- Agitated and violent patients.

Minor Emergency :-

- Grief reactions.
- Rape
- Disaster
- Panic attack.

Medical Emergency in Psychiatry.

- Delirium due to threatening conditions.
- Neuroleptic malignant syndrome.
- Serotonin syndrome.
- Overdosage of common psychiatry medications.

Suicidal patients :- mostly people attempting suicide in the age of 15-30 yrs. 56% of people escape from unbearable situation.

13% wants to change in environment.

Agitation and violent patients :-> A threat to assault should always be taken seriously.

Grief Reaction :- It is the painful psychological and physiological response of loss.

Disaster :- It is an unplanned and accidental adventitious crisis resulting in traumatic experience such as :-

Natural Disaster :- flood, fire, earthquake etc.

National disaster :- war, riots etc.

Crime of violence :- child abuse, rape, assault etc.

Panic Attack :- Panic (Acute anxiety) can occur as a part of psychotic or neurotic illness.

Panic disorder is characterised by spontaneous and unexpected occurrence of panic attacks.

Substance Intoxication and Withdrawal :- →

Alcohol, cocaine, phencyclidine are the substances that most commonly lead to violent behaviour.

