Care of the Mentally Ill

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Sheila Collins, OBE, BA(Hons), RGN, RSCN, RNT, FRCN is an Associate Lecturer to the postgraduate certificate course in the education of adults at the University of Surrey, Guildford. She was formerly the Director of Nursing Education at The Princess Alexandra School of Nursing, The London Hospital, a member of the Committee on Nursing (1970–72) under the Chairmanship of Professor (now Lord) Asa Briggs, and a member of the Advisory Committee on Training in Nursing of the European Commission. She was a member of the English National Board and a member of the United Kingdom Central Council for Nursing, Midwifery and Health Visiting from 1979 to 1983. She has travelled widely in Europe, Australia, New Zealand, the USA, Canada, not only to study and to lecture, but also to represent the Royal College of Nursing (of which she was twice Deputy President) and to assist in the work of the International Council of Nurses.

Series Editors

Patricia Hunt, RGN, RSCN, SCM, RNT, Dip Adv Ed is Director of Nurse Education at West Berkshire School of Nursing and was previously Senior Tutor at Bristol and Weston School of Nursing. She is an external examiner for London University, the Diploma in Nursing and member of the Course Planning Team for the CNNA Diploma/Degree in Nursing at Buckinghamshire College of Higher Education. She is a member of Advisory Committees at Buckinghamshire College of Higher Education and Bracknell College of Further Education. She is involved in the early stages of establishing links between West Berkshire School of Nursing and Bulmershe College of Higher Education, Reading. Other interests include membership of the distance learning Open Tec Steering Committee for Continuing Nurse Education with Barnet and Manchester Colleges with the Manpower Services Commission.

Bernice Sendell, BA(Hons), RGN, SCM, RNT is Assistant Director of Nurse Education at the Bristol and Weston School of Nursing. She is a member of the course liaison/management groups for the BA(Hons) Degree in Nursing and for the Diploma in Nursing, and is a member of the Advisory Committee for the Cert Ed (FE), all at Bristol Polytechnic. Other interests include membership of the Editorial Advisory Group for a professional journal and steering committee membership for two distance learning projects (at the Distance Learning Centre, South Bank Polytechnic, and the Continuing Nurse Education Open Tec at Barnet and Manchester Colleges with the Manpower Services Commission).

Gill Garrett, BA, RGN, RCNT, Dip N (Lond), Cert Ed (FE), RNT, FP Cert was previously Nurse Tutor at the Bristol and Weston School of Nursing. She is a freelance writer and lecturer in health and community studies, and a Member of the RCN Working Party Improving Care of the Elderly in Hospital.

Helen Lewer, BSc(Hons), RGN, RSCN, RNT is a Tutor at the Nightingale School of Nursing, St Thomas's Hospital, London. In 1980 she was awarded a scholarship through the Florence Nightingale Memorial Committee to study paediatric nurse training in the USA and Canada.

Hazel Ball, RGN, SCM, MTD is Director of Nursing Services, Midwifery and Paediatrics, Nottingham Health Authority (Teaching), and was previously Divisional Nursing Officer (Midwifery and Gynaecology) in central Derbyshire. She is a member of the Association of Supervisors of Midwives and was a member of the General Nursing Council.

Alan Parrish, RGN, RNMH is past Director of Nursing Services at St Lawrence's Hospital, Caterham, Surrey. He is now Nurse Adviser to the Society of Mental Handicap Nursing at the Royal College of Nursing for the United Kingdom.

Consultants and Advisers

Anne Betts, BSc(Hons), RGN, RNT is a course tutor and Lecturer in Biological Sciences at the Institute of Advanced Nursing Education, The Royal College of Nursing. She is an Editorial Board member of *Good Health*.

Marigold Potter, BA, RGN, Dip N, Dip N Ed, RNT is a specialist tutor for care of the elderly at The Princess Alexandra School of Nursing at The London Hospital, London.

June Jolly, RGN, RSCN is Nurse Adviser with the Lisa Sainsbury Foundation. She is an Honorary member of NAWCH (The National Association for the Welfare of Children in Hospital) and author of *The Other Side of Paediatrics—The Everyday Care of Sick Children*, published by Macmillan in 1981.

Ann Stewart, BA, RGN, SCM, MCD was, until June 1983, Educational Supervisor at the Central Midwives Board, and is a Member of the Council of the Royal College of Midwives. She is now Professional Officer for Midwifery Education Training and Practice at The English National Board for Nursing, Midwifery and Health Visiting.

Janet Nevitt, RSCN, RGN, RCNT, RNT was, until June 1986, a Tutor at The Princess Alexandra School of Nursing at The London Hospital.

Geoff Bourne, RMN, RGN, RNT is an Education Officer at The English National Board for Nursing, Midwifery and Health Visiting and was previously Senior Tutor at The Princess Alexandra School of Nursing, at The London Hospital.

Care of the Mentally III

Peggy Martin

SECOND EDITION

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For my mother

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Foreword to the series

This series of textbooks offers a fresh approach to the study of nursing. The aim is to give those beginning a career in nursing, and those already qualified, opportunities for reflection in order to broaden their approach to nursing education and to identify their own nursing values. The text includes material currently required by those preparing for qualification as a nurse and offers a basis for developing knowledge by individual studies. It should also assist qualified nurses returning to nursing and those wishing to gain further insight into the nursing curriculum.

The authors of each book in the series are from widely differing nursing backgrounds, and, as experienced teachers of nursing or midwifery, they are well aware of the difficulties faced by nursing students searching for meaning from a mass of factual information. The nurse has to practise in the real world, and in reality nursing students need to learn to practise with confidence and understanding. The authors have therefore collaborated to illustrate this new perspective by making full use of individual nursing care plans to present the knowledge required by the nursing student in the most appropriate and relevant way. These textbooks can therefore be used in a wide variety of nursing programmes.

The practice of nursing—as a profession and as a career—and the education of the nurse to fulfil her role are both affected by national and international trends. The Nurses, Midwives and Health Visitors Act 1979 in the United Kingdom, the Treaty of Rome and the European Community Nursing Directives 1977, as well as the deliberations and publications of the International Council of Nurses and the World Health Organization, all make an impact upon the preparation and the practice of the nurse throughout the world.

Nursing values may not have changed over the past hundred years, but society and both the patterns of life and care have changed, and are constantly changing. It is particularly important, therefore, to restate the essentials of nursing in the light of current practice and future trends.

Throughout this series the focus is on nursing and on the individual—the person requiring care and the person giving care—and emphasises the need for continuity between home and hospital care. *Neighbourhood Nursing—A Focus for Care*—the Report of the Community Nursing Review under the chairmanship of Julia Cumberlege (HMSO, 1986) has drawn attention to this need. The developing role of the nurse in primary care and in health education is reflected throughout this series. The authors place their emphasis on the whole person, and nursing care studies and care plans are used to promote understanding of the clinical, social, psychological and spiritual aspects of care for the individual.

Each book introduces the various aspects of the curriculum for general nursing: the special needs of (1) those requiring acute care; (2) the elderly; (3) children; (4) the mentally ill; and (5) the mentally handicapped. The latter is a new text in *The Essentials of Nursing Series*, edited by a well-known and respected nurse for the mentally handicapped and with contributors experienced in differing aspects of caring for people with mental handicap. The text on maternity and neonatal care, written by a midwifery teacher, provides the material for nursing students and would be helpful to those undertaking preparation for further health-visiting education.

The authors wish to acknowledge their gratitude for the assistance they have received from members of the Editorial Board, and from all those who have contributed to their work—patients and their relatives, students, qualified nurses and colleagues too numerous to mention by name. To all those nurse teachers who have read some of the texts, offering constructive criticism and comment from their special knowledge, we offer our grateful thanks. Lastly, we thank Elizabeth Horne, for her contribution to the physiology material in the text, and Mary Waltham for her help with this second edition.

Preface

This book is written primarily for the general nursing student who is undertaking psychiatric nursing experience. The aim of the book is to introduce the learner to his or her role in caring for patients using individual patients problems and different approaches to nursing intervention within the psychiatric care setting. The second edition of *Care of the Mentally Ill* introduces the nursing student to the use of nursing models; two models are discussed in the Introduction and the practical application of these models is illustrated in Chapter 1 entitled Nursing the Patient who is Anxious. Readers may decide for themselves which model they would prefer to use. The choice of a model for nursing practice will depend on the appropriateness for the individual patient, the care setting, as well as the nurse's knowledge, familiarity and confidence in using a particular model.

Each chapter begins with an introduction to an emotional or behavioural problem; this is followed by a patient profile and a problem-orientated approach to care.

This textbook provides a basic foundation on which the nursing student can build and extend his or her knowledge. This series of books has been designed in such a way that the learner can add notes from observations, lectures and further study. A list of further reading is included at the end of each chapter.

1987

P.M.

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A note on the series style

Throughout this book, in keeping with the other titles in this series, the term *nursing student* has been used to mean *both* student or pupil nurses *and* trained nurses who are undertaking post-basic training or who are keeping up to date with the recent literature. For clarity and consistency throughout the series the nurse is described as *she*; this is done without prejudice to men who are nurses or nursing students. Similarly, the patient is sometimes referred to as *he*, when the gender is not specifically mentioned.

Care plans, which are used throughout the books in this series, are indicated by a coloured corner flash to distinguish them from the rest of the text.