Chapter 34
Care of the Patient with a Psychiatric Disorder

Care of the Patient with a Psychiatric Disorder

- Nurses who care for patients with psychiatric disorders
  - Have basic understanding of the classifications of human responses and treatments for mental illness
  - Able to interact therapeutically with both the physical and emotional aspects of patient care

Care of the Patient with a Psychiatric Disorder (Cont.)

- Neurosis
  - Ineffective coping with stress that causes mild interpersonal disorganization
  - Remains oriented to reality, but may have some degree of distortion of reality manifested by a strong emotional response to the trigger event

- Psychosis
  - Out of touch with reality and severe personality deterioration, impaired perception and judgment, hallucinations, and delusions
Organic Mental Disorders

- **Delirium**
  - A rapid change in consciousness that occurs over a short time
  - Causes
  - Symptoms
  - Treatment

Organic Mental Disorders (Cont.)

- **Dementia**
  - A slow and progressive loss of brain function that is often irreversible
  - Causes
  - Symptoms
  - Treatment

Organic Mental Disorders (Cont.)

- **Dementia and delirium**
  - Nursing interventions
    - Reality orientation techniques
    - Decreased sensory stimuli
    - Provide for safety
    - Adequate nutrition
    - Self-care support
Thought Process Disorders

- Schizophrenia
  - Bizarre, non-reality-based thinking
  - Causes
  - Symptoms
  - Five subtypes
  - Treatment

Major Mood Disorders: Depression and Bipolar Disorder

- Mood disorders
  - Also known as affective disorders
  - Psychotic disorders characterized by
    - Severe and inappropriate emotional responses
    - Prolonged and persistent disturbances of mood and related thought distortions
    - Other symptoms associated with either depressed or manic states

Major Mood Disorders: Depression and Bipolar Disorder (Cont.)

- Mood disorders
  - Cause
    - Hereditary factors
    - Biologic
  - Symptoms: depression
    - Mood disturbance characterized by exaggerated feelings of sadness, despair, lowered self-esteem, loss of interest, and pessimistic thoughts
    - Unipolar
    - Dysthymic disorder
Major Mood Disorders: Depression and Bipolar Disorder (Cont.)

- Mood disorders
  - Mania
    - Persistent abnormal overactivity and a euphoric state
    - Hypomanic
    - Bipolar
    - Cyclothymic

- Treatment
  - Antidepressants
  - Lithium
  - Electroconvulsive therapy (ECT)
  - Psychotherapy

Anxiety Disorders

- Anxiety is a normal response to stress or a threat
- State of feeling of apprehension, uneasiness, agitation, uncertainty, and fear resulting from the anticipation of some threat or danger
- Signal anxiety: A learned response to an event such as test-taking
- Free-floating anxiety: Feelings of dread that cannot be identified
- Anxiety trait: A learned aspect of personality; anxious reactions to relatively nonstressful events
Anxiety Disorders (Cont.)
- Generalized anxiety disorders characterized by a high degree of anxiety and/or avoidance behavior
  - Panic
  - Agoraphobia
  - Obsessive-compulsive disorder
  - Posttraumatic stress disorder (PTSD)

Treatment
- Panic disorders
  - Educate on the nature of the disorder
  - Assist to develop better coping mechanisms
  - Block attacks pharmaceutically
- Posttraumatic stress disorder
  - Antidepressant or antiepileptic medications
  - Cognitive therapy or behavioral therapy
  - Debriefing right after the event

Personality Disorders
- Inflexible and maladaptive patterns of behavior or thinking that are associated with significant impairment of functioning
- Characterized by
  - Lack of insight, concrete thinking, poor attention, unable to understand consequences of behavior
  - Distorted self-perception, either hatred or idealizing of self
  - Impaired relationship, projects own feelings onto others, poor impulse control
  - Inflexible behavioral response patterns; cannot handle change
Personality Disorders (Cont.)

- Abusive personality
- Dependent personality
- Paranoid personality
- Borderline personality
- Antisocial personality

Sexual Disorders

- "Normal" sexual behavior is difficult to define because of cultural influences, religious institutions, and a society's laws
  - Adaptive sexual behaviors
  - Maladaptive sexual behaviors

Sexual Disorders (Cont.)

- Sexual dysfunction
  - A disturbance during sexual response
  - May be psychological or physiologic
    - Dyspareunia
    - Painful intercourse
    - Hypoactive sexual desire
    - Premature ejaculation
Sexual Disorders (Cont.)

- Paraphilias
  - A group of sexually gratifying activities that are not common to the general public, some of which are illegal in some countries, including the United States
  - Pedophilia
  - Exhibitionism (flashing)
  - Voyeurism
  - Frotteurism
  - Transvestic fetishism
  - Sexual sadism
  - Masochism

Sexual Disorders (Cont.)

- Gender identity disorder
- Therapeutic interventions

Psychophysiologic Disorders

- Psychosomatic illness
- Somatization
Eating Disorders

- Anorexia nervosa
- Bulimia nervosa

Overview of Treatment Methods

- Communication and therapeutic relationship
- Electroconvulsive therapy (ECT)

Psychopharmacology

- Antidepressants
- Antimanics
- Antipsychotics
- Antianxiety
Alternative Therapies

- Use of natural or herbal medications has gained tremendous popularity
- Do not fall under the regulation of the U.S. Food and Drug Administration
  - Quality and potency vary from manufacturer to manufacturer
  - Claims and clinical studies are not always consistent
- Nurse should ask about the use of herbs when obtaining drug history

Alternative Therapies (Cont.)

- Examples
  - St. John’s wort (*Hypericum*)
    - Used for mild depression
  - Kava (*Piper methysticum*)
    - Used in treating anxiety and insomnia
  - Ginkgo and ginseng
    - Used to improve memory and boost energy
  - Aromatherapy
    - Used to enhance or potentiate another remedy

Question 1

_________ is a term describing ineffective coping with stress that causes mild interpersonal disorganization.

1. Anxiety
2. Delirium
3. Dementia
4. Neurosis
Question 2

Which stage of schizophrenia usually begins in adolescence with lack of energy or motivation and withdrawal?

1. Prodromal phase
2. Prepsychotic phase
3. Acute phase
4. Residual phase

Question 3

Which psychological technique focuses on breaking negative thought patterns and developing positive feelings about memories or thoughts?

1. Behavior therapy
2. Cognitive therapy
3. Group therapy
4. Play therapy

Question 4

Which is not a warning sign of suicide?

1. Drug or alcohol abuse
2. Giving away prized possessions
3. Spending increased time with family and friends
4. Signs of depression
Question 5

__________ are thoughts that are recurrent, intrusive, and senseless.
1. Obsessions
2. Compulsions
3. Phobias
4. Paraphilias