

Mental Health

- a Foundation Skill for all Nurses

Where?

- ED
- Medical wards
- Surgical Wards
- OP
- Teaching

Why?

- Psychiatric Illness
- Illicit Drugs
- Prescribed Medications
- Suicide attempts – depression/personality issues
- Delirium
- Stressful events – PTSD, illness discussions
- Illness issues – pain, chronicity

How?

- Brain issues
 - Overdose
 - O2 deficiency
 - Steroids & other medications
- Mind
 - Psychosis
 - Depressive Illness
 - Panic & anxiety disorders - PTSD
 - Personality issues
 - Borderline/ Obsessional etc
 - Abuse issues

When?

- ALWAYS – keep it in mind
- Potential for intervention
- Anger and depression, suicidal thoughts/risk assessment
- Psychosis
- Chronic Illness
- Chronic Pain
- Post –operative issues
- Teaching

What?

- Safety – both yours and the patient
- Take a history
- Attempt understanding
- Deal with
 - Distress – anxiety/depression
 - Delirium
 - PTSD
 - Rage
 - Psychosis

Look out for:

- Irritation
- Being dismissive
- Over-identification
- Not referring
- Negative attitudes about psychiatric illness

Enjoy:

- The endless fascination with the individual
- The extraordinary variety of human experience