949

FIFTH EDITION

Essentials of Psychiatric Mental Health Nursing

Concepts of Care in Evidence-Based Practice

MARY C. TOWNSEND

BONUS CD-ROM INSIDE

DavisPlus
DavisPlus.fadavis.com

616.89
T79

Essentials of Psychiatric Mental Health Nursing

CONCEPTS OF CARE IN EVIDENCE-BASED PRACTICE

FIFTH EDITION

MARY C. TOWNSEND, DSN, PMHCNS-BC

Clinical Specialist/Nurse Consultant
Adult Psychiatric Mental Health Nursing

Former Assistant Professor and
Coordinator, Mental Health Nursing
Kramer School of Nursing
Oklahoma City University
Oklahoma City, Oklahoma

757973 sl.3

Univer... de Stat
Medicină și Farmacie
«Nicolae Testemițanu»
Bibliotecă Științifică Medicală

F.A. Davis Company • Philadelphia

CONTENTS

UNIT ONE

INTRODUCTION TO PSYCHIATRIC/ MENTAL HEALTH CONCEPTS

Chapter 1: **Mental Health and Mental Illness** 3

Introduction 4
Mental Health 4
Mental Illness 5
Physical and Psychological Responses to Stress 6
Physical Responses 6
Psychological Responses 7
The *DSM-IV-TR* Multiaxial Evaluation System 12
Summary and Key Points 12

Chapter 2: **Concepts of Personality Development** 16

Introduction 17
Psychoanalytic Theory 17
Structure of the Personality 18
Topography of the Mind 18
Dynamics of the Personality 19
Freud's Stages of Personality Development 19
Relevance of Psychoanalytic Theory to Nursing Practice 20
Interpersonal Theory 20
Sullivan's Stages of Personality Development 21
Relevance of Interpersonal Theory to Nursing Practice 22
Theory of Psychosocial Development 22
Erikson's Stages of Personality Development 22
Relevance of Psychosocial Development Theory to Nursing Practice 25
Theory of Object Relations 25
Phase I: The Autistic Phase (Birth to 1 Month) 25
Phase II: The Symbiotic Phase (1 to 5 Months) 25
Phase III: Separation-Individuation (5 to 36 Months) 25
Relevance of Object Relations Theory to Nursing Practice 26
A Nursing Model—Hildegard E. Peplau 26
Peplau's Stages of Personality Development 27
Relevance of Peplau's Model to Nursing Practice 29
Summary and Key Points 30

Chapter 3: **Biological Implications** 33

Introduction 34
Neurophysiological Influences 34
The Nervous System 34
The Neuroendocrine System 43
Implications for Psychiatric Illness 45
Schizophrenia 46
Mood Disorders 46
Anxiety Disorders 47
Anorexia Nervosa 47
Alzheimer's Disease 47
Diagnostic Procedures Used to Detect Altered Brain Function 48
Electroencephalography 48
Computerized EEG Mapping 48
Computed Tomographic Scan 49
Magnetic Resonance Imaging 49
Positron Emission Tomography 49
Single Photon Emission Computed Tomography 49
Psychopharmacology 49
Historical Perspectives 50
Role of the Nurse 50
How Do Psychotropics Work? 51
Implications for Nursing 53
Summary and Key Points 55

Chapter 4: **Ethical and Legal Issues** 58

Introduction 59
Ethical Considerations 60
Theoretical Perspectives 60
Ethical Dilemmas 61
Ethical Principles 61

757973
Universitatea de Medicină și Farmacie «Nicolae Testemițanu»
Bibliotec Științifică Medicală

A Model for Making Ethical Decisions 62
Ethical Issues in Psychiatric/Mental Health Nursing 63
Legal Considerations 64
Nurse Practice Acts 64
Types of Law 65
Classifications Within Statutory and Common Law 65
Legal Issues in Psychiatric/Mental Health Nursing 65
Commitment Issues 69
Nursing Liability 70
Summary and Key Points 72

Chapter 5: Cultural and Spiritual Concepts Relevant to Psychiatric/Mental Health Nursing 76

Cultural Concepts 77
How Do Cultures Differ? 78
Communication 78
Space 78
Social Organization 79
Time 79
Environmental Control 79
Biological Variations 79
Application of the Nursing Process 79
Background Assessment Data 79
Culture-Bound Syndromes 87
Diagnosis/Outcome Identification 87
Planning/Implementation 91
Evaluation 92
Spiritual Concepts 92
Spiritual Needs 92
Religion 94
Assessment of Spiritual and Religious Needs 95
Diagnoses/Outcome Identification/Evaluation 95
Planning/Implementation 95
Evaluation 97
Summary and Key Points 97

UNIT TWO
PSYCHIATRIC/MENTAL HEALTH NURSING INTERVENTIONS

Chapter 6: Relationship Development and Therapeutic Communication 107

Introduction 108
The Therapeutic Nurse-Client Relationship 108
Therapeutic Use of Self 109
Conditions Essential to Development of a Therapeutic Relationship 109
Rapport 109
Trust 109
Respect 110
Genuineness 110
Empathy 111
Phases of a Therapeutic Nurse-Client Relationship 111
The Preinteraction Phase 112
The Orientation (Introductory) Phase 112
The Working Phase 112
The Termination Phase 113
Boundaries in the Nurse-Client Relationship 114
Interpersonal Communication 115
The Impact of Preexisting Conditions 115
Nonverbal Communication 117
Therapeutic Communication Techniques 119
Nontherapeutic Communication Techniques 119
Process Recordings 119
Active Listening 123
Feedback 124
Summary and Key Points 125

Chapter 7: The Nursing Process in Psychiatric/Mental Health Nursing 129

Introduction 130
The Nursing Process 130
Definition 130
Standards of Practice 130
Why Nursing Diagnosis? 142
Nursing Case Management 143
Critical Pathways of Care 144
Applying the Nursing Process in the Psychiatric Setting 146
Concept Mapping 147
Documentation of the Nursing Process 149
Problem-Oriented Recording 149
Focus Charting 150
The PIE Method 151
Electronic Documentation 152
Summary and Key Points 152

Chapter 8: Milieu Therapy—The Therapeutic Community 157

Introduction 158
Milieu, Defined 158
Current Status of the Therapeutic Community 158

Basic Assumptions 158
Conditions That Promote a Therapeutic Community 159
The Program of Therapeutic Community 160
The Role of the Nurse 162
Summary and Key Points 163

Chapter 9: Intervention in Groups 167

Introduction 168
Functions of a Group 168
Types of Groups 168
Task Groups 168
Teaching Groups 168
Supportive/Therapeutic Groups 169
Self-Help Groups 169
Physical Conditions That Influence Group Dynamics 169
Seating 169
Size 169
Membership 170
Curative Factors 170
Phases of Group Development 170
Phase I. Initial or Orientation Phase 171
Phase II. Middle or Working Phase 171
Phase III. Final or Termination Phase 171
Leadership Styles 172
Autocratic 172
Democratic 172
Laissez-Faire 172
Member Roles 172
Psychodrama 173
The Family as a Group 174
The Role of the Nurse in Group Interventions 174
Summary and Key Points 175

Chapter 10: Intervening in Crises 180

Introduction 181
Characteristics of a Crisis 181
Phases in the Development of a Crisis 181
Types of Crises 182
Class 1: Dispositional Crises 182
Class 2: Crises of Anticipated Life Transitions 183
Class 3: Crises Resulting From Traumatic Stress 183
Class 4: Maturational/Developmental Crises 183
Class 5: Crises Reflecting Psychopathology 183
Class 6: Psychiatric Emergencies 184
Crisis Intervention 184
Phases of Crisis Intervention: The Role of the Nurse 185
Phase 1. Assessment 185
Phase 2. Planning of Therapeutic Intervention 185
Phase 3. Intervention 185
Phase 4. Evaluation of Crisis Resolution and Anticipatory Planning 186
Crisis on the Inpatient Unit: Anger/Aggression Management 187
Assessment 187
Diagnosis/Outcome Identification 188
Planning/Implementation 188
Evaluation 188
Disaster Nursing 188
Application of the Nursing Process to Disaster Nursing 192
Background Assessment Data 192
Nursing Diagnoses/Outcome Identification 193
Planning/Implementation 193
Evaluation 193
Summary and Key Points 193

Chapter 11: Complementary and Psychosocial Therapies 204

Complementary Therapies 205
Commonalities and Contrasts 209
Types of Complementary Therapies 209
Herbal Medicine 209
Acupressure and Acupuncture 212
Diet and Nutrition 212
Chiropractic Medicine 218
Therapeutic Touch and Massage 218
Yoga 219
Pet Therapy 219
Psychosocial Therapies 220
Individual Psychotherapies 220
Relaxation Therapy 222
Assertiveness Training 223
Cognitive Therapy 224
Summary and Key Points 225

UNIT THREE
CARE OF CLIENTS WITH PSYCHIATRIC DISORDERS

Chapter 12: Delirium, Dementia, and Amnestic Disorders 233

Introduction 234

Delirium 234
Clinical Findings and Course 234
Etiological Implications 235
Dementia 235
Clinical Findings, Epidemiology, and Course 235
Etiological Implications 237
Amnestic Disorders 242
Etiological Implications 243
Application of the Nursing Process 244
Assessment 244
Nursing Diagnosis/Outcome Identification 248
Planning/Implementation 248
Concept Care Mapping 248
Client/Family Education 248
Evaluation 248
Medical Treatment Modalities 252
Delirium 252
Dementia 254
Summary and Key Points 257

Chapter 13: Substance-Related Disorders 266

Introduction 267
Substance-Use Disorders 267
Substance Abuse 267
Substance Dependence 268
Substance-Induced Disorders 269
Substance Intoxication 269
Substance Withdrawal 269
Classes of Psychoactive Substances 269
Etiological Implications 269
Biological Factors 269
Psychological Factors 270
Sociocultural Factors 270
The Dynamics of Substance-Related Disorders 271
Alcohol Abuse and Dependence 271
Alcohol Intoxication 275
Alcohol Withdrawal 276
Sedative, Hypnotic, or Anxiolytic Abuse and Dependence 276
Sedative, Hypnotic, or Anxiolytic Intoxication 278
Sedative, Hypnotic, or Anxiolytic Withdrawal 279
CNS Stimulant Abuse and Dependence 279
CNS Stimulant Intoxication 282
CNS Stimulant Withdrawal 282
Inhalant Abuse and Dependence 283
Inhalant Intoxication 283
Opioid Abuse and Dependence 284
Opioid Intoxication 286
Opioid Withdrawal 286
Hallucinogen Abuse and Dependence 286
Hallucinogen Intoxication 288
Cannabis Abuse and Dependence 288
Cannabis Intoxication 291
Application of the Nursing Process 291
Assessment 291
Diagnosis/Outcome Identification 298
Planning/Implementation 298
Evaluation 303
Treatment Modalities for Substance-Related Disorders 304
Alcoholics Anonymous 304
Pharmacotherapy 304
Counseling 306
Group Therapy 307
Psychopharmacology for Substance Intoxication and Substance Withdrawal 307
Summary and Key Points 308

Chapter 14: Schizophrenia and Other Psychotic Disorders 316

Introduction 317
Nature of the Disorder 318
Phase I. The Premorbid Phase 318
Phase II. The Prodromal Phase 318
Phase III. Schizophrenia 319
Phase IV. Residual Phase 319
Prognosis 319
Etiological Implications 319
Biological Influences 320
Psychological Influences 322
Environmental Influences 323
Theoretical Integration 323
Types of Schizophrenia and Other Psychotic Disorders 323
Disorganized Schizophrenia 323
Catatonic Schizophrenia 323
Paranoid Schizophrenia 324
Undifferentiated Schizophrenia 324
Residual Schizophrenia 324
Schizoaffective Disorder 324
Brief Psychotic Disorder 324
Schizophreniform Disorder 324
Delusional Disorder 325
Shared Psychotic Disorder 325
Psychotic Disorder Due to a General Medical Condition 325
Substance-Induced Psychotic Disorder 325

Application of the Nursing Process 326
Background Assessment Data 326
Diagnosis/Outcome Identification 330
Planning/Implementation 331
Evaluation 338
Treatment Modalities for Schizophrenia and Other Psychotic Disorders 338
Psychological Treatments 338
Social Treatment 340
Organic Treatment 341
Summary and Key Points 350

Chapter 15: Mood Disorders—Depression 356

Introduction 357
Historical Perspective 357
Epidemiology 358
Age and Gender 358
Social Class 358
Race and Culture 358
Marital Status 359
Seasonality 359
Types of Depressive Disorders 359
Major Depressive Disorder 359
Dysthymic Disorder 359
Premenstrual Dysphoric Disorder 361
Other Depressive Disorders 361
Etiological Implications 362
Biological Theories 362
Psychosocial Theories 365
Developmental Implications 366
Childhood 366
Adolescence 366
Senescence 367
Postpartum Depression 368
Application of the Nursing Process 369
Background Assessment Data 369
Diagnosis/Outcome Identification 370
Planning/Implementation 370
Evaluation of Care for the Depressed Client 376
Treatment Modalities for Depression 378
Individual Psychotherapy 378
Group Therapy 379
Family Therapy 379
Cognitive Therapy 379
Electroconvulsive Therapy 380
Transcranial Magnetic Stimulation 381
Light Therapy 381
Psychopharmacology 382
The Suicidal Client 388
Epidemiological Factors 388
Application of the Nursing Process With the Suicidal Client 388
Assessment 388
Diagnosis/Outcome Identification 390
Planning/Implementation 391
Evaluation 393
Summary and Key Points 395

Chapter 16: Mood Disorders—Bipolar Disorder 403

Introduction 404
Historical Perspective 404
Epidemiology 404
Types of Bipolar Disorders 405
Bipolar I Disorder 405
Bipolar II Disorder 406
Cyclothymic Disorder 406
Other Bipolar Disorders 406
Etiological Implications 406
Biological Theories 407
Psychosocial Theories 408
Developmental Implications 408
Childhood and Adolescence 408
Application of the Nursing Process to Bipolar Disorder (Mania) 409
Background Assessment Data 409
Diagnosis/Outcome Identification 411
Planning/Implementation 411
Evaluation of Care for the Manic Client 411
Treatment Modalities for Bipolar Disorder (Mania) 415
Individual Psychotherapy 415
Group Therapy 415
Family Therapy 417
Cognitive Therapy 417
Electroconvulsive Therapy 418
Psychopharmacology With Mood-Stabilizing Agents 418
Summary and Key Points 429

Chapter 17: Anxiety Disorders 434

Introduction 435
Historical Aspects 435
Epidemiological Statistics 437
How Much Is Too Much? 437
Application of the Nursing Process 437
Panic Disorder 437
Generalized Anxiety Disorder 438
Phobias 443

Obsessive-Compulsive Disorder 449
Post-Traumatic Stress Disorder 454
Anxiety Disorder Due to a General Medical Condition 462
Substance-Induced Anxiety Disorder 462
Treatment Modalities 462
Individual Psychotherapy 462
Cognitive Therapy 462
Behavior Therapy 464
Group/Family Therapy 465
Psychopharmacology 465
Summary and Key Points 469

Chapter 18: Somatoform and Dissociative Disorders 474

Introduction 475
Historical Aspects 475
Epidemiological Statistics 476
Application of the Nursing Process 477
Background Assessment Data: Types of Somatoform Disorders 477
Etiological Implications for Somatoform Disorders 481
Background Assessment Data: Types of Dissociative Disorders 481
Etiological Implications for Dissociative Disorders 484
Diagnosis/Outcome Identification 485
Planning/Implementation 486
Concept Care Mapping 486
Evaluation 495
Treatment Modalities 495
Somatoform Disorders 495
Dissociative Amnesia 498
Dissociative Fugue 498
Dissociative Identity Disorder 499
Depersonalization Disorder 499
Summary and Key Points 501

Chapter 19: Issues Related to Human Sexuality 506

Introduction 507
Development of Human Sexuality 507
Birth Through Age 12 507
Adolescence 508
Adulthood 509
Sexual Disorders 510
Paraphilias 510
Sexual Dysfunctions 513
Application of the Nursing Process to Sexual Disorders 517
Treatment Modalities for Sexual Dysfunctions 524
Variations in Sexual Orientation 526
Homosexuality 526
Transgenderism 528
Bisexuality 529
Sexually Transmitted Diseases 530
Summary and Key Points 533

Chapter 20: Eating Disorders 540

Introduction 541
Epidemiological Factors 541
Application of the Nursing Process 542
Background Assessment Data (Anorexia Nervosa) 542
Background Assessment Data (Bulimia Nervosa) 542
Background Assessment Data (Obesity) 544
Diagnosis/Outcome Identification 547
Planning/Implementation 547
Client/Family Education 552
Evaluation 552
Treatment Modalities 552
Behavior Modification 552
Individual Therapy 555
Family Therapy 555
Psychopharmacology 556
Summary and Key Points 558

Chapter 21: Personality Disorders 564

Introduction 565
Historical Aspects 566
Types of Personality Disorders 567
Paranoid Personality Disorder 567
Schizoid Personality Disorder 568
Schizotypal Personality Disorder 568
Antisocial Personality Disorder 569
Borderline Personality Disorder 569
Histrionic Personality Disorder 569
Narcissistic Personality Disorder 570
Avoidant Personality Disorder 571
Dependent Personality Disorder 571
Obsessive-Compulsive Personality Disorder 572
Passive-Aggressive Personality Disorder 573
Application of the Nursing Process 573
Borderline Personality Disorder (Background Assessment Data) 573
Diagnosis/Outcome Identification 576
Planning/Implementation 577
Evaluation 577
Antisocial Personality Disorder (Background Assessment Data) 581

Diagnosis/Outcome Identification 584
Planning/Implementation 584
Evaluation 588
Treatment Modalities 590
Interpersonal Psychotherapy 590
Psychoanalytical Psychotherapy 590
Milieu or Group Therapy 590
Cognitive/Behavioral Therapy 590
Dialectical Behavior Therapy 590
Psychopharmacology 591
Summary and Key Points 593

UNIT FOUR
PSYCHIATRIC MENTAL HEALTH NURSING OF SPECIAL POPULATIONS

Chapter 22: Children and Adolescents 601

Introduction 602
Mental Retardation 602
Etiological Implications 602
Application of the Nursing Process to Mental Retardation 603
Autistic Disorder 606
Clinical Findings 606
Epidemiology and Course 606
Etiological Implications 607
Application of the Nursing Process to Autistic Disorder 607
Psychopharmacological Intervention for Autistic Disorder 608
Attention Deficit-Hyperactivity Disorder 610
Clinical Findings, Epidemiology, and Course 610
Etiological Implications 611
Application of the Nursing Process to ADHD 613
Psychopharmacological Intervention for ADHD 615
Conduct Disorder 621
Etiological Implications 621
Application of the Nursing Process to Conduct Disorder 622
Oppositional Defiant Disorder 625
Clinical Findings, Epidemiology, and Course 625
Etiological Implications 625
Application of the Nursing Process to ODD 626
Tourette's Disorder 629
Clinical Findings, Epidemiology, and Course 629
Etiological Implications 629
Application of the Nursing Process to Tourette's Disorder 630
Separation Anxiety Disorder 633
Clinical Findings, Epidemiology, and Course 633
Etiological Implications 633
Application of the Nursing Process to Separation Anxiety Disorder 634
General Therapeutic Approaches 637
Behavior Therapy 637
Family Therapy 637
Group Therapy 639
Psychopharmacology 639
Summary and Key Points 639

Chapter 23: Victims of Abuse or Neglect 646

Introduction 647
Etiological Implications 647
Biological Theories 648
Psychological Theories 648
Sociocultural Theories 648
Application of the Nursing Process 650
Background Assessment Data 650
Diagnosis/Outcome Identification 657
Planning/Implementation 657
Evaluation 657
Treatment Modalities 660
Crisis Intervention 660
The Safe House or Shelter 662
Family Therapy 662
Summary and Key Points 663

Chapter 24: The Aging Individual 669

Introduction 670
How Old Is *Old*? 670
Epidemiological Statistics 671
The Population 671
Marital Status 671
Living Arrangements 671
Economic Status 672
Employment 672
Health Status 672
Theories of Aging 672
Biological Theories 672
Psychosocial Theories 673
The Normal Aging Process 674
Biological Aspects of Aging 674
Psychological Aspects of Aging 677
Sociocultural Aspects of Aging 679
Sexual Aspects of Aging 680

Special Concerns of the Elderly Population 681
Retirement 681
Long-Term Care 683
Elder Abuse 684
Suicide 686
Application of the Nursing Process 687
Assessment 687
Diagnosis/Outcome Identification 687
Planning/Implementation 689
Evaluation 689
Summary and Key Points 695

Chapter 25: Community Mental Health Nursing 702

Introduction 703
The Changing Focus of Care 703
The Public Health Model 704
The Community as Client 706
Primary Prevention 706
Secondary Prevention 711
Tertiary Prevention 714
Summary and Key Points 729

Chapter 26: The Bereaved Individual 735

Introduction 736
Theoretical Perspectives on Loss and Bereavement 736
Stages of Grief 736
Length of the Grief Process 741
Anticipatory Grief 741
Maladaptive Responses to Loss 741
Delayed or Inhibited Grief 742
Distorted (Exaggerated) Grief Response 742
Chronic or Prolonged Grieving 742
Normal Versus Maladaptive Grieving 742
Application of the Nursing Process 743
Background Assessment Data: Concepts of Death—Developmental Issues 743
Background Assessment Data: Concepts of Death—Cultural Issues 744
Nursing Diagnosis/Outcome Identification 746
Planning/Implementation 747
Evaluation 747
Additional Assistance 747
Hospice 747
Advance Directives 751
Summary and Key Points 752

Appendix A: *DSM-IV-TR* Classification: Axes I and II Categories and Codes 758

Appendix B: NANDA Nursing Diagnoses: Taxonomy II 765

Appendix C: Assigning Nursing Diagnoses to Client Behaviors 769

Appendix D: Mental Status Assessment 771

Appendix E: Glossary 775

Appendix F: Answers to Review Questions 790

Index 794