

Assessment And Decision Making In Mental Health Nursing Transforming Nursing

When it comes to mental health nursing, assessment and decision making play a crucial role in transforming the field of nursing. Mental health is an intricate aspect of patient care that requires careful evaluation, empathy, and informed decision making. In this article, we will dive deep into the process of assessment and decision making in mental health nursing, highlighting the importance of these skills in transforming the nursing profession.

The Role of Assessment in Mental Health Nursing

The assessment phase is the foundation of mental health nursing. It involves a comprehensive evaluation of the patient's mental, emotional, and behavioral health. The primary goal of assessment is to gather information that helps nurses develop a holistic understanding of the patient's condition and formulate an individualized care plan.

Table 3-3 Erikson's Stages of Psychosocial Growth and Development

Age Group	Developmental Stage Task	Characteristics
Infancy	Trust vs. mistrust	The goal is the development of a sense of trust. Consistent attention to physical needs within a reasonable time period builds trust.
Toddlerhood	Autonomy vs. shame and doubt	The goal is the achievement of autonomy. An environment in which the child is able to explore surroundings in a safe way engenders autonomy. Successful toilet-training plays a key role.
Preschool age	Initiative vs. guilt	The goal is the development of a sense that the child's actions produce outcomes through opportunity to try to do things on one's own.
School age	Industry vs. inferiority	The goal is a feeling of self-worth, gained by mastering schoolwork, sports, and other competitive activities.
Adolescence	Identity vs. role confusion	The goal is to establish a unique identity, first by rejecting adults and identifying with peer group and later by developing individuality.
Young adulthood	Intimacy vs. isolation	Establishment of close relationships with members of both sexes.
Middle adulthood	Generativity vs. stagnation	The goal is a feeling of giving back to the younger generation or society, through successfully adjusting to changing roles in marriage, parenting, and career.
Late adulthood	Integrity vs. despair	The goals are to attain a sense of continuity of past, present, and future, of meaning in one's life as it was, and of acceptance of death. This is achieved through life review and reminiscence.

are environmental in origin. Homelessness, for example, is a severe social stressor (see [Figure 3-1](#)).

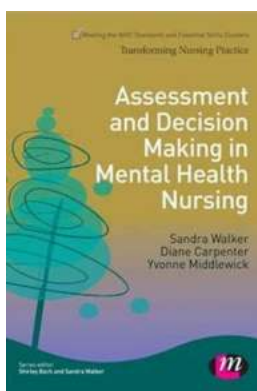
Occupational and Educational History

It is essential to establish a client's past and present level of function in work and school. A sporadic or chaotic employment history may indicate personality disorder or frequent episodes of mental decompensation. Work- or school-related stress may have precipitated the illness. Assess the impact that hospitalization or treatment may have on the client's function at work or

school. The client's level of education partially determines how the nurse can most effectively communicate with and educate the client. Low socioeconomic status has been correlated with a relatively high rate of symptoms of mental illness (Gresenz, Sturm, & Tang, 2001).

Culture

Ethnicity, race, social class, degree of acculturation, and language should be included in the cultural assessment. Culture can significantly influence the development, expression, and reporting



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by Diane Carpenter (1st Edition, Kindle Edition)

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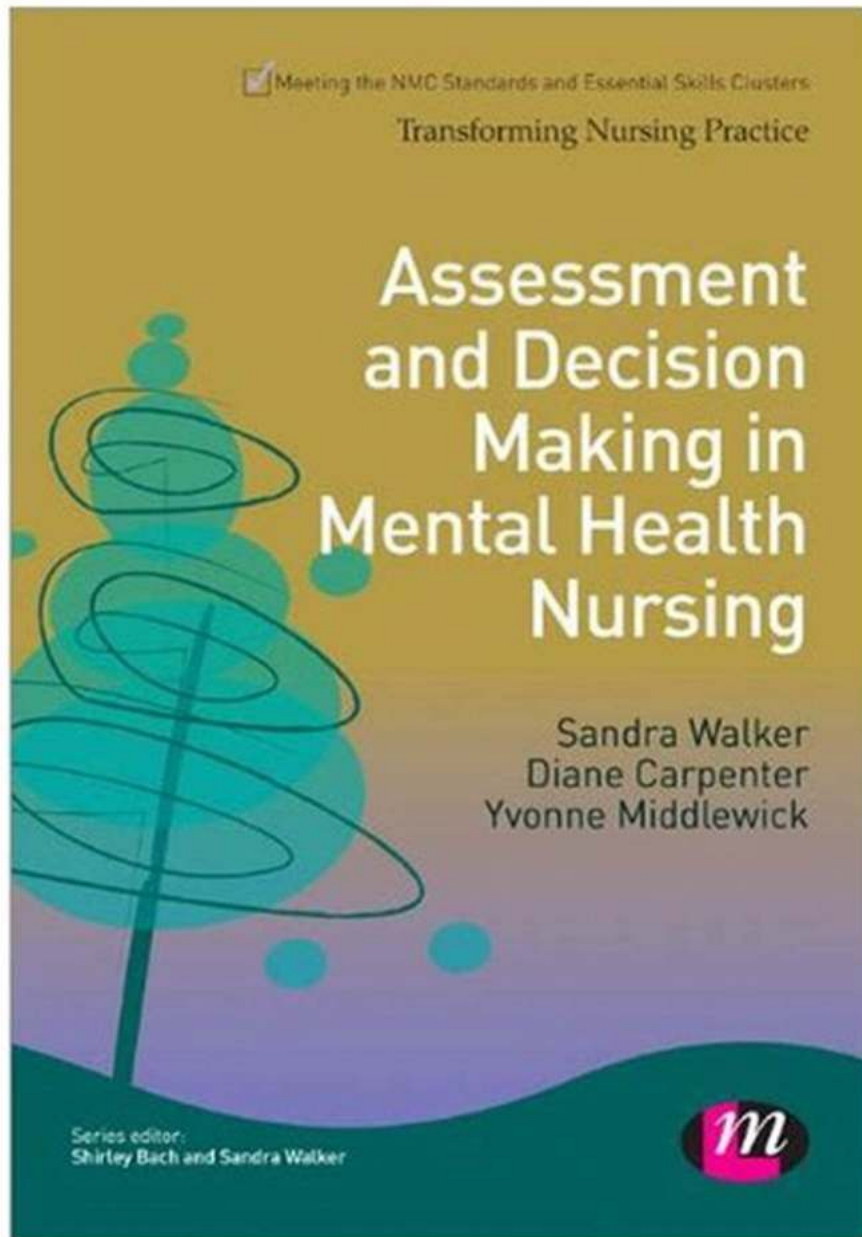


During the assessment process, mental health nurses use various tools such as interviews, questionnaires, and observation to gather essential data. They explore the patient's current symptoms, medical history, social support system, and any potential risks. This information helps nurses identify potential mental health disorders, evaluate the severity of symptoms, and determine the appropriate nursing interventions.

Assessment in mental health nursing is not limited to the individual patient alone. Nurses also assess the patient's family dynamics, cultural background, and socioeconomic status. Understanding these factors is crucial in providing culturally sensitive care and tailoring treatment plans that address the patient's unique needs.

The Importance of Decision Making in Mental Health Nursing

Mental health nursing involves making critical decisions that can significantly impact the well-being of patients. Effective decision making is essential in determining the most appropriate interventions, medications, and therapies to address mental health issues.

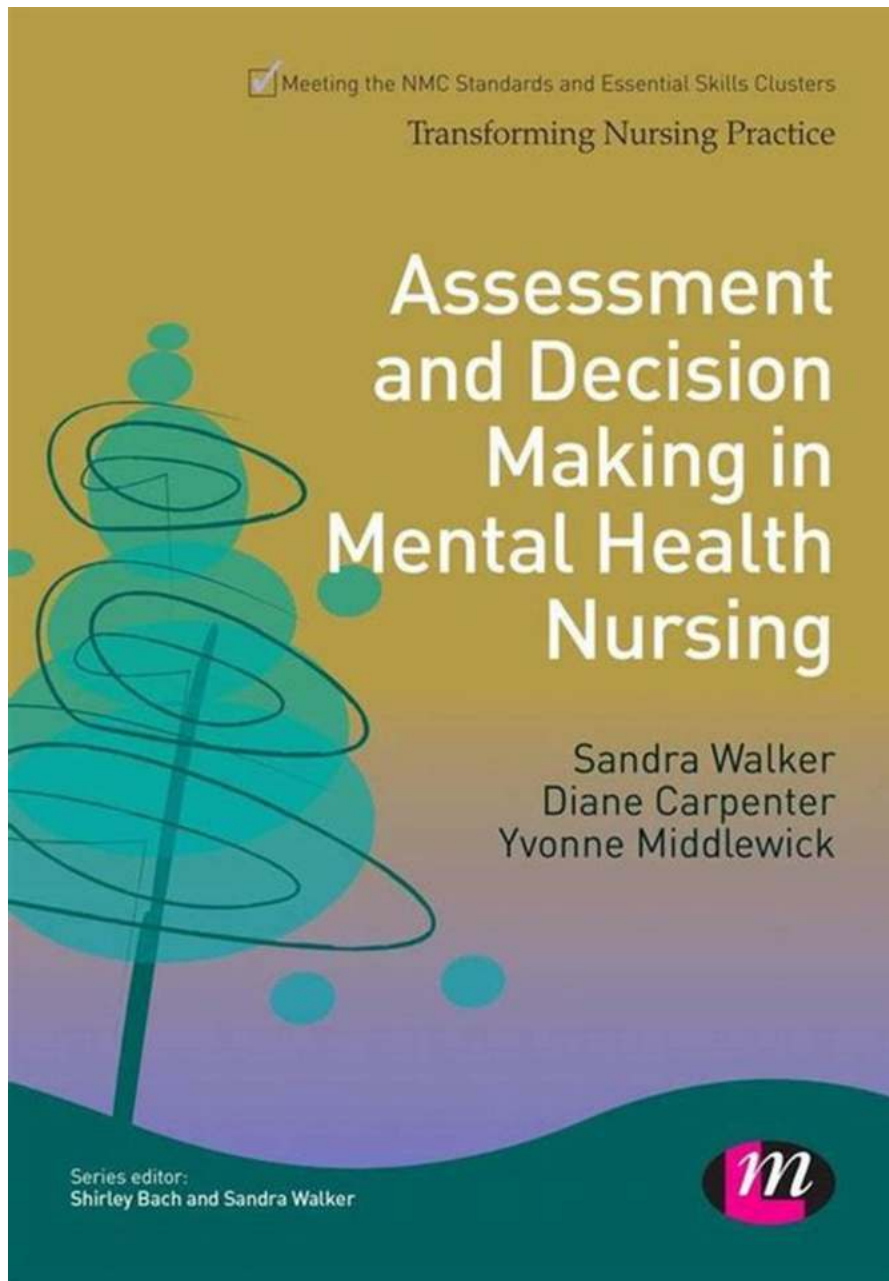


One of the primary challenges of decision making in mental health nursing is the complexity of mental health disorders. Each patient presents with a unique set of symptoms, underlying causes, and individual circumstances. Mental health nurses need to weigh various factors and prioritize interventions that provide the greatest benefit while minimizing potential risks.

Furthermore, ethical decision making is crucial in mental health nursing. Nurses must navigate complex ethical dilemmas, such as the use of involuntary treatment, patient confidentiality, and maintaining the patient's autonomy. By adhering to ethical principles, mental health nurses ensure that the care they provide promotes the patient's overall well-being while respecting their rights and dignity.

Transforming Nursing through Assessment and Decision Making

As mental health issues continue to rise globally, the demand for competent mental health nurses is also increasing. Assessment and decision making skills are fundamental in transforming the practice of mental health nursing and improving patient outcomes.



By mastering assessment techniques, mental health nurses can accurately identify mental health disorders and provide appropriate interventions. This comprehensive understanding of patients' conditions leads to increased accuracy in diagnosis and the implementation of evidence-based treatment plans.

Effective decision making allows mental health nurses to adapt their care plans according to the patients' responses and progress. It enables them to tailor

interventions and therapies, maximize outcomes, and minimize the risk of complications. By making informed decisions, mental health nurses ensure that patients receive the most appropriate and personalized care.

Additionally, the transformation of mental health nursing is also reliant on the implementation of new technologies. With advancements in telemedicine, wearable devices, and remote monitoring, mental health nurses can gather real-time data and make more informed decisions. These technologies streamline the assessment process, enhance decision making, and improve the overall quality of care.

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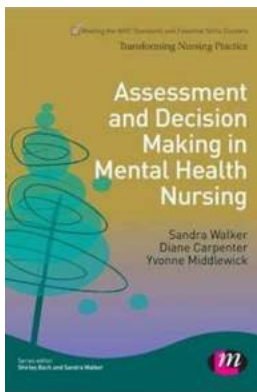
The field of mental health nursing is undergoing a transformation, thanks to the emphasis on assessment and decision making. These skills are vital in understanding patients' conditions, developing individualized care plans, and adapting interventions to maximize outcomes. Through continuous education, training, and embracing innovative technologies, mental health nurses are at the forefront of this transformation, ensuring that the care provided is evidence-based, compassionate, and patient-centered.

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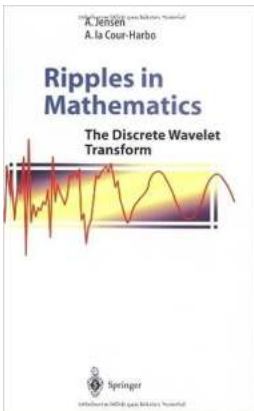
Print length : 136 pages



Assessment is an essential part of mental-health nursing and as such a core learning requirement for pre-registration nursing students. Getting assessment right is essential for the nursing student in order for them to become an effective practitioner. Many books on assessment are very theoretical. This is a practical, hands-on guide to the assessment process, underpinned by the latest evidence. The book explains the core principles through running case studies, so that readers can see how each decision they make impacts on the person in their care.

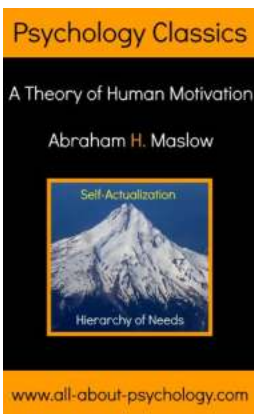
Key features:

- Assessment principles are applied across a variety of modern nursing settings that you may find yourself working in as a registered nurse
- Each chapter is linked to the relevant NMC standards and Essential Skills Clusters so you know you are meeting the professional requirements
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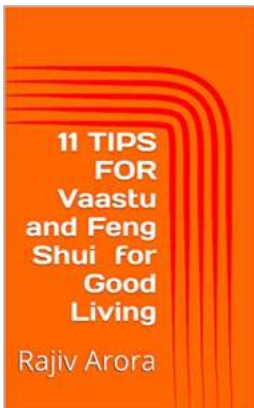
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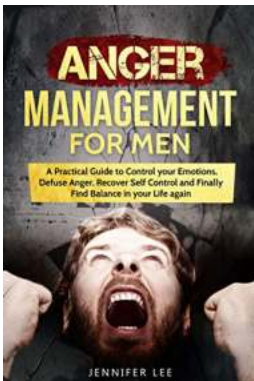
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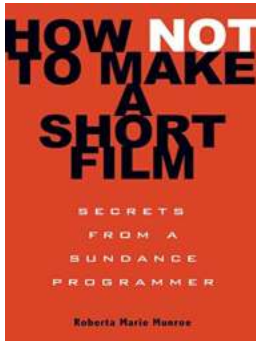
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