

# INTRO TO PSYCH NURSING

## STIGMA

- May be afraid to be viewed as weak or attention seeking when they reach out for help
- Harmful language such as "crazy" or "insane"
- Jokes about mental health or certain conditions

## PHYSICAL RESPONSES TO STRESS

- Fight or Flight syndrome
- Alarm Reaction Stage: initial shock
  - dilation of the pupils, increased respiration rate, increased HR + BP, decreased gastric motility and secretions, sweating
- Stage of Resistance: HR and BP begin to normalize
- Stage of exhaustion: The body can no longer cope
  - can increase susceptibility to many diseases of adaptation.

## PSYCHOLOGICAL STRESS RESPONSES

- Anxiety and grief are psychological responses to stress
  - thoughts, feelings, and behaviors associated with these responses may vary depending on the individual
- Adaptation is determined by the degree to which the thoughts, feelings, and behaviors interfere with the individual level of functioning

## LEGAL AND ETHICAL ISSUES

- Legislation determines what is right or wrong within a society
- Ethics: distinguishing right from wrong
- Bioethics: when ethics apply to medicine, nursing, and allied health
- Moral Behavior: serious study, thinking about how individuals should treat others
- Values: personal convictions about what is important and
- Value clarification: self-evaluation in which we identify what we value
- Rights: a valid, legally recognized claim or entitlement, encompassing both freedom from government interference or discriminatory treatment and entitlement to a benefit
- Duty to warn: breaking confidentiality when another may be in danger of this person

## WHAT IS MENTAL ILLNESS?

- A mental health condition that has a negative effect on the way an individual thinks, feels and behaves
- maladaptive responses to stressors from the internal and external environment

Elements that affect how a mental illness is viewed

- incomprehensibility: The observer cannot find the reason behind a behavior
- cultural relativity: when behavior is characterized as normal or abnormal according to one culture's societal norms

## NEUROTRANSMITTERS

- Neurotransmitters are the chemical mechanism of many medications used to treat mental illness
- Major Neurotransmitter
  - Cholinergic: memory, learning, sleep, arousal, pain, perception, movement and sensory
  - Monoamine: norepinephrine, dopamine, serotonin, histamine, fight or flight, mood, wakefulness
  - Amino Acids: inhibitory/excitatory amino acids, anxiety, movement disorders, sensory information
  - Peptides: peptides: opioid peptides, substance P, somatostatin, sensory transmission

## ETHICAL PRINCIPLES

- Autonomy: emphasizes the right of people to determine their own destinies and assumes that individuals are capable of making choices for themselves.
- Beneficence: refers to the duty to benefit the good of others. Nurses who act in the interest of their clients are beneficent. This includes knowing when to act on a client's behalf.
- Advocacy: acting on another's behalf, either by being a supporter or defender.
- Nonmaleficence: the requirement that healthcare providers do no harm to their clients. Some suggest that avoiding harm is more important than doing good.
- Justice: the idea that individuals have the right to be treated equally regardless of race, sex, marital status, diagnosis, social standing, economic level, or religious belief.
- Veracity: refers to the duty to be truthful. Clients have the right to know about their diagnosis, treatment, and prognosis.

## PATIENT RIGHTS OF CARE

- The right to treatment
- The right to refuse treatment (unless treatment is required to prevent death or serious harm)
- The right to the least restrictive treatment alternative

## TYPES OF ADMISSION

- Voluntary: The individual makes an application to the institution and stays as long as treatment is deemed necessary
- Involuntary: a mentally ill person in need of treatment, clearly dangerous to themselves or others, court ordered care, gravely disabled individuals.

# Psych Nurse Study Guide Test

**Linda Anne Silvestri, Angela Silvestri**



## **Psych Nurse Study Guide Test:**

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chapters in Kaplan Sadock's Synopsis of Psychiatry a staple of psychiatry education around the globe Terms and definitions are consistent with DSM IV TR and ICD 10      The Ultimate NCLEX-RN Study Guide 2025-2026 Naomi Julia Rice, Are you ready to conquer the NCLEX RN and Midwifery exams with confidence The Ultimate NCLEX RN Study Guide 2025 2026 is designed to give you all the tools you need for success This comprehensive guide is packed with expert advice practice questions and essential tips to help you not only pass the exam but master it Whether you're focused on nursing or midwifery this book breaks down every critical topic from pharmacology to maternal health so you can study smarter not harder With a carefully crafted study plan effective test taking strategies and hundreds of practice questions you'll walk into your exam day feeling ready for anything Say goodbye to stress and hello to your future as a nursing professional Get ready to elevate your study game and achieve the success you've worked so hard for This guide is your all in one resource for mastering the NCLEX and Midwifery exams in 2025 2026      Kaplan and Sadock's Study Guide and Self-examination Review in Psychiatry Benjamin J. Sadock, Virginia A. Sadock, Ze'ev Levin, 2007 This study guide is an excellent aid in preparing for boards and other psychiatry exams and in reinforcing a student's knowledge It offers chapter overviews of Synopsis Tenth Edition and more than 1 600 multiple choice questions with discussions of correct and incorrect answers      **Illustrated Study Guide for the NCLEX-PN® Exam - E-Book** JoAnn Zerwekh, 2023-11-30 Who says studying has to be boring The Illustrated Study Guide for the NCLEX PN Exam 10th Edition uses colorful drawings and mnemonic cartoons to bring difficult concepts to life and help you recall the content you need to know to excel on the NCLEX PN examination Written in a concise and visually appealing outline format this book makes learning and studying easier and more fun The companion Evolve website includes more than 3 000 review questions including alternate item and Next Generation NCLEX formats and allows you to personalize your study by creating practice exams identifying strengths and weaknesses and reviewing answers and rationales Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes More than 3 000 review questions on the Evolve companion website are available in both study and quiz modes and separated by content area allowing customized review based on personal study needs The review questions include multiple choice alternate item format and NGN Answers and rationales are provided for all review questions Test Alert boxes in the book highlight key concepts frequently found on the NCLEX examination Nursing Priority boxes make it easier to distinguish priorities of nursing care Older Adult Care Focus boxes in the book provide special considerations and nursing care strategies for the older adult Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Appendixes for each chapter summarize medications and nursing procedures for quick reference Special icons distinguish pediatric and adult disorders and identify content on self care and home care A separate chapter on pharmacology and medication administration helps you focus on this area of emphasis on the NCLEX examination NEW Patient scenarios and Next Generation NCLEX question types familiarize you with these new item types NEW NCSBN

Clinical Judgment Measurement Model and the six cognitive skills are reviewed in the context of preparing for the nursing profession and taking the NCLEX PN examination NEW Separate Pediatric Nursing Care chapter makes it easier to find information to care for the pediatric client      Mental Health Nursing Practice Mr. Rohit Manglik,2024-02-24 Covers psychiatric nursing concepts including mental health disorders therapeutic communication crisis intervention and medication management in clinical mental health settings      Psychiatric Mental Health Nursing Patricia O'Brien,2008-08-15 Psychiatric Nursing provides a focused thorough introduction to psychiatric mental health nursing including nursing assessment and intervention of the most common mental disorders as classified in the DSM IV This text guides nurses in managing special populations clarifying neurobiologic theories and conducting psychiatric nursing evaluations Additionally Psychiatric Nursing presents the latest on psychotropic drugs addresses legal and ethical concerns within psychiatric nursing and discusses complementary and alternative therapies Perfect for undergraduate courses the text features Learning Objectives Key Terms Critical Thinking Questions Case Studies Clinical Examples Care Plans Diagnostic Criteria Patient and Family Education Internet Resources Implications for Evidence Based Practice Client Teaching Guides      PMHNP-BC Certification Practice Q&A Springer Publishing Company,2022-06-20 Prepare for your Psychiatric Mental Health Nurse Practitioner Across the Lifespan certification PMHNP BC exam with PMHNP BC Certification Practice Q A With 700 high quality questions and comprehensive rationales based on the most recent ANCC PMHNP BC exam blueprint this essential resource is designed to help you study your way sharpen your specialty knowledge with 350 practice Q A organized by exam domain and strengthen your test taking skills with the 350 question practice test Combined it gives you everything you need to pass the first time guaranteed Know that you re ready Know that you ll pass with Springer Publishing Exam Prep Key Features Includes 700 questions with in depth rationales that address both correct and incorrect answers Offers two study options by exam topic area or full length timed practice test Provides key information about the PMHNP BC certification exam Boosts your confidence with a 100% pass guarantee details inside PMHNP BC is a registered trademark of American Nurses Credentialing Center ANCC ANCC does not sponsor or endorse this resource nor does it have a proprietary relationship with Springer Publishing      *Publications of the Health Services and Mental Health Administration* United States. Health Services and Mental Health Administration,1972      **Psychiatric Mental Health Nursing** Sheila L. Videbeck,2006 The revised and updated Third Edition of this popular text explores the full psychiatric nursing care continuum from the fundamentals of sound nursing theory to therapeutic applications and clinical modalities for the major DSM IV TR disorders Using the nursing process as its framework the text emphasizes assessment therapeutic communication neurobiology and psychopharmacologic intervention all in a reader friendly format that promotes self awareness effective communication and the use of family and community resources BOOK JACKET      **Adult CCRN Exam Premium: Study Guide for the Latest Exam Blueprint, Includes 3 Practice Tests, Comprehensive Review, and Online Study Prep** Barron's Educational Series,Pat

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challenge you to use your critical thinking skills and closely mirror the types of questions on the NCLEX RN examination

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