Mental Health Nursing Quality Guidelines
(An introduction)

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INTRODUCTION

Mental health problems are an international and national concern. More than 30% of adults are estimated to experience at least one form of mental ill health during any one year.

There is a lack of understanding of the role and value of the mental health nurse among health practitioners.

There is lack of competent qualified nurses in psychiatric area and young people are not willing to educate themselves for the field of mental health care.

THE MAIN GOAL OF THIS PAPER

Providing data that will hopefully help in mapping the road to achieving high performance levels in mental health nursing practice and in giving an understanding to the role and value of the nurse in the mental health care

THE METHOD USED TO CONSTRUCT THIS PAPER

A collection of data from multiple resources that discusses points of mental health nursing quality and emphasizing on the practical aspect of mental health nursing quality

WHAT IS MENTAL HEALTH NURSING?

IT is the specialty of nursing practice employing theories of human behavior as its science and purposeful use of self as its art. Nurses in this area receive additional training in building a therapeutic alliance, psychosocial therapy, dealing with challenging behavior and the administration of psychiatric medication

BASIC SCOPE OF MENTAL HEALTH NURSING SERVICES

1) Therapeutic relationship
(Engaging the person in care in a positive and collaborative manner that empowers him to draw on his inner resources)

2) Physical and biological interventions (such as)
   - Psychiatric medication
   - Electro convulsive therapy
   - Physical care

3) Psychosocial interventions
(Helping the patient and family in dealing with each other and with the society)

4) Spiritual interventions
(Focus on developing a sense of meaning, purpose and hope for the person in their current life experience)

WHAT ARE THE TRENDS OF A MENTAL HEALTH NURSE?

1) Clear insight with high self-understanding
(Stigmatization and ethical dilemmas are high in mental health and the person working in this field of nursing must be prepared to handle that)

2) psychiatric and medical-surgical nursing skills and knowledge
(a mental health patient in many cases is unable to express the complaint that he or she, the nurse working with such a patient must handle, must have an acceptable level of knowledge on all aspects of needed nursing information)

3) Good and affective communication skills
(a therapeutic relation can only be billed with affective communication)

4) Competent, punctual, cooperative and calm.
( those characteristics are needed to conduct team work in mental health nursing)

5) High since of moral values
(Many mental health patients are easy to be taken advantage of so a high since of values is needed among the nurses working in this felled)

6) Psychological and physical stamina
(IT is physically and mentally highly exhausting to work with mental patients)

7) Good judgment and critical thinking
(Situations can explode within moments with mental health patients)

8) Highly observant
(Many small behavioral changes of the patient that can be considered normal by others have a dramatic effect on the nursing care plan)

WHAT ARE THE ELEMENTS NEEDED FOR NURSING QUALITY?

1) Nursing Ethics:
Many elements of the nursing code of ethics have been involved with the psychiatric nursing care as methods of treatment:

A. Confidentiality-
(Breaking confidentiality can be done only if there is a well-defined reason to share information with others to prevent a greater harm : Benefit outweighs harm. This is an ethical dilemma )

B. Veracity-
(The only way to deal with patients with hallucinations is to confront them with the truth)

C. Fidelity-
(Psychiatric treatment depends trust and maintaining therapeutic alliance)

D. Non Malafeasance-
(Many psychiatric patients are easy to take advantage of)

2) Knowledge and skills.
(A mental health nurse must be knowledgeable and will trained to observe even the simplest changes in behavior)

3) Utilization of the nursing care plan:
There are some differences in the use of the nursing care plan in mental health nursing:

A. Assessment-
(The main dependence is on objective data)
Components of Assessment:
- Appearance
- Behavior/activity
- Attitude
- Mood and affect
- Perception
- Thoughts
- Sensorium and Cognition
- Judgment
- Insight
- Reliability
- Psychosocial Criteria
- Coping skills
- Relationships
- Cultural
- Spiritual (Value-belief)
- Occupational

B. Nursing Diagnosis-
(many symptoms of the mental illness is hard to defined and many of them are not present all of the time)

4) Healthy and safe working environment

Mental health centers and hospitals most have:

A. Safe design and good safety measures
(Patients may become violent and they may also not have clear insight or good judgment)

B. Good retention plan
(Mental health nurses are among the rears and highest paid in the world)

C. Standard policies and procedures and a will developed training program
(There is not much care about mental health nursing on the academic and educational levels)

HOW IS NURSING QUALITY MEASURED?

- Competency
- Effectiveness
- Respect and Caring
- Safety
Appropriateness
Timing

ALWAYS KEEP IN MIND THE RIGHTS OF MENTALLY ILL PATIENTS

- Right to treatment
- Right to refuse treatment
- Rights of minors
- Right to informed consent
- Right to privacy
- Reproductive and sexual rights

A FINAL STATEMENT
Mental health does not have much luxury when it comes to diagnostic lab tests and helping diagnostic aids and many symptoms of the mental illness is hard to defined and many of them are not present all of the time so the psychiatrist depends mostly on his observations and on the extra eye that he has (the nurse and his/her observations) to confirm diagnoses and to set the correct treatment plan. That makes the qualified mental health nurse a valuable and rear commodity in today’s nursing world and the way to perfection in mental health nursing starts with understanding of the important role of the mental health nurse and improving the psychiatric educational level, observation skills and documentation skills of the mental health nurse.

REFERENCES
- Psychiatric Mental Health Nursing (6th addition) 2009.