11 Secrets on How to Maintain Your Own Sanity and Provide High Quality Patient Care

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Session Disclaimer Statement:

I do not have any affiliation with the research, work, or products that I will be speaking about.
1. Important variables that contribute to poor mental health in Veterans

A. A debilitating physical injury or exposure to stressful environments

B. Loss of institutional structure that necessitates decision-making

C. Lack of a home or family to assist with reintegration into society
2. Health Educational Program Components

A. Therapeutic communication skills
B. Psychiatric Diagnosis
C. Psychotropic medications
D. Crisis Intervention
E. Baker Act/Privacy
3. Role of Mental Health Nurse

A. Assist patient to determine what to do for themselves (Recovery Model)
B. Provide options
C. Show respect
D. Reduce Anxiety
E. Assist them to realize individual value
4. Depression

**Symptoms:**

A. Hopelessness/Helplessness
B. Decreased energy or fatigue
C. Irritable mood
D. Frequent crying
E. Change in sleep pattern
F. Diminished concentration
G. Change in appetite
A. History of depression
B. Recent losses or crisis (death of spouse, friend, pet, retirement, anniversary dates, changes in physical health, relationship discord)
C. Psychosis
6. Systematic and Metabolic Processes

A. Infection
B. Anemia
C. Hypothyroidism
D. Hyponatremia
E. Hypercalcemia
F. Kidney Failure
7. Nursing Interventions

A. Initial assessment using observation/assessment skills

B. Assess safety and potential of self harm or harm to others; refer to physician as needed
C. Administer Depression screening tool

D. Assess knowledge deficits regarding:
   - Disease Process
   - Medication
   - Importance of supports
   - Compliance with treatment
   - Safety
8. Goal of Treatment

A. Verbalization in decrease in depression
B. Increase in energy
C. Normalized sleep pattern
D. No weight loss/gain
E. Denies suicidal ideations
F. Verbalize comprehension of medications
9. Extra Pyramidal Syndrome (EPS)

**Symptoms:**

A. Involuntary movements *(dyskinesia)*

B. Muscle rigidity and contractions *(dystonia)*

C. Body restlessness *(akathisia)*
10. Psychotropic Medications

A. Anti-depressants
B. Anti-psychotics
C. Anxiolytics
D. Mood stabilizers
E. Anti-seizure
F. Cognitive enhancers
G. Substance dependence
11. Professional Development

A. Professional organizations
B. Mentorship programs
C. Educational opportunities
D. Personal development
E. Nursing scholarships
F. Legislative updates (NIWI)
Our country is in a mental health crisis
Provide quality health care to reduce negative outcomes, provide early intervention, and ensure measurable results through improved education.
Interventions to improve patient outcomes include: provider education, facilitating provider behavior, and reinforcing education.
Nurses need to commit to being proactive by increasing education and providing mental health services to the patients in our care.
