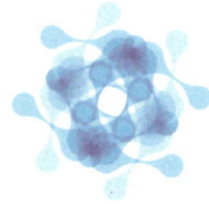


INTERNATIONAL EDITION

Not authorised for sale in United States, Canada, Australia, New Zealand, Puerto Rico or the U.S. Virgin Islands

INTRODUCTORY

Mental Health Nursing



Donna M. Womble
Cynthia A. Kincheloe

FOURTH EDITION

Introductory mental hea
WY160 W872I 2020



B0053257
bib:13399115753

 Wolters Kluwer

 Wolters Kluwer

Not authorised for sale in United States, Canada, Australia, New Zealand, Puerto Rico, and U.S. Virgin Islands.

Vice President and Publisher: Julie K. Stegman
Acquisitions Editor: Natasha McIntyre
Director of Product Development: Jennifer K. Forestieri
Senior Development Editor: Michael Kerns
Editorial Coordinator: Mary Woodman
Marketing Manager: Brittany Clements
Editorial Assistant: Leo Gray
Design Coordinator: Stephen Druding
Art Director, Illustration: Jennifer Clements
Production Project Manager: Barton Dudlick
Manufacturing Coordinator: Karin Duffield
Prepress Vendor: Aptara, Inc.

4th Edition

Copyright © 2020 Wolters Kluwer. Copyright © 2015 Wolters Kluwer. Copyright © 2011 Wolters Kluwer Health | Lippincott Williams & Wilkins. Copyright © 2004 by Lippincott Williams & Wilkins. All rights reserved. This book is protected by copyright. No part of this book may be reproduced or transmitted in any form or by any means, including as photocopies or scanned-in or other electronic copies, or utilized by any information storage and retrieval system without written permission from the copyright owner, except for brief quotations embodied in critical articles and reviews. Materials appearing in this book prepared by individuals as part of their official duties as U.S. government employees are not covered by the above-mentioned copyright. To request permission, please contact Wolters Kluwer at Two Commerce Square, 2001 Market Street, Philadelphia, PA 19103, via email at permissions@lww.com, or via our website at shop.lww.com (products and services).

9 8 7 6 5 4 3 2 1 ~

Printed in China.

Library of Congress Cataloging-in-Publication Data

Names: Womble, Donna M., author. | Kincheloe, Cynthia A., author.
Title: Introductory mental health nursing / Donna M. Womble, Cynthia A. Kincheloe.

Other titles: Lippincott's practical nursing.

Description: Fourth edition. | Philadelphia : Wolters Kluwer, [2020] |

Series: Lippincott's practical nursing | Includes bibliographical references and index.

Identifiers: LCCN 2018054802 | ISBN 9781975103781

Subjects: | MESH: Mental Disorders—nursing | Psychiatric Nursing

Classification: LCC RC440 | NLM WY 160 | DDC 616.89/0231—dc23 LC record available at <https://lccn.loc.gov/2018054802>

เลขหมู่ WY160
W872I 2020
เลขทะเบียน B0053257
น.เดือนปี 8 ก.ย. 2563

Care has been taken to confirm the accuracy of the information presented and to describe generally accepted practices. However, the author(s), editor(s), and publisher are not responsible for errors or omissions or for any consequences from application of the information in this book and make no warranty, expressed or implied, with respect to the currency, completeness, or accuracy of the contents of the publication. Application of this information in a particular situation remains the professional responsibility of the practitioner; the clinical treatments described and recommended may not be considered absolute and universal recommendations.

The author(s), editors, and publisher have exerted every effort to ensure that drug selection and dosage set forth in this text are in accordance with the current recommendations and practice at the time of publication. However, in view of ongoing research, changes in government regulations, and the constant flow of information relating to drug therapy and drug reactions, the reader is urged to check the package insert for each drug for any change in indications and dosage and for added warnings and precautions. This is particularly important when the recommended agent is a new or infrequently employed drug.

Some drugs and medical devices presented in this publication have Food and Drug Administration (FDA) clearance for limited use in restricted research settings. It is the responsibility of the health care provider to ascertain the FDA status of each drug or device planned for use in his or her clinical practice.

shop.lww.com

Contents

Reviewers v
Preface vii
Acknowledgments ix

Unit I Introduction to Mental Health and Mental Illness

| | | |
|------------------|--|----|
| Chapter 1 | Mental Health and Mental Illness | 1 |
| | Defining Mental Health and Mental Illness | 2 |
| | <i>Mental Health</i> | 2 |
| | <i>Mental Illness</i> | 2 |
| | Cultural, Ethnic, and Religious Influences | 2 |
| | <i>Cultural Heritage—Beliefs, Norms, and Values</i> | 3 |
| | Factors that Affect Mental Health | 3 |
| | <i>Stress and Anxiety</i> | 5 |
| | <i>Grief and Loss</i> | 9 |
| Chapter 2 | The Delivery of Mental Health Care | 18 |
| | Historical Advancement of Mental Health Care | 19 |
| | <i>Early Civilizations</i> | 19 |
| | <i>The Beginning of Change</i> | 19 |
| | <i>Twentieth Century Progress</i> | 20 |
| | <i>Community-Based Care</i> | 20 |
| | Current Issues in Mental Health Care | 21 |
| | <i>Access to Care: Cultural Disparities</i> | 21 |
| | Legal and Ethical Considerations in Mental Health Care | 23 |
| | <i>Client Rights</i> | 24 |
| | <i>Use of Seclusion and Restraint</i> | 26 |
| | <i>Nurse Accountability</i> | 27 |
| | Practice Settings for Mental Health Care | 27 |
| | <i>Inpatient Psychiatric Settings</i> | 27 |
| | <i>Outpatient Mental Health Settings</i> | 28 |
| | <i>Nonpsychiatric Health Care Facilities</i> | 28 |
| Chapter 3 | Theories of Personality Development | 38 |
| | Personality | 39 |
| | <i>Individual Needs and Behavior</i> | 39 |
| | <i>Temperament</i> | 40 |
| | Theories of Personality Development | 40 |
| | <i>Sigmund Freud (Psychoanalytic Theory)</i> | 40 |

| | | |
|--|---|----|
| | <i>Erik Erikson (Psychosocial Developmental Theory)</i> | 43 |
| | <i>Jean Piaget (Cognitive Development Related to Personality)</i> | 47 |
| | <i>Lawrence Kohlberg (Theory of Moral Development)</i> | 48 |
| | <i>Harry S. Sullivan (Theory of Interpersonal Development)</i> | 48 |
| | <i>Hildegard Peplau (Psychodynamic Nursing)</i> | 48 |
| | <i>Murray Bowen (Family Systems Theory)</i> | 49 |
| | <i>Other Theories</i> | 50 |

Unit II Mental Health Care

| | | |
|------------------|---|----|
| Chapter 4 | Treatment of Mental Illness | 55 |
| | Establishing a Therapeutic Milieu | 56 |
| | Treatment Team | 57 |
| | <i>Interdisciplinary Team Members</i> | 57 |
| | <i>Role of the Nurse</i> | 59 |
| | Types of Therapy | 60 |
| | <i>Psychotherapy</i> | 60 |
| | <i>Group Therapy</i> | 62 |
| | <i>Biomedical Therapy</i> | 62 |
| | <i>Electroconvulsive Therapy</i> | 62 |
| | <i>Other Types of Therapy</i> | 63 |
| | Pharmacological Agents and Mental Illness | 63 |
| | <i>Symptom Categories of Psychiatric Disorders</i> | 64 |
| | <i>Classification of Psychotropic Drug Agents</i> | 64 |
| | <i>Action of Psychotropic Drugs on Neurotransmitters</i> | 64 |
| | <i>Psychotropic Drug Agents and the Older Client</i> | 65 |
| Chapter 5 | Establishing and Maintaining a Therapeutic Relationship | 70 |
| | The Therapeutic Relationship | 71 |
| | <i>Important Characteristics for Establishing a Nurse–Client Relationship</i> | 71 |
| | <i>Phases of a Therapeutic Relationship</i> | 72 |
| | <i>Professional Boundaries</i> | 73 |
| | Response to Difficult Client Behaviors | 74 |
| | <i>Manipulation</i> | 75 |
| | <i>Violence or Aggression</i> | 75 |

| | |
|--|----|
| Altered Thought Process (Hallucinations, Illusions, Delusions) | 75 |
| Sexually Inappropriate Behaviors or Aggression | 76 |

| | |
|--|----|
| Chapter 6 Dynamics of Anger, Violence, and Crises | 81 |
| Dynamics of Anger and Aggression | 82 |
| Defining Anger | 82 |
| Trait Anger | 82 |
| Expressing Anger and Resentment | 82 |
| Unrestrained Anger and Violence | 83 |
| Influencing Factors for Violence | 83 |
| Managing Anger | 86 |
| Crisis and Intervention | 88 |
| Types of Crises | 88 |
| Crisis Intervention | 89 |
| Suicide | 90 |
| Risk Factors | 90 |
| Risk Assessment and Intervention | 91 |
| Steps for Prevention | 91 |

Unit III Fundamental Nursing Roles in Mental Health Nursing

| | |
|---|-----|
| Chapter 7 Communication in Mental Health Nursing | 95 |
| Communication in Mental Health Nursing | 96 |
| Speech Patterns Common to Clients with Mental Illness | 96 |
| Therapeutic Communication | 97 |
| Verbal Communication | 97 |
| Nonverbal Communication Techniques | 98 |
| Active Listening | 99 |
| Nontherapeutic Communication | 99 |
| Chapter 8 The Nursing Process in Mental Health Nursing | 105 |
| Understanding the Nursing Process for Mental Health Nursing | 106 |
| Psychosocial Assessment | 106 |
| Subjective Data | 107 |
| Objective Data | 108 |
| Nursing Diagnosis | 108 |
| Planning Expected Outcomes | 109 |
| Implementation of Nursing Interventions | 109 |
| Evaluation | 111 |
| Sample Application of the Nursing Process | 112 |
| Client Situation | 112 |
| Nursing Assessment | 112 |

Unit IV Specific Psychiatric Disorders

| | |
|---|-----|
| Chapter 9 Anxiety Disorders | 117 |
| Types of Anxiety Disorders | 118 |
| Generalized Anxiety Disorder | 118 |
| Panic Disorder | 119 |
| Specific Phobia | 121 |
| Social Anxiety Disorder (Social Phobia) | 122 |
| Posttraumatic Stress Disorder (Trauma and Stressor-Related Disorders) | 123 |
| Obsessive-Compulsive Disorder | 125 |
| Treatment of Anxiety Disorders | 126 |
| Antianxiety Agents | 127 |
| Application of the Nursing Process to the Client with an Anxiety Disorder | 129 |
| Nursing Assessment | 129 |
| Nursing Diagnosis | 131 |
| Expected Outcomes | 131 |
| Nursing Interventions | 131 |
| Evaluation | 132 |
| Chapter 10 Mood Disorders | 136 |
| Introduction | 137 |
| Mood and Affect Defined | 137 |
| Depressive Disorders | 137 |
| Major Depressive Disorder | 137 |
| Persistent Depressive Disorder (Dysthymia) | 139 |
| Bipolar and Related Disorders | 140 |
| Signs and Symptoms | 140 |
| Incidence and Etiology | 141 |
| Cyclothymic Disorder | 142 |
| Treatment of Depressive Disorders | 142 |
| Antidepressants | 143 |
| Treatment of Bipolar and Related Disorders | 146 |
| Application of the Nursing Process | 149 |
| Assessment | 149 |
| Selected Nursing Diagnoses | 150 |
| Expected Outcomes | 151 |
| Nursing Interventions | 151 |
| Specific Interventions for a Suicidal Client | 152 |
| Evaluation | 153 |
| Chapter 11 Psychotic Disorders | 158 |
| Introduction to Psychotic Disorders | 159 |
| Psychosis | 159 |
| Types of Psychotic Disorders | 161 |
| Schizophrenia | 161 |

| | | | |
|---|-----|--|-----|
| Treatment of Psychotic Disorders | 165 | Treatment of Dissociative Disorders | 220 |
| <i>Antipsychotic Drug Agents</i> | 166 | Application of the Nursing Process | 221 |
| <i>Antiparkinson Drug Agents</i> | 171 | <i>Nursing Assessment</i> | 221 |
| Psychotropic Drugs and the Older Client | 171 | <i>Nursing Diagnoses</i> | 221 |
| Application of the Nursing Process | 172 | <i>Expected Outcomes</i> | 222 |
| <i>Assessment</i> | 172 | <i>Nursing Interventions</i> | 222 |
| <i>Selected Nursing Diagnoses</i> | 173 | <i>Evaluation</i> | 223 |
| <i>Expected Outcomes</i> | 173 | Chapter 15 Substance-Related Disorders | 227 |
| <i>Interventions</i> | 173 | Substance Use, Abuse, and Addiction | 228 |
| <i>Evaluation</i> | 175 | <i>Substance Abuse</i> | 228 |
| Chapter 12 Personality Disorders | 181 | <i>Addiction</i> | 228 |
| Introduction | 182 | <i>Phases of Substance Dependency</i> | 229 |
| Types of Personality Disorders | 182 | <i>Classes of Substances</i> | 230 |
| <i>Cluster A Personality Disorders</i> | 182 | <i>Theoretical Approaches to Substance Use and Abuse</i> | 231 |
| <i>Cluster B Personality Disorders</i> | 185 | <i>Codependence: A Family Disease</i> | 232 |
| <i>Cluster C Personality Disorders</i> | 191 | Substance-Induced Disorders | 233 |
| Treatment of Personality Disorders | 193 | <i>Substance Intoxication</i> | 233 |
| Application of the Nursing Process | 194 | <i>Substance Withdrawal</i> | 234 |
| <i>Assessment</i> | 194 | Substance-Specific Use Disorders | 234 |
| <i>Selected Nursing Diagnoses</i> | 195 | <i>Alcohol-Use Disorder</i> | 241 |
| <i>Expected Outcomes</i> | 195 | <i>Cannabis-Use Disorder</i> | 242 |
| <i>Interventions</i> | 195 | <i>Hallucinogen-Use Disorder</i> | 242 |
| <i>Evaluation</i> | 196 | <i>Inbalant-Related Disorders</i> | 245 |
| Chapter 13 Somatic Symptom and Related Disorders | 201 | <i>Opioid-Related Disorders</i> | 245 |
| Introduction | 202 | <i>Stimulant-Use Disorder</i> | 246 |
| Types of Somatic Disorders | 202 | <i>Caffeine-Use Disorder</i> | 247 |
| <i>Somatic Symptom Disorder</i> | 202 | <i>Nicotine-Use Disorder</i> | 248 |
| <i>Illness Anxiety Disorder (Formerly Hypochondriasis)</i> | 204 | <i>Sedative-, Hypnotic-, or Anxiolytic-Use Disorders</i> | 248 |
| <i>Conversion Disorder (Functional Neurologic Symptom Disorder)</i> | 205 | <i>Substance Abuse by Health Care Professionals</i> | 249 |
| <i>Factitious Disorder</i> | 206 | Treatment of Substance-Related Disorders | 250 |
| Application of the Nursing Process | 207 | <i>Detoxification</i> | 251 |
| <i>Nursing Assessment</i> | 207 | <i>Treatment Programs</i> | 251 |
| <i>Selected Nursing Diagnosis</i> | 208 | Application of the Nursing Process | 251 |
| <i>Expected Outcomes</i> | 208 | <i>Assessment</i> | 251 |
| <i>Interventions</i> | 209 | <i>Selected Nursing Diagnosis</i> | 253 |
| <i>Evaluation</i> | 210 | <i>Expected Outcomes</i> | 253 |
| Chapter 14 Dissociative Disorders | 215 | <i>Interventions</i> | 255 |
| Introduction | 216 | <i>Evaluation</i> | 258 |
| Types of Dissociative Disorders | 216 | Chapter 16 Eating Disorders | 263 |
| <i>Dissociative Amnesia</i> | 216 | Introduction | 264 |
| <i>Dissociative Amnesia with Dissociative Fugue</i> | 217 | Types of Eating Disorders | 264 |
| <i>Dissociative Identity Disorder</i> | 218 | <i>Anorexia Nervosa</i> | 264 |
| <i>Depersonalization/Derealization Disorder</i> | 220 | <i>Bulimia Nervosa</i> | 267 |
| | | <i>Binge-Eating Disorder</i> | 269 |
| | | Treatment of Eating Disorders | 270 |
| | | Application of the Nursing Process | 271 |
| | | <i>Assessment</i> | 271 |
| | | <i>Selected Nursing Diagnoses</i> | 271 |

| | |
|------------------------------------|-----|
| <i>Expected Outcomes</i> | 272 |
| <i>Interventions</i> | 272 |
| <i>Evaluation</i> | 272 |

| | |
|---|-----|
| Chapter 17 Sexual Disorders | 278 |
| Introduction | 279 |
| Types of Sexual Disorders | 279 |
| <i>Sexual Dysfunction Disorders</i> | 279 |
| <i>Paraphilic Disorders</i> | 282 |
| <i>Gender Dysphoria Disorder</i> | 284 |
| Treatment of Sexual Disorders | 286 |
| Application of Nursing Process to the Client with a Sexual Disorder | 286 |
| <i>Assessment</i> | 286 |
| <i>Selected Nursing Diagnoses</i> | 286 |
| <i>Expected Outcomes</i> | 286 |
| <i>Interventions</i> | 287 |
| <i>Evaluation</i> | 287 |

Unit V Age-Specific Disorder and Issues

| | |
|--|-----|
| Chapter 18 Disorders and Issues of Children and Adolescents | 291 |
| Introduction | 292 |
| Types of Mental Disorders in Children and Adolescents | 292 |
| <i>Neurodevelopmental Disorders</i> | 292 |
| <i>Language and Communication Disorders</i> | 294 |
| <i>Speech Sound Disorder</i> | 294 |
| <i>Autism Spectrum Disorder</i> | 295 |
| <i>Attention Deficit/Hyperactivity Disorder</i> | 296 |
| <i>Specific Learning Disorders</i> | 299 |
| Disruptive, Impulse-Control, and Conduct Disorders | 300 |
| <i>Oppositional-Defiant Disorder</i> | 300 |
| <i>Intermittent Explosive Disorder</i> | 300 |
| <i>Conduct Disorder</i> | 302 |
| Anxiety Disorders | 302 |
| <i>Separation Anxiety Disorder</i> | 302 |
| <i>Tic Disorder (Tourette's Disorder)</i> | 303 |
| Elimination Disorders | 304 |
| <i>Signs and Symptoms</i> | 304 |
| <i>Incidence and Etiology</i> | 304 |
| Treatment of Child and Adolescent Disorders | 304 |
| <i>Neurodevelopmental Disorders</i> | 305 |
| <i>Learning and Communication Disorders</i> | 305 |

| | |
|--|-----|
| <i>Anxiety Disorders</i> | 305 |
| <i>Elimination Disorders</i> | 305 |
| Application of the Nursing Process | 306 |
| <i>Assessment</i> | 306 |
| <i>Selected Nursing Diagnoses</i> | 306 |
| <i>Expected Outcomes</i> | 306 |
| <i>Interventions</i> | 307 |
| <i>Evaluation</i> | 307 |

| | |
|---|-----|
| Chapter 19 Disorders and Issues of the Older Adult | 312 |
| Introduction | 313 |
| Mental Health Care for Older Adults | 313 |
| <i>Psychosocial Issues Related to Aging</i> | 313 |
| <i>Impaired Cognitive Functioning</i> | 314 |
| Types of Mental Disorders in the Older Adult | 314 |
| <i>Delirium</i> | 314 |
| <i>Dementia</i> | 315 |
| Treatment of Neurocognitive Disorders in the Older Adult | 322 |
| Application of the Nursing Process for Delirium | 324 |
| <i>Assessment</i> | 324 |
| <i>Selected Nursing Diagnoses</i> | 324 |
| <i>Expected Outcomes</i> | 324 |
| <i>Interventions</i> | 324 |
| <i>Evaluation</i> | 326 |
| Application of the Nursing Process for Dementia | 326 |
| <i>Assessment</i> | 326 |
| <i>Selected Nursing Diagnoses</i> | 327 |
| <i>Expected Outcomes</i> | 327 |
| <i>Interventions</i> | 327 |
| <i>Evaluation</i> | 329 |

Appendices

| | |
|--|-----|
| Appendix A DSM-5 Classification of Mental Disorders | 333 |
| Appendix B NANDA-I Nursing Diagnoses Most Frequently Used in Mental Health and Psychiatric Settings | 342 |
| Appendix C Anxiety Scale (Sample) | 348 |
| Appendix D Answers to Student Worksheet | 349 |

Glossary 363

Index 375