Contents

1.	Introduction Perspectives of Mental Health and Mental Health Nursing 1 Evolution of Mental Health Services, Treatments, and Nursing Practices 4 Psychiatry in India 6 Prevalence and Incidence of Mental Health Problems and Disorders 11 Prevalence of Specific Diseases 14 Mental Health Act 20 Mental Health Team 21 Nature and Scope of Mental Health Nursing 23 Role and Functions of Mental Health Nurse in Various Settings 25 Concepts of Normal and Abnormal Behaviors 28	1
2.	Principles and Concepts of Mental Health Nursing Mental Health Nursing 31 Classification of Mental Disorders: ICD 33 Classification of Mental Disorders According to ICD-11 34 DSM-V Classification 123 Review of Personality Development and Defense Mechanisms 139 Defense Mechanisms/Coping Mechanisms 143 Maladaptive Behavior of Individuals and Groups: Stress, Crisis, and Disaster 144 Etiology of Mental Disorders 145 Review of Structure and Function of Brain, Limbic System, and Abnormal Neurotransmission 147 Description 150 Principles of Mental Health Nursing 155 Standards of Mental Health Nursing 157 Ethics and Responsibilities 161 Conceptual Models and the Role of Nurse 162	31
3.	Mental Health Assessment Psychiatric History Taking 169 Mental Status Examination 174 Mini-Mental Status Examination 181 Neurological Examination 184 Laboratory Tests in Psychiatry 189 Nurse's Role 193	169
4.	Therapeutic Communication and Nurse-Patient Relationship Communication 197 Interpersonal Relationship 206 Elements of Nurse-Patient Relationship 206 Therapeutic Nurse-Patient Relationship 208 Johari Window 212 Therapeutic Impasses/Obstacles in Therapeutic Relationship 214	197
5.	Treatment Modalities and Therapies used in Mental Disorders Psychopharmacology 218 Electroconvulsive Therapy 239	218







xvi

Contents





Phobia 407

Somatoform Disorders 413 Conversion Disorder 415



	Contents	
	Hypochondriasis 416 Body Dysmorphic Disorder 417 Pain Disorder 417 Dissociative Disorders 421 Post-traumatic Stress Disorder 427 Geriatric Consideration/Consideration for Special Population 429 Follow-up, Home Care and Rehabilitation 430	
9.	Nursing Management of Patient with Substance use Disorders Prevalence and Incidence 433 Opioids Related Disorders 442 Sedative Hypnotic Related Disorders 443 Nicotine Related Disorders 443 Cannabis Related Disorders 444 Cocaine and Other Stimulants 444 Multiple Substance Withdrawal 445 Treatment and Management of Substance use Disorders 445 Long-term Treatment for Alcohol Dependence 445 Long-term Treatment for Opiate Dependence 446 Refusal Skills 450 Maintenance Therapy 451 Maintenance Therapy in Other Substance use Disorders 451 Nursing Management of Client with Substance use Disorders 452 Special Consideration for Vulnerable Population 454 Follow-up, Home Care and Rehabilitation 456	433
10.	Personality Disorders 460 Paranoid Personality Disorder 465 Schizoid Personality Disorder 466 Schizotypal Personality Disorder 468 Antisocial Personality Disorder 469 Borderline Personality Disorder 470 Histrionic Personality Disorder 471 Narcissistic Personality Disorder 472 Avoidant Personality Disorder 473 Dependent Personality Disorder 474 Obsessive-Compulsive Personality Disorder 475 Sexual Disorders 476 Geriatric Consideration of Patient with Personality Disorders 484 Follow-up, Home Care and Rehabilitation 485	460
11.	Nursing Management of Behavioral and Emotional Disorders occurring during Childhood and Adolescence Neurodevelopmental Disorders 488 Mental Retardation 498 Learning Disorders 504 Pervasive Developmental Disorders 509	488



Habit Disorders 513 Elimination Disorders 518 Feeding and Eating Disorders 520

Attention-Deficit and Disruptive Behavior Disorders 523

Follow-up, Home Care and Rehabilitation 532





xviii

Contents

(

12.	Nursing Management of Organic Brain Disorders Prevalence and Incidence 535 Classification According to DSM-V 536 Classification According to ICD-11 536 Delirium 538 Dementia 541 Follow-up, Home Care and Rehabilitation 553	535
13.	Psychiatric Emergencies and Crisis Intervention Types of Psychiatric Emergencies and their Management 556 Common Psychiatric Emergencies 558 Stress Adaptation Model: Stress and Stressor, Coping Resources and Mechanism 571 Grief: Theories of Grieving Process, Principles, Techniques of Counseling 574 Principles of Counseling 576 Maladaptive Behavior of Individual and Groups, Stress, Crisis and Disaster 579	556
14.	Need for Mental Health Nursing Need for Mental Health Legislation 587 Indian Lunacy Act, 1912 (ILA) 588 Mental Health Act, 1987 588 Protection of Child from Sexual Offences (POCSO) Act, 2012 591 Mental Health Care Act, 2017 595 Legal Issues in Psychiatric Nursing Practice 609 Forensic Psychiatry and Nursing 612 Narcotic Drugs and Psychotropic Substances Act, 1985 (NDPS Act) 613 Role and Responsibilities of Nurses in Implementing MHCA, 2017 615	587
15.	Development of Community Mental Health Services in India 620 National Mental Health Policy viz. National Health Policy 621 National Mental Health Programme 626 Institutionalization versus Deinstitutionalization 629 Models of Preventive Psychiatry 629 Mental Health Nursing Issues for Special Populations 635	620
	Suggested Reading	643
	Index	647





