

# **General principles of psychiatric nursing**

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# Principles of psychiatric nursing/ قواعد

## مبادئ

### **Guidance or rules of one's actions** **Principles came from these concepts**

- 1-Each individual has basic needs
- 2-The right for worth and dignity
- 3-Potential for growth



# Principles of psychiatric nursing

- Patient should be accepted as he is
- Self-understanding is used to as a therapeutic tool.
- Consistency is used to contribute to patient's security
- Reassurance to be given in a suitable & acceptable manner.
- Maintain contact with reality.



# **1. Patient should be accepted exactly as she is.**

**a - Be non-judgemental and non-punitive.**

**b- Show interest in the patient as a person**

**c- Recognize and reflect on feelings which the patient express.**

**d- Talk with a purpose.**

**e- Allow patient to express strongly held feelings.**



□ **Acceptance** is an active process of a series of positive behaviours designed to convey to the patient as a respect for him as an individual human being who possess worth and dignity .  
انسان له قيمه  
كرامة .

**(Feeling of being loved and cared for)**



## □ Acceptance don't mean permissiveness

الموافقة لا يعني القبول لموافقة الغلط ولكن اساعده انه يغير  
سلوكه

يعني لو المريض عنده ارق بقبله لانها جزء من طبيعة  
مرضه



**Acceptance is shown in the following ways:-**

**a - Be non-judgemental and non-punitive.**

- We don't judge patient's behaviour as right or wrong, good or bad. (describe feeling)
- Patient is not punished for her undesired behaviour.
- Set limits on undesired behavior, restrain in case of excitement
- All direct & indirect methods of punishing must be avoided.

**Laughing about his fears, Calling attention to his defects by talking about them , Avoiding a patient **except** when something must be done for him.**



## b- Show interest in the patient as a person by:

- Studying patients' behavior pattern
- Seeking out a patient (making patient aware that you are interested in him)
- Using time spent with her on these things she is interested in
- Being aware of her likes & dislikes
- Avoiding subject on which she feels sensitive
- Listening to her.
- Explain when her **demands** cannot be met. الحاجات التي ممكن استغني عنها.
- Accepting her fears as real to her.





### c- Recognize and reflect on feelings which the patient express.

- The nurse develops skill in identifying the feeling actually expressed.

انا شوفت واحدة مضايقة فبسألها انتي مضايقة النهاردة عشان اعرف المعلومات اللي وصلتني

صح ولا لا

- She should avoid evaluative, hostile responses and use the understanding responses which may help the patient to explore his feelings.

- **Act as a sound board for patient strong negative feeling**



## d- Talk with a purpose (professional relation(

- Conversation with a patient must have a goal. **حكيم او**  
**حكيمة**
- Nurse's conversation with a patient must go around her needs, wants & interests. Understand consequences of words or behavior



## e- Allow patient to express strongly held feelings.

- It is better to permit the patient to express her strong Feelings without disapproval. اسمله انه يعبر عن مشاعره.
- Feeling of anxiety, fear, hostility, hatred or anger should be expected, tolerated and Allowed-expressions. بالذات المشاعر اللي مش سهل يتكلم عنها زى.
- انا حاسس اني حيوان نفسي احطم رقبة حد



## 2. Self understanding is used to as a therapeutic tool.

Self awareness aware  
strength ,weakness  
points

How can nurse understand herself better?

1- Exchange personal experience freely and openly with colleagues.

2- Discuss your personal reaction with an experienced person.

3- Participate in group conference regarding patient care.

4- Keeping reflecting on **Why** one feels or acts the way



### **3. Consistency is used to contribute to patient's security**

**a. Why consistency?**

**b. Areas where consistency must operate.**

**c. How should consistency operate?**



## Why consistency? الثبات

- **Not knowing what to expect, or fear of the unknown produces anxiety.** Consistency means having a certain routine pattern that does not change from one day to the other, consistency helps in knowing what to expect .



## Areas where consistency must operate.

### 1. Attitudes of the staff

To avoid conflict between staff member regarding the general approach to the patient.

### 2. Ward routine

should be explained to the patient on admission ,and the pt. should be informed about every aspects of ward living as : awaking hours ,eating time ,receiving medications and any changes in ward routine.

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### 3. Defining the limitation placed on the patient

Limitation are important when the patient is deliberately acting out unacceptable behavior in a way that is harmful to self and others.

The nurse sets limits **by** : making a firm comment , manual or physical technique or chemical methods

**Restrain in case of excitement**





## How should consistency operate?

- Patient to be continuously exposed to an atmosphere of acceptance (explain procedure)
- Consistence to be maintained from nurse & shift to shift
- Permissivenessالتساهل to be limited e.g. with patients who are homicidal, suicidal, hyperactive & suspicious.
- Patient is allowed to feel as she does but limitations are put on his behavior
- The attempt to win patients' liking (favoritism) is most dangerous for the patient.



اعادة الطمانينة

**4. Reassurance to be given in a suitable & acceptable**

**a. Reassurance**

**b. Avoid saying to the patient**

**c. How to give reassurance?**



## **a. Reassurance**

Reassurance is building patient's confidence

## **b. Avoid saying to the patient**

1. You will get well
2. Your fears have no base
3. You are a nice person
4. All will end well
5. Nothing to worry



### c. How to give reassurance?

- ✓ Be truly interested in patient problems.
- ✓ Pay attention to the matters that are important to the patient, however insignificant it may be.
- ✓ Be aware & accept how the patient really feels
- ✓ Sit beside patient even when she does not want to talk.  
(silence method of communication)
- ✓ Listen to personal problems without showing surprise or disapproval.



## 8. Maintain contact with reality

- Most persons who have developed or who are susceptible to developing behavioral disorders have difficulties with their reality checking mechanisms.
- In care of such patients, must not be support unrealistic ideas, assumptions or behavior. The patient is not rejected or punished, the nurse simply doesn't agree with them .In addition, reality must called to the patient's attention without demanding that he immediately accept.
- **By touch something real ,talking in real events and engaging him in activities**





***THANK YOU***

