

MENTAL HEALTH NURSING .



Siyob Public health

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Annotation : Mental health nursing, also known as psychiatric nursing, is a specialized field of nursing practice that involves the care of individuals with a mental health disorder to help them recover and improve their quality of life. Mental health nurses have advanced knowledge of the assessment, diagnosis, and treatment of psychiatric disorders that helps them provide specialized care. They typically work alongside other health professionals in a medical team with the aim of providing the optimal clinical outcomes for the patient.

What is a mental health nurse?

If you or someone you know has a mental illness, then you may see a mental health nurse.

What training does a mental health nurse have?

Mental health nurses are registered nurses who hold special qualifications in mental health. Mental health nurses are registered with the Nursing and Midwifery Board of Australia. Some mental health nurses are accredited through the Australian College of Mental Health Nurses.

What conditions do mental health nurses treat?

A mental health nurse specialises in working with people who have mental illness. Mental health conditions can include:

- bipolar disorder
- depression and anxiety

- postnatal depression
- psychosis
- schizophrenia
- substance abuse

Mental health nurses can also help you if you are managing physical illness. Mental health, physical health and other aspects of life can all affect each other. Mental health nurses work with people to help them manage their lives.

Where do mental health nurses work?

Mental health nurses usually work as part of a wider team of health professionals. They may work in many different places, such as:

- the community
- mental health units in hospitals and nursing homes
- psychiatric hospitals

Some general practices have mental health nurses. Mental health nurses can also visit you at home.

For some people, a mental health nurse is their main contact with the health system.

Mental health nurses can also work remotely, to help you over the phone or online.

To speak with a mental health nurse, you can:

- ask your doctor for a referral
- ask about mental health nursing services at your local hospital

When should I see a mental health nurse?

If you are struggling with mental health issues, you may see a mental health nurse. They can:

- work with you to plan your recovery
- provide counselling and strategies to deal with emotional difficulties and stress
- help you deal with your symptoms and any medicines you take
- help you get support from Services Australia or housing and community programs
- help educate you, your family and your doctor about your mental illness and its treatment
- support you to talk to your doctor about mental health
- help you review your mental health treatment plan with your doctor

A mental health nurse can also talk with other health professionals involved in your care, such as:

- your doctor
- your psychologist or psychiatrist

What if I am in a crisis?

A mental health nurse can help you in a crisis. They can also help you find more help if needed. This can be:

- in person
- online
- by phone or text

Your mental health nurse always maintains your safety as a priority. They can arrange hospital care if they think you are at risk of harming yourself or others.

What should I expect during an appointment with a mental health nurse?

When seeing a mental health nurse, they may ask what's going on in your life right now. You may want to talk about any:

- stressful experiences or feelings you have had

- changes you have noticed in your mood, appetite, self-esteem or relationships
- how changes you have noticed have affected your life

Sharing your experiences can give your mental health nurse the information they need to care for you.

It can be hard to talk about difficult topics. You don't have to share information that you don't feel comfortable speaking about. When booking your appointment, you can ask:

- how much the session will cost
- if you can have a longer appointment to discuss your mental health concerns

What questions should I ask a mental health nurse?

- To make sure you get what you want out of your appointment, you can ask:
- if there are resources your mental health nurse can provide
- how your information will be kept private
- how your mental health nurse will communicate with other healthcare professionals who care for you
- how often you can see your mental health nurse

Do I need a referral to see a mental health nurse?

You can see a mental health nurse at your local doctor's office or community health centre without a referral.

Some mental health nurse practitioners work in special clinics or private practices. For these services, you may need a referral from your doctor.

It's a good idea to see your doctor before you make an appointment with a mental health nurse. Your doctor can suggest mental health nurses near you. They can also help develop a mental health treatment plan with you.

References

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3. <http://www.rntobsn.org/careers/psychiatric-nurse/>
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