

PRINCIPLES OF MENTAL HEALTH NURSING

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HOD MENTAL HEALTH NURSING DEPT

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General principles

PATIENT IS ACCEPTED EXACTLY AS HE IS

- Being non-judgmental and non-punitive
- Being Sincerely Interested In the Patient
- Recognizing and Reflecting on feelings which patient may express
- Talking with a purpose
- Listening
- Permitting Patient to Express Strongly held Feelings

USE SELF UNDERSTANDING AS A THERAPEUTIC TOOL

**CONSISTENCY USED TO
CONTRIBUTE PATIENT'S
SECURITY**

**REASSURANCE SHOULD BE
GIVEN IN A SUBTLE AND
ACCEPTABLE MANNER**

**PATIENT'S BEHAVIOUR IS
CHANGED THROUGH
EMOTIONAL EXPERIENCE
AND NOT BY RATIONAL
INTERPRETATION**

**UNECCESARY INCREASE IN
PATIENT'S ANXIETY
SHOULD BE AVOIDED**

**OBJECTIVE OBSERVATION
OF PATIENT TO
UNDERSTAND HIS
BEHAVIOR**

**MAINTAIN REALISTIC
NURSE PATIENT
RELATIONSHIP**

**AVOID PHYSICAL AND
VERBAL FORCES AS MUCH
AS POSSIBLE**

**NURSING CARE IS
CENTERED ON THE PATIENT
AS A PERSON AND NOT ON
THE CONTROL OF
SYMPTOMS**

**ALL EXPLANATIONS OF
PROCEDURE AND OTHER
ROUTINES ARE GIVEN
ACCORDING TO THE
PATIENT'S LEVEL OF
UNDERSTANDING**

**MANY PROCEDURES ARE
MODIFIED BUT BASIC
PRINCIPLES REMAIN
UNALTERED**