

Chapter 1 Basic mental health concepts

- American Psychiatric Nurse Association
- Psychosocial Assessment
 - Perception of health/belief
 - Leisure activities
 - Coping abilities
 - Cultural: factors that impact care/health care beliefs
 - ☑ Culture specific food
 - ☑ Specific practices
 - ☑ Awareness of culture alleviates stereotyping
 - ☑ Interpreter
 - Spiritual/ Religious
 - ☑ Spiritual: internal values/ morality/purpose of life
 - ☑ Religion: beliefs, worship, rituals
 - ☑ May not connect spiritual views with religion
- Mental Status Exam
 - ☑ Level of consciousness
 - Alert: Respond/open eyes/ answers questions
 - Lethargic: open eyes but drowsy /falls asleep
 - Stuporous: require painful stimuli (sternum rubbing) may not respond verbally
 - Comatose: unconscious & don't respond to stimuli
 - ☑ Decorticate rigidity: flexion/internal rotation of legs/upper body
 - ☑ Decerebrate rigidity: extension of neck/elbow & finger flexion
 - ☑ Physical appearance: personal hygiene, grooming, well kempt, clean, dressed appropriately
 - ☑ Behavior: voluntary/involuntary body movement
 - Mood: emotions
 - Affect: objective expression (lack of facial expression)
 - ☑ Cognitive/intellectual ability
 - Orientation: time, place, person
 - Memory
 - ☑ Immediate: repeat series (numbers or objects)
 - ☑ Recent: recent events (current day)
 - ☑ Remote: fact from past (b-day)
 - Assess: level of knowledge (current illness), Ability to calculate (count backwards), abstract thinking, perception of illness, judgement based on hypothetical questions (what would you do if there was a fire), rate and volume of speech
- Screening tool: assess cognitive status
 - Mini mental state exam: assess orientation to place/time, attention span, ability to count, recall objects, language, follow commands, ability to write
 - Glasgow Coma Scale: baseline for level of consciousness/ ongoing assessment. Eye/verbal/motor response where numbers are assigned. 15 is highest and 7 is coma
- Children/adolescents
 - Experience some sort of mental problems as adults/ experience the same as adults
 - Not easily diagnosed b/c of delayed or inadequate treatment (can't describe what's happening/ variety of normal behaviors during each stages)
 - Assess mood/anxiety/development/ behavior/suicide/eating disorder
 - HEADSSS

Ati Mental Health Study Guide

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