



# STAFF NURSE

## NATIONAL RURAL HEALTH MISSION

DEPARTMENT OF MEDICAL, HEALTH & FAMILY  
WELFARE RAJASTHAN

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MENTAL HEALTH & PSYCHIATRIC  
NURSING & PSYCHOLOGY



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## History of Psychiatric

### (1) period of persecution (शक/संदेह) ⇒

इस period के दौरान भूत-प्रेत और <sup>आत्मा</sup> मानसिक रोगों के लिए जिम्मेदार माना जाता है।

### (2) Period of segregation ⇒

इस period के दौरान मानसिक रोगियों के लिए Asylum (आश्रय स्थल) स्थापित हुए।  
But इस period में Mental रोगियों के लिए कोई इलाज available नहीं था।

↓  
1st Asylum Name → Bethlehem Asylum  
for mentally ill pt.  
was established

↓  
In England.

### (3) Period of Humanitarian ⇒

इस period के दौरान physician मानसिक रोगियों का इलाज करने लगे।  
But इस period में भी मानसिक रोगियों के लिए Exact Rx available नहीं था।

### (4) Scientific period ⇒

(A) Insuline COMA therapy/Insuline shock therapy ⇒ It

Was discovered by → SAKEL (1932)



Mental patient ⇒ large dose ⇒ the pt may go into  
of Insuline the coma.

(It become  
aggressive behaviour) (due to severe  
Hypoglycemia)

The patient ← Administer of  
get awake. D 25%.  
5%.  
10%

(B) 1938 → Ugo Cerlet's and Lucino bini discovered  
the

↓  
EST/ECT

(C) 1952 →

The 1<sup>st</sup> Antipsychotic drug was discovered

↓  
It was → Chlorpromazine [Cpz]

5. Period of prevention → (from 1960 - Now a days)

Rx Aspect in → (i) ECT  
psychiatric

(ii) psycho-pharmacology.

(iii) psycho-therapy.

## "National Mental Health programme → 1982"

(मानने की क्षमता - है)

D → Denial → A plan auditory Rejection (eg → कर्म-31 कु-1)

A → Angeriness

B → Bargaining

D → Depression

A → Acceptance

→ (Ana-physiologic) study)

\*

### BRAIN (पारस्विक Part)

It is the Concrete (पारस्विक) component of central nervous system or It is the organic part of CNS. which grow just like the other system of Human body.

(psychiatric)

\*

### MIND ⇒

It is the Abstract (अव्यक्त) component of CNS. or It is the functional part of CNS. which grow just like the other system of Human body.



# PSYCHOLOGY



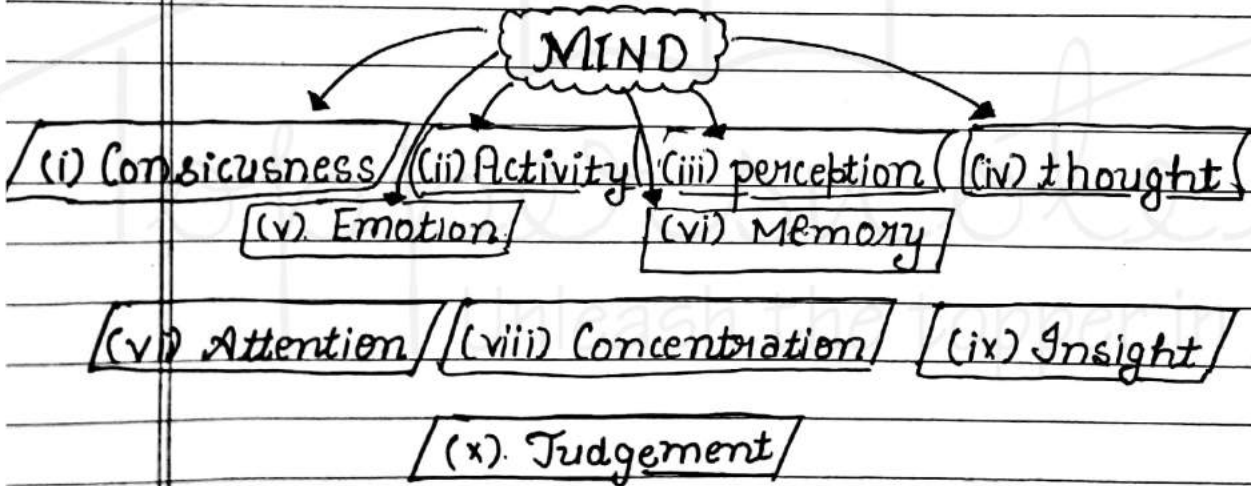
Definition → It is the scientific study of "Consciousness"

(ii) psychology is the scientific study of "Mind"

psychology = psycho + Logos  
                   ↓                  ↓  
                   Mind          Study

OR

But latest days the psychology is define as Scientific "Study of Human behavior"



Orientation ⇒ pt. is known  
                   place  
                   Time  
                   Person.



Consciousness ⇒  
                   Include Orientation + awareness of self + awareness  
                   around the surrounding + awareness pain  
                   stimulus.



eg → (Movie 3211471)  
Stupor → Mute + Emotionless

\* Orientation ⇒ Awareness about TPP  
Time  
Place  
Person

① \* Consciousness ⇒  
The awareness of self, awareness of surrounding, awareness about TPP and the give respond to a painfull stimuli.

② \* Activity ⇒  
The Motor respond of Human body is k/as ~~psycho~~ psycho-Motor-Activity (PMA)  
Mind

Eg →  
① purposeless or needles PMA used  
↓  
in commonly seen in → Mania

② purposefull psychomotor activity are used in  
↓  
in depression not any Reason.

③ \* Attention ⇒

IMP  
③ Perception ⇒ (R/T to sense organ)

The anything which are experienced

by a person through his sense organ is  
OK/as perception

Eye → Auditory perception  
Ear → visual perception  
nose → Olfactory perception  
Tongue → gustatory perception  
skin → Tactile perception

Q The perception of any individual can be effected by

- Factors of perception
- (A) sensory disturbance
  - (B) previous Experience
  - (C) Individual need
  - (D) All of them [D]

\* Types of perception ⇒

- 1) Visual perception
- 2) Auditory perception
- 3) gustatory perception
- 4) Olfactory perception
- 5) Tactile perception

\* Disorder of perception

- Two disorder
- (1) Hallucination
  - (2) Illusion

\* Wrong perception in the Absence of actual stimulus.

\* False perception in the Presence of actual stimulus or Misinterpretation of stimulus

असत्य ध्यान  
पहचान ध्यान

↓  
Hallucination में actual  
stimulus हमेशा absent  
होगा

↓  
Eg → Movie MBB2 में जाँची  
की ~~Or~~ ~~Or~~ ~~Or~~  
के साथ Role (Auditory  
or visual Hallucination)

↓  
Illusion में actual stimulus  
हमेशा present होगा।

↓  
Eg → Rope (रस्सी) को साँप  
के रूप में सोप खोलना या  
जल पहचान लेना।

IMP  
4) \* Thought ⇒

Thought / Thinking is the mental process  
which includes ideas.

⇒ There are 3 level of thinking: → [Thought]

↓ (a) Formation level

↓  
Formation of  
one idea

↓ (b) progression level

↓  
when one ideas  
attached from  
another ideas +  
thought process

↓  
also known as  
⇒ Association level

↓ (c) Content level

↓ (Compulsion)  
when there is a  
attachment of  
subject, belief,  
or values to in  
the all ideas.

↓  
Eg → Delusion

↓  
disorder of content  
level of thought

## \* Delusion ⇒

Meaning → A false fix belief is k/as delusion

Eg → (1) Delusion of presecution  
(2) Delusion of reference (कहीं भी दो व्यक्ति बात करते हैं तो लगता है कि मेरे बारे में ही बात कर रहे हैं।)

(3) Delusion of grandiosity

(अपने आप को राज या बड़ा समझना/में कुछ भी कर सकता है)

## \* (5) Emotion ⇒

It is the inner feeling of any individual which can be expressed by facial expression, gesture, posture of body, Speech/T → Tone, Language

V → volume  
P → pressure

⇒ Emotion can affect the Human body by two way :-

(1) External Emotion ⇒

Facial Expression

Gesture

posture of body

Speech +

Language

(2) Internal Emotion ⇒ \* H.R, B.P, Respiration rate and sweating.  
 ↓↓↓  
 Changes in vitals \* Appetite  
 \* Sleep pattern

⇒ Note ⇒ Mood is a one type of emotion.

⇒ Emotion can be expressed by two way :→ (1) Affect  
 (2) Mood

(1) Affect ⇒ Short term emotion  
 or  
 Emotion at a given movement

(2) Mood ⇒ Long term emotion / <sup>(Prolonged)</sup> pervasive Emotion /  
 sustained emotion

⇒ During the emotional changes in Human body, there are 2 neurotransmitter changes occur in brain. These are ↓↓↓

- (1) Serotonine
- (2) Nor-epinephrine

during Happiness → Serotonine & Nor-~~epine~~  
 epinephrine level ↑ se

Condition → Mania

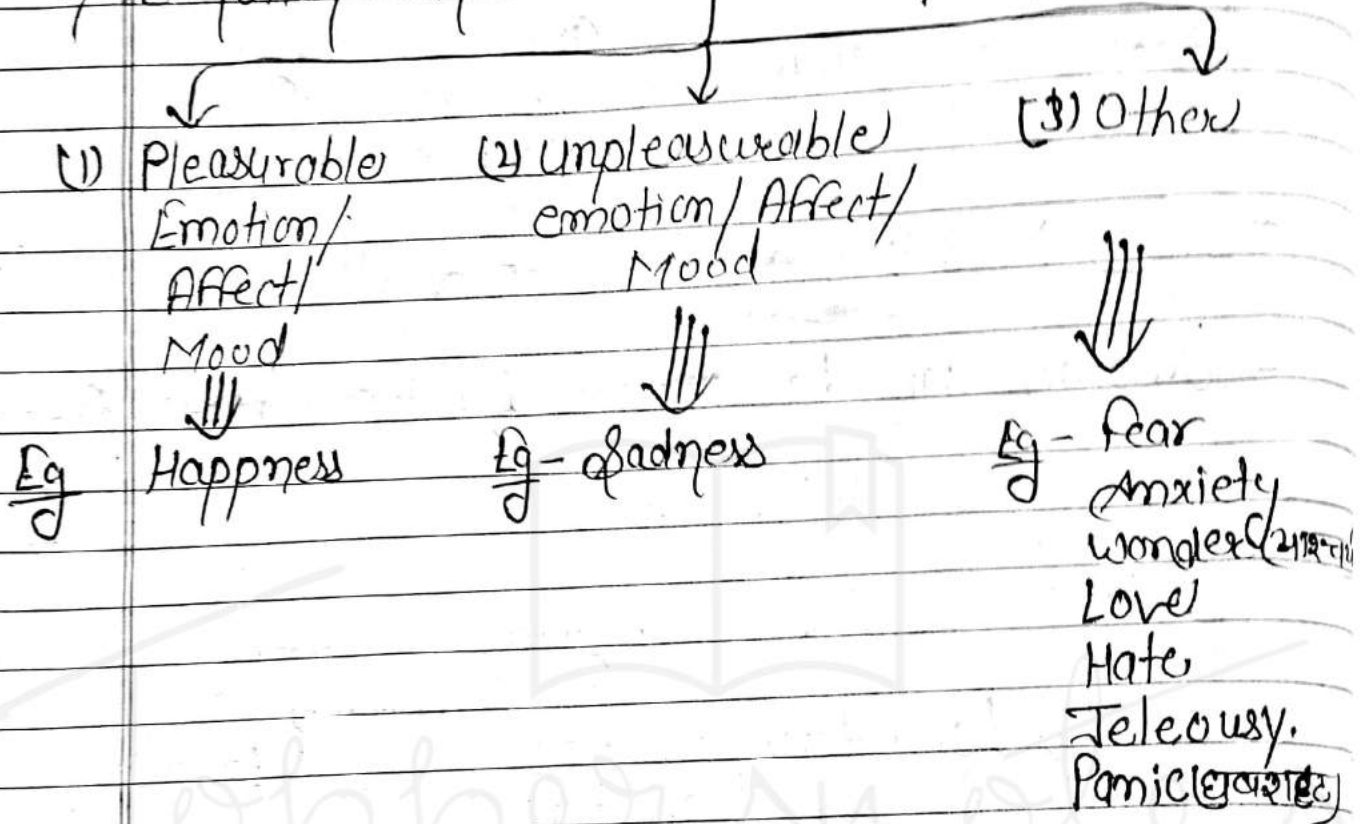
during Sadness ⇒ ↓ se

Condition → depressed

Note



⇒ Emotion can be classified as ⇒



Q Mania and depression are the disorder of:-

- (A) Emotion / Mood / Affect
- (B) PMA
- (C) Thought
- (D) ~~Perception~~ Perception (A)

Mania → flight of ideas  
Depression → poverty of ideas (↓)

Q Mania and depression are effect

- (A) Emotion / Mood / Affect
- (B) PMA
- (C) Thought
- (D) All of them

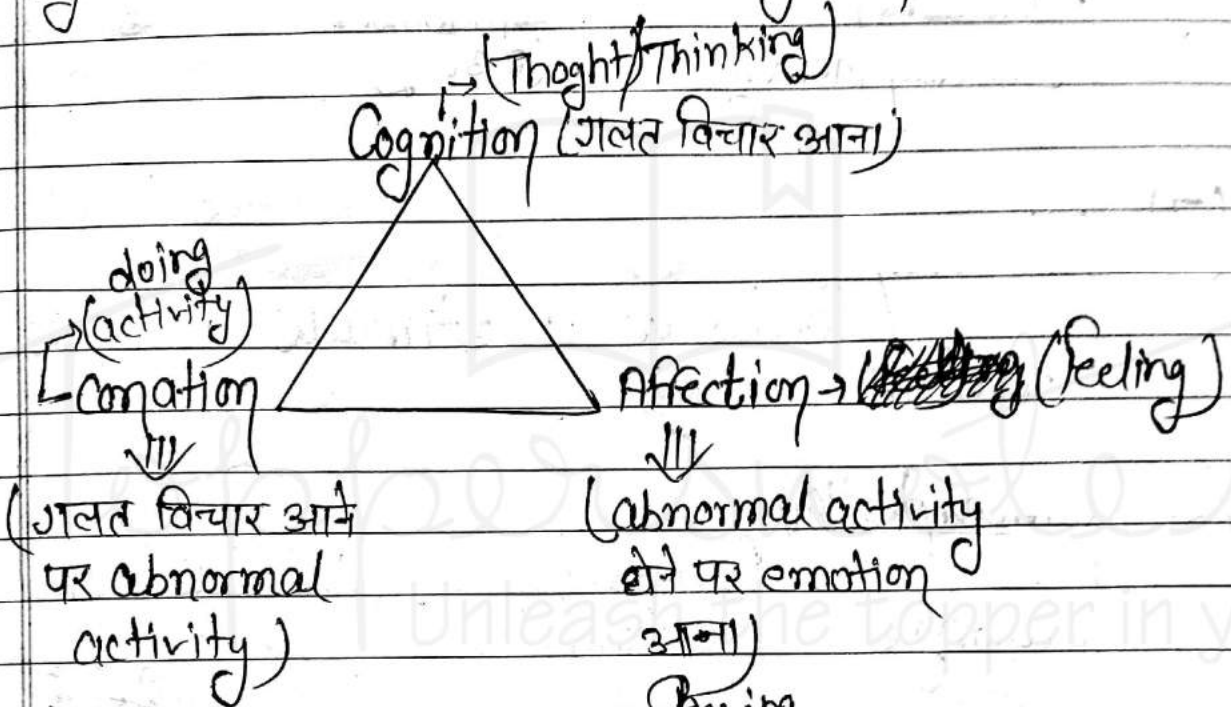
Disorder of Emotion / Affect / Mood

(1) Pleasurable Affect

(2) Unpleasurable Affect

↓  
Eg Mania

↓  
Eg - Depression



(6) Memory ⇒ (Power of remembering) is k/as Memory  
↳ Remembering

Process ⇒ Attending of a stimulus

↓  
Save the stimulus

↓  
Recall / Reproduce the stimulus

Types of Memory



## Memory

(1) Immediate Memory

↓ ↓ ↓  
(कुछ क्षण की Memory)  
(One day Memory)

(2) Recent Memory

↓ ↓ ↓  
कुछ दिन पहले की Memory  
(2-3 days)

(3) Remote Memory

↓ ↓ ↓  
काफी पिकले दिनों की Memory

(7) Attention

focus on a stimulus is k/as  
attention

(8) Concentration

focus on a stimulus for prolonged (maintain)

(9)

Insight ⇒ Eg ⇒ <sup>जागरूक होना</sup> Insight present ⇒ <sup>जागरूक नहीं होता</sup> Insight Absent.  
Awareness of self mental status

(10)

Judgement ⇒ (take)  
The power to draw the decision

⇒ Eg → Judgement intact ⇒ (decision लेने की क्षमता है)  
⇒ Judgement loss

↓ ↓ ↓  
(decision लेने की क्षमता नहीं है)

# MENTAL DISORDER

Psychosis → <sup>Major</sup> ~~Minor~~ mental illness ~~also need~~ require hospital  
 neurosis → <sup>Minor</sup> ~~Major~~ mental illness, Require for Hospital  
 ↓ ↓ ↓

Rx → Psychotherapy, judgement intact  
 Psychopharmacological

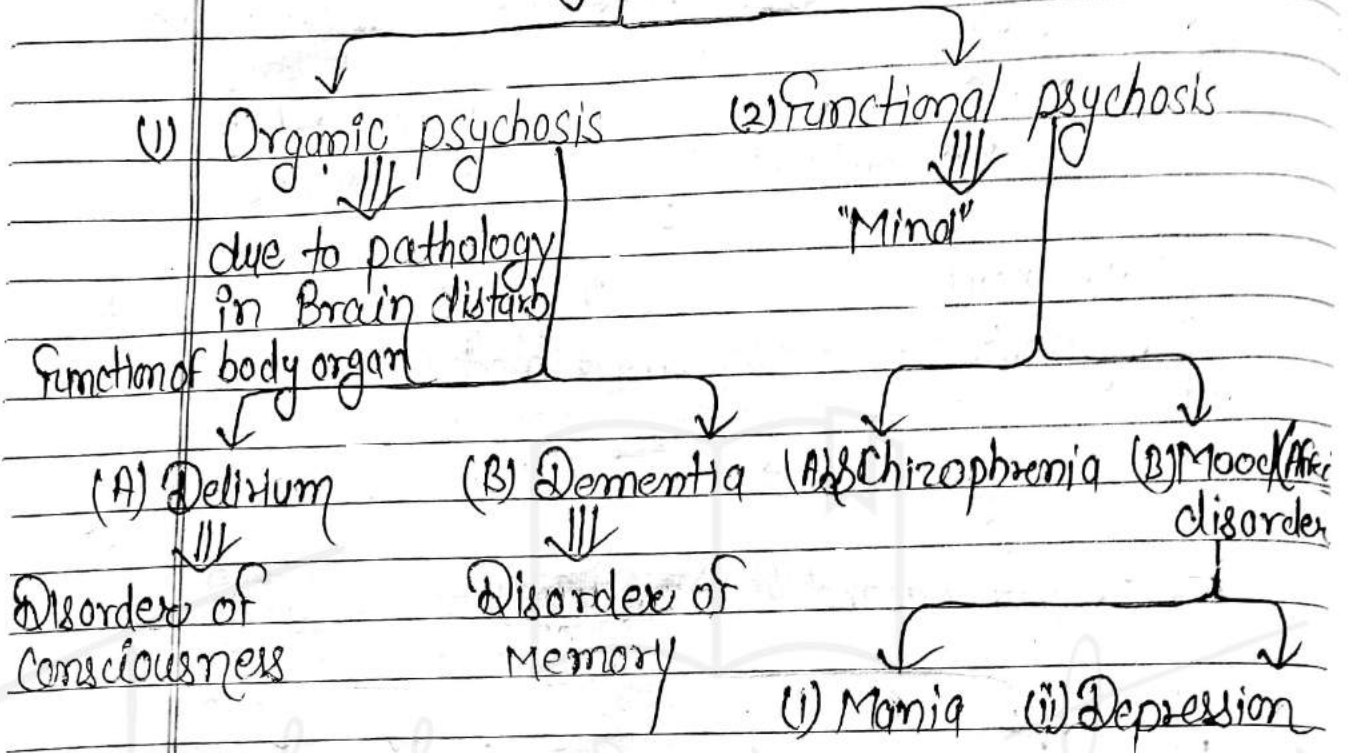
In psychosis pt. personalized disorganized and in neurosis pt. personality → intact

psychosis pt → present Hallucination and illusion

\* Mental disorder are categorized two form

(1) Psychosis	(2) Neurosis
① Severity → Major	* Minor
② Hospitalization → usually require Hospitalization	* Does not require Hospital
③ Insight → Absent	* present
④ Hallucination → present and delusion →	* Absent
⑤ judgement → Judgement Loss	* Judgement intact
⑥ personality → Disorganized	* Organized/intact
⑦ Rx → ECT, psychopharmacology	* psychotherapy psychopharmacology

## (1) Psychosis Mental disorder



## (2) Neurosis Mental illness/Disorder

- (1) Anxiety Neurosis
- (2) Phobia
- (3) Obsession  
Compulsion  
neurosis  
(O.C.N)
- (4) Hysteria

(1)\* Organic psychosis ⇒ Organic psychosis are R/T to the pathology to Brain or body  
 feature ⇒ psychiatric symptom

(A)\* Delirium  $\Rightarrow$  also k/as  $\rightarrow$  Acute Brain Syndrome or Acute Confusional state

$\Rightarrow$  It is a Organic psychosis characterized by clouded consciousness and lack of attention

$\Rightarrow$  Delirium is the disorder of consciousness

$\Rightarrow$  Onset of disorder  $\rightarrow$  Acute

$\Rightarrow$  Course of disorder  $\rightarrow$  Reversible

Duration of disorder  $\rightarrow$  Less than 6 Month

Eg  $\rightarrow$

(1) Road Accidental injury

(2) Fever  $\rightarrow$  High grade

(3) In DM  $\rightarrow$  Hypoglycemia

due to given high dose of insulin  $\rightarrow$  et

create clouded consciousness.

(B) Dementia

It is the Organic psychosis characterized by disturbance in memory, disturbance in intelligence & poor personal Hygiene.

$\Rightarrow$  Dementia is the disorder of Memory

$\Rightarrow$  Dementia also k/as  $\Rightarrow$  Chronic Brain Syndrome

$\Rightarrow$  Alzheimer's dementia is the commonest type of dementia.