



**N108: NURSING CARE OF PATIENTS WITH PROBLEMS IN
PSYCHOSOCIAL ADAPTATION AND ADJUSTMENT**
1st Semester, AY 2023-2024

STUDY GUIDE UNIT II

Title: Assessment in Mental Health Psychiatric Nursing
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Introduction:

By this time, you have studied about the basic concepts in mental health psychiatric nursing. As student nurses, you already know that the therapeutic communication and the therapeutic use of self is an integral part of the whole nurse-patient relationship and the nursing process. As you begin to prepare with your nursing care for clients with mental health needs, you must keep in mind the important components of psychiatric nursing assessment. Let's start!

Learning Outcomes:

At the end of Unit II, you should be able to:

1. Discuss psychiatric assessment, its components and the biopsychosocial model of nursing assessment
2. Explain the basic principles in the conduct of psychiatric interview
3. Describe the processes in taking the psychiatric history, mental status exam and/or other psychiatric assessment parameters
4. Describe the different coping/ ego defense mechanisms
5. Appreciate the use of appropriate frameworks/models in explaining the psychodynamics of the patient

Topics:

- Psychiatric Nursing History
- Mental Status Exam
- Family Assessment
- Anamnesis
- Psychiatric Nursing Interview: Principles and Techniques
- Diagnostic Exams: Psychological Tests & Laboratory Exams
- Psychodynamic Formulation
- Ego Defense Mechanisms
- Nursing Diagnoses in MHPN (NANDA typology, etc.)



Let us begin by watching the **video recording about assessment in mental health and psychiatric nursing** that is uploaded in our course site. This recording explains the different components of psychiatric assessment. It also discusses the common questions to be used in assessment and the different terminologies in psychiatric report which can be found in detail in the hand out provided.

After watching the recording of the lecture, you can also **watch the following YouTube videos** so that you can take note of the communication techniques that the clinician utilized. Notice how there are different in approaches in psychiatric interview depending on the manifestations of the client.

- [Psychiatric Interviews for Teaching: Psychosis \(12 minutes\)](#)
- [Psychiatric Interviews for Teaching: Depression \(15 minutes\)](#)
- [Psychiatric Interviews for Teaching: Mania \(10 minutes\)](#)
- [Psychiatric Interviews for Teaching: Anxiety \(12 minutes\)](#)

THINK:

After watching ALL the videos, compare the approaches utilized in the psychiatric interview based on the client's symptoms. What are the communication strategies/ interview techniques that caught your attention?

You can also check this YouTube channel, **Special Books by Special Kids**, where Chris interviews disabled and neurodivergent people. There is a playlist [Meet Somebody with a Mental Health Disorder](#). As you watch the videos, take note of the different manifestations of mental health problems that can be observed from the invited guests.

To continue with our discussions, watch the video lecture about **Psychodynamic Formulation** to give you an idea on how to manage and analyze the data to come up with a psychodynamic paradigm that will guide your plan of care.

In relation to this, **you can review the different ego defense mechanisms** using the book [Psychodynamic Psychotherapy](#) Chapter 4, page 24-42. You can also start to go through the **Diagnostic and Statistical Manual of Mental Disorders (DSM V)** which will be the basis of our discussions on the next topic.