

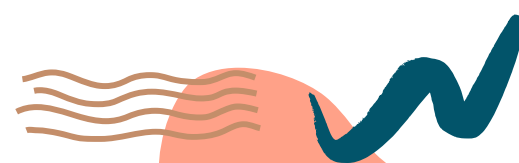
The background is white with various colorful abstract elements. In the top left, there's a dark teal square, an orange circle, and a small orange triangle. In the top right, there are orange and peach wavy shapes. On the left side, there's a brown leafy branch. At the bottom center, there's a rainbow with orange, yellow, and red bands. In the bottom right, there's a dark teal rectangle with orange diamond shapes above it.

N123 Community Mental Health Nursing

Lecture 3: Comprehensive Community Mental Health
Nursing Assessment



Learning Objectives:

- ❖ Describe community mental health nursing assessment
 - ❖ Identify goals of initial comprehensive community mental health nursing assessment sessions
 - ❖ Determine procedures that can help manage gathered assessment data
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Comprehensive Community Mental Health Nursing Assessment

- It is a broad plan by which data are collected about the emotional and mental health of families, clients, and communities and on which clinical decision making and management of nursing practice are based.
- It is also an ongoing process in which interaction occur between the community mental health nurse and clients, and these interactions have therapeutic potential in and of themselves.

Comprehensive Community Mental Health Nursing Assessment

- It uses the sets of relationships in the clinical organizing framework for orientation. This framework in turn is based on the unique aspect of nursing, principles of community mental health nursing, concepts of mental health and related science principles and research.
- The interactive assessment data represents **a synthesis and summary of how clients cope, adapt, perceive their problems and situations**, and view the nurse as a provider of therapeutic mental health services.
- One of the complexities of the community mental health nursing assessment is the multiplicity of levels of communication that occur in the process.

Comprehensive Community Mental Health Nursing Assessment

- Pacing of the community mental health nursing assessment is interactional and based on the assumption that assessment and development of relationships go hand in hand.
- It is quite possible that by the time a comprehensive community mental health nursing assessment is completed, the changes that have occurred as a result of ongoing interactions have helped clients to determine whether and what kind of a therapeutic relationship is needed on a continuing basis.

Purpose of Comprehensive Community Mental Health Nursing Assessment

- A mental health database has to be obtained about the emotional and mental health of families, of the relevant groups in which members spend a considerable amount of their time and energy in the process of daily living, and of members as individuals. It includes basic biographical, personal, social and psychological, and familial information
- A data base has to be established about the mental health of the community as an integral aspect of the interdependent systems that families and clients live and work in

Purpose of Comprehensive Community Mental Health Nursing Assessment

- A nursing data base has to be collected that uses the principles of community mental health nursing and nursing in general to obtain the kinds of necessary data on which to base clinical practice
- Assessment process has to generate interest and motivation in people to be responsive to their own health and mental health needs in ways that promote the establishment of helping and caring relationships

Initial Assessment Sessions



- Beginning of therapeutic relationship. Establishment of a sense of concern and caring between client and nurse
- Information is obtained in ways that the session does not become a structured question-and-answer format.
- Sometimes, the nurse may need to provide interventions such as lowering anxiety levels since questions can evoke uncomfortable feelings.
- A community mental health nursing assessment is ongoing and an update is done in each subsequent session. Counseling is an integral part of this process.



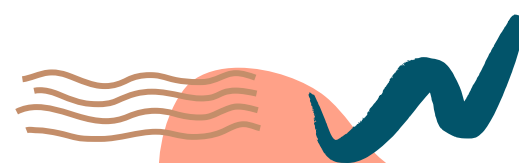
Initial Assessment Sessions

- Summarize major and minor events, relationships, strengths, and any problems that have been identified.
- In the next sessions, the nurse reviews previous agreements and gets feedback about what has been happening with members during the interval.
- One of the objectives of the comprehensive community mental health nursing assessment is to use the process itself in a therapeutic way.

Goals of Initial Assessment Session



1. **Establishes a sense of caring and competency with clients** by applying principles of nursing, community mental health nursing, and therapeutic use of self
2. Obtains **basic biographical information** about clients relating to physical, personal, social, familial, and community relationships, problems, and experiences
3. Obtain information about **patterns of behavior** used to handle stressful, unstressful and crisis relationships and events relating to physical, mental, and emotional health and illness behaviors and **identification of the situational contexts at which patterns are used**
4. Establishes the **identity of significant groups and community networks**



Goals of Initial Assessment Session



5. Identifies **strengths, potential, concerns, and problems being experienced** by members and what effects they are perceived as having on daily living activities, roles, relationships and responsibilities
6. Obtains **definitions from members of problem situations** and information about how these have been handled and how they might be more effectively handled
7. Reviews with clients their **perceptions of what has gone on in the session** to determine whether any new ideas or suggestions have evolved as a result of discussions and interactions
8. Orients clients to **information that will be needed and arranges for visitation** in the home or other domiciliary setting
9. Informs clients of the **possibility for referral** to other mental health professionals if major problems are identified.



Goals of Follow-up Assessment Sessions

1. Obtains a picture of the **client's social systems** in interaction in the natural social setting
2. Identifies some of the stated and unstated rules, norms, **patterns of communication, and interrelationships** that reflect the ways in which the family or primary socialization group functions
3. Uses **indicators of mental health to obtain information about specific relationships and roles** between significant relationships
4. Obtains information on the **community resources** the family or primary socialization group may call on and the social networks in which they participate
5. Obtains information about how the family or primary socialization group views its **milieu in terms of safety, the availability of the necessities of life, and the resources** that may be called on in times of increased need and support.

Goals of Follow-up Assessment Sessions

6. Judges **overall family/group functioning** in terms of potential for providing a milieu for emotional, cognitive, and social development of members
7. Validates with members their **definition of the situation as it has evolved over the past sessions**
8. Determines whether **any actions have been taken to address the problematical or stressful situations** uncovered in the initial assessment counseling process
9. Obtains **additional data that is needed** for the comprehensive assessment on the basis of the nurse's review and indicate to members any referrals that the nurse thinks would provide additional data and information
10. Identifies **repetitive coping patterns** that are used to try to handle usual and crisis situations

Goals of Follow-up Assessment Sessions

11. Identifies **significant others** who seem to be central to the strengths, concerns, and anticipated changes or problems in the family
12. Makes a judgment about **level of functioning and mental health and emotional health status of members** as a basis for an appropriate plan of recommendations
13. Assess the **strengths and potential of the family and its members to make changes in relationships, roles, and responsibilities** that would promote and maintain the emotional and mental health of members.

How will you manage the data?

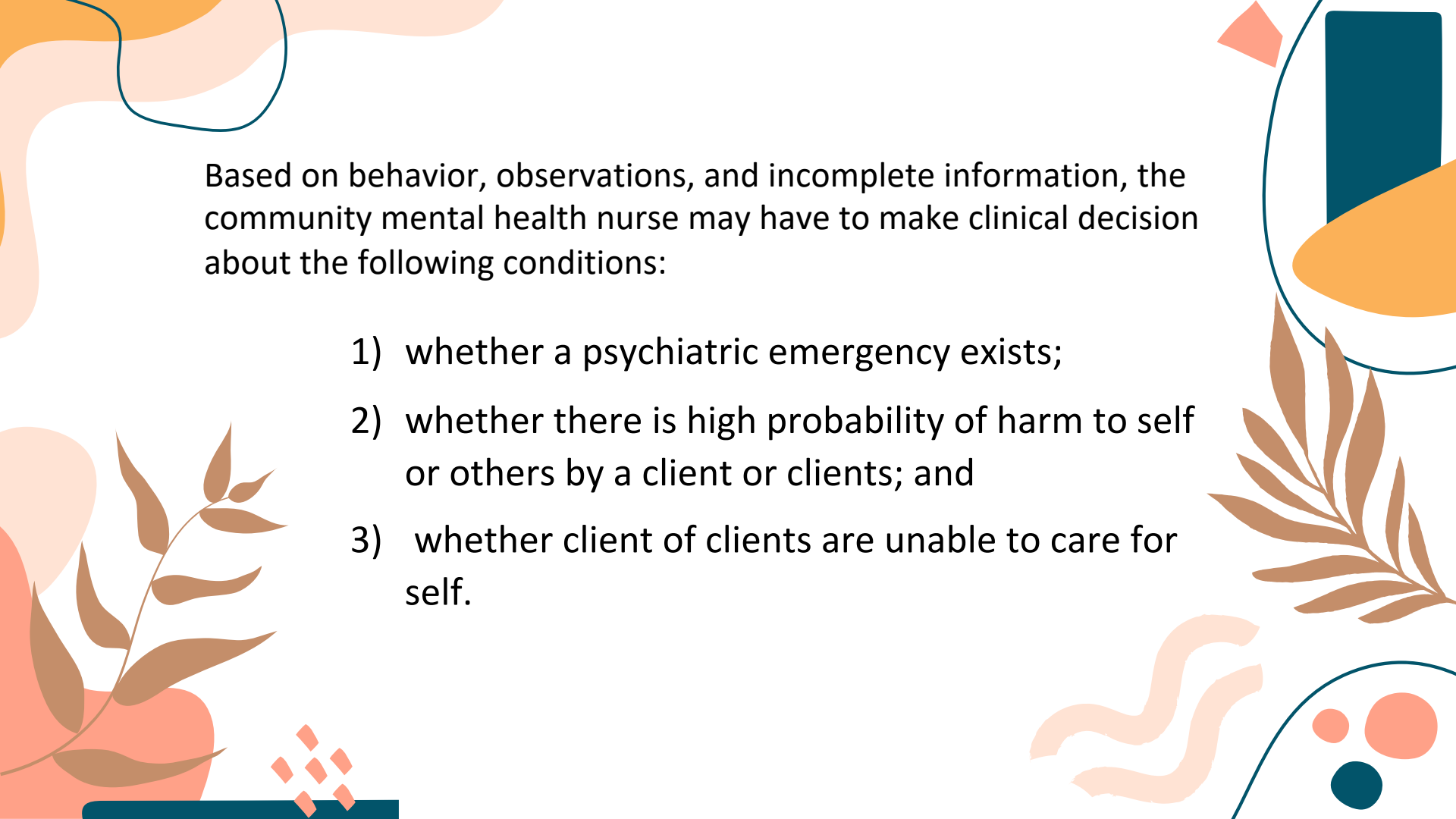
- ❑ State concisely the framework used to guide the collection of data in the assessment.
- ❑ Organize data by using sets of essential relationships in whatever system is the focus; identify patterns of interaction, communications, and recurring events and experiences as well as usual patterns of coping
- ❑ Identify themes that tie recurring experiences and patterns of interaction together and note if and how these change for handling unusual experiences
- ❑ Organize themes into related clusters of experiences, all of which have something in common

How will you manage the data?

- ❑ Relate clusters of experiences to whatever theories of community mental health nursing, mental health, and family/group functioning are being used by the nurse
- ❑ Identify gaps in information and secure additional data as necessary
- ❑ State evaluation of family/group functioning, strengths, and potential for promotion of mental and emotional health of members; support with assessment data from family, school, work and community interrelationships and patterns of coping
- ❑ Predict what you think will happen to the primary socialization group if concerns, issues, or problems identified are not addressed

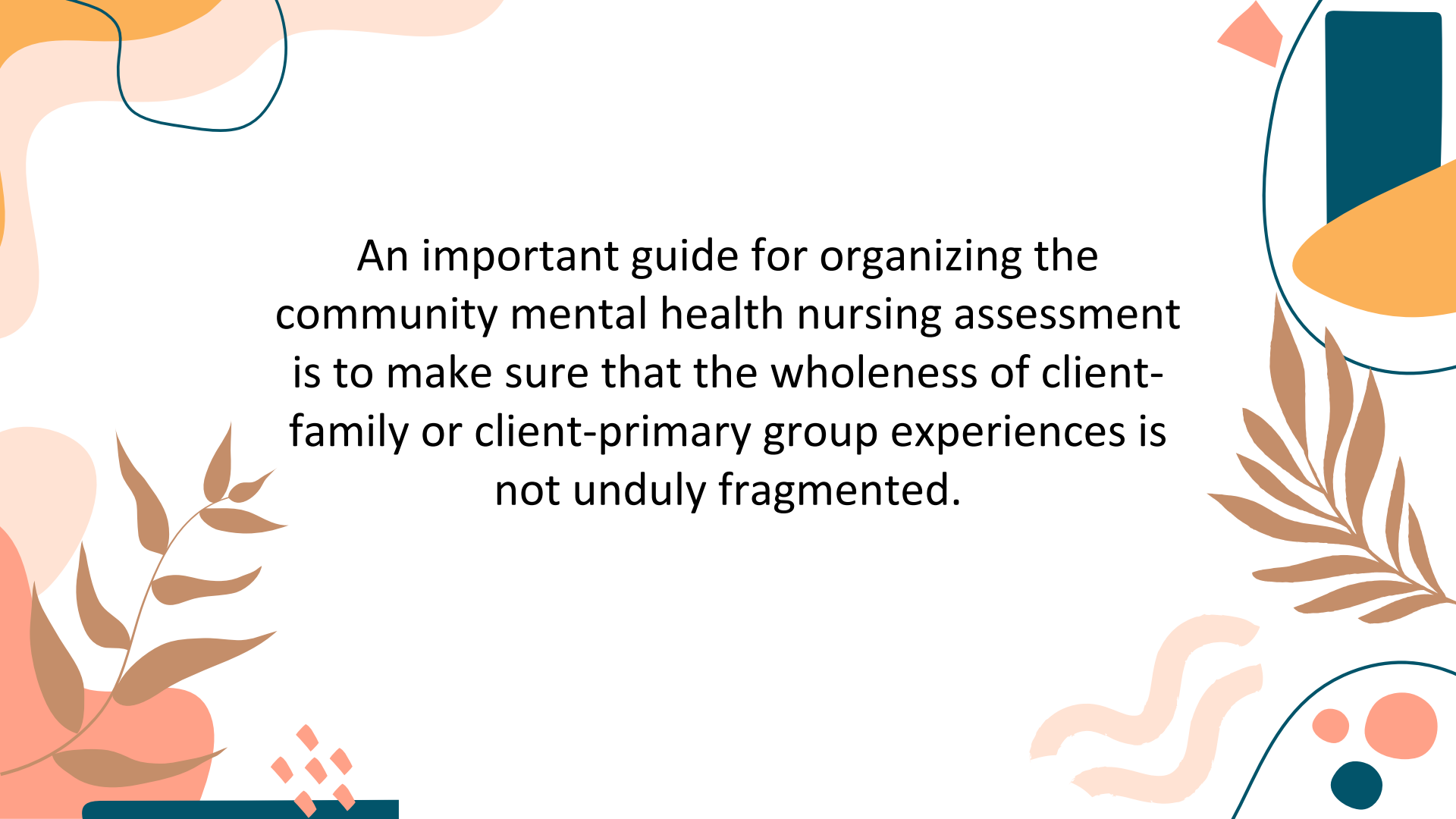
How will you manage the data?

- ❑ Decide on appropriate nursing approach, that is whether prevention, intervention, or referral is most appropriate; review appropriate strategies if the nurse is to provide nursing management
- ❑ Validate with family/ group your evaluation, clinical judgments, and recommendations
- ❑ Determine whether family/group wants to continue to enhance strengths and release potentials, describe strategies and evaluation
- ❑ Continue in a therapeutic relationship until goals are reached

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Based on behavior, observations, and incomplete information, the community mental health nurse may have to make clinical decision about the following conditions:

- 1) whether a psychiatric emergency exists;
- 2) whether there is high probability of harm to self or others by a client or clients; and
- 3) whether client or clients are unable to care for self.

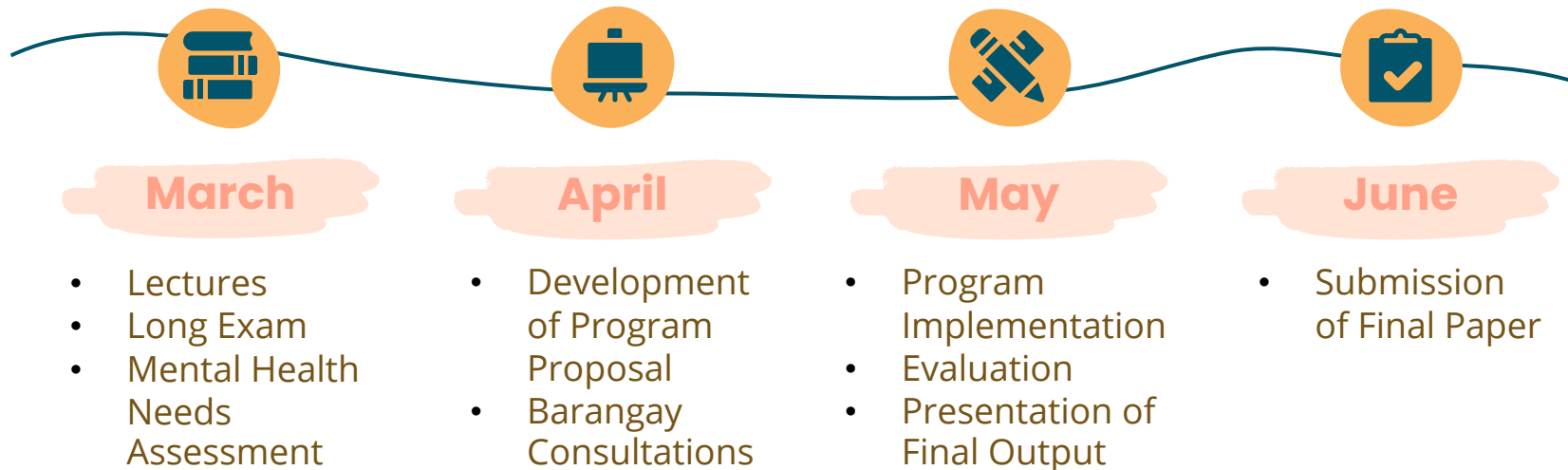
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An important guide for organizing the community mental health nursing assessment is to make sure that the wholeness of client-family or client-primary group experiences is not unduly fragmented.

Situational Analysis

- Select a partner community and specific population group
- Develop a data collection plan for the mental health promotion program
 - Records Review
 - Key Informant Interview Guide
 - Focus Group Discussion Guide
- Submission: March 18, 2024 (For Feedback)

N123 Timeline






Thanks!

Do you have any questions?

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Reference:

- Koldjeski, D. (1984) Community Mental Health Nursing: New Directions in Theory and Practice. John Wiley & Sons, USA.

The background features a vibrant, abstract design. It includes a dark teal square in the top left, a large orange circle with a small pink triangle to its right, and a light orange shape in the top right. A brown leafy branch is on the left, and another is on the right. At the bottom, there's a multi-colored rainbow (orange, yellow, white, orange, red) and a dark teal shape with four small pink diamonds above it. The text is centered in a bold, dark teal font.

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Lecture 4: Comprehensive Community Mental Health
Nursing Assessment