

Essentials of Mental Health and Psychiatric Nursing

Volume 1

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Volume 1

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“Sree Shiridi Sai Baba”
and
“Bhagwan Sree Sathya Sai Baba”

Foreword

The Author deserves to be congratulated for preparing two volumes of “*Essentials of Mental Health and Psychiatric Nursing*”. We have immense pleasure in presenting the Foreword for the two volumes, brought by Dr KP Neeraja, who was our student.

Ever since, Nursing profession has recognized the ‘Wholistic Approach’, the importance of ‘Mental Health and Psychiatric Nursing’ is growing and the core concept is well recognized. The knowledge related to Mental Health Nursing is essential to guide the people to move towards the wellness of health.

Dr Neeraja has taken genuine interest to bring forth this important information, which will be useful ‘Informative Material’ to the students as well as to the teachers. We are sure, every Nursing Professional will be benefited by these volumes to enhance their knowledge, attitude and practices in their professional career. It can be widely read by the Health Care Professionals and the people, who have a desire to learn the importance of Mental Health. We are certain that these two volumes will help in dealing with the individual clients in specific and their families in all settings in general.

The contents of the Volumes 1 and 2, covered the syllabi of Undergraduate, Diploma in General Nursing and Midwifery Training Programmes, are definitely helpful for the Nursing Students at different levels, throughout the Globe. We are confident, these volumes will benefit the Nursing Professionals in a broader outlook. We are delighted that these two volumes are published in right moment, when the students need most in applicable manner.

Ms B Lucy Sarojini
Principal, SVS College
of Nursing
Mahabubnagar, AP

Ms G Mary Kamala
Professor in Nursing (Retd)

Preface

I took a great inspiration to write *Essentials of Mental Health and Psychiatric Nursing* Volumes 1 and 2 from my teacher, Ms B Lucy Sarojini, who took classes during my undergraduation. I am fortunate, the same teacher has written Foreword to this book. Although writing a book on 'Psychiatry' is my lifetime ambition, motivation to write this book came to me through the staff of the publisher, M/s Jaypee Brothers Medical Publishers, especially Bengaluru branch, whose constant support and pressure strived me to put hard and sincere effort throughout this project.

The text deals with the broadening scope of, " Psychiatric Nursing Practice" and the importance of combination of "Mental Health Nursing" and "Psychiatric Nursing" as a major and broader discipline. Indian Nursing Council has laid down the curriculum for Nursing Profession at all levels (MPHW, GNM, BSc (N), PC BSc (N), MSc (N) and PhD) by including Mental Health Nursing and Psychiatric Nursing as an examination subject for diploma and graduation level, and as a specialty in higher education. The text is designed to present the contents of varied dimensions comprehensively. Among all dimensions of health, I strongly believe that the "Mental Health and Emotional Component" plays a significant and vital role on an individual's health. It promotes a sensitive and wholistic outlook on Nursing Practice. I am confident that, this book meets the Nursing students' and teachers' needs. Details have been maximized and language made simpler and easier, to meet the requirement of the Nursing students.

The main focus of Volume 1 is on General Psychiatry, which is essential for psychiatric clinical practice. It consists of ten chapters, which cover basic and introductory concepts of Psychiatry and Mental Health, which help the professionals understand the subject in an easy manner. I am sure that this volume will serve as an ideal textbook for the needy professionals. The increased application of knowledge on Mental Health and Psychiatric Nursing has necessitated, a right kind of Textbook applied to the profession and I made earnest effort to fulfill this need. Constructive criticism and suggestions are solicited to my e-mail ID: kpn21@indiatimes.com

KP Neeraja

Acknowledgements

I would like to express a deep sense of gratitude to the “*Almighty*” who is continuously giving the moral support and guidance required in all my deeds.

I owe a great deal of thanks to my beloved teachers Ms B Lucy Sarojini and Ms G Mary Kamala who had at the very first request whole heartedly accepted to write the Foreword and also is the spirit of Inspiration in taking up this project. I would like to express my gratitude to my friends, Mr Bejoice Thomas, Ms Aaina Amrish, Dr R Vasundhara and Ms Anitha P who lend their support in accomplishing the task. I like to acknowledge and thank all my family members especially my brother, KP Rajesh and my son Chi V Balasubramanyam who gave continuous cooperation and valued assistance in bringing out this book. Their expertise in drawing and creating graphics and diagrams is of great help.

I would also like to thank all the staff of Jaypee Brothers Medical Publishers, New Delhi, in particular Mr V Venugopal, Manager and Mr Ravi Kumar, Assistant Sales Manager, Bengaluru Branch for their moral support in bringing out this book.

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