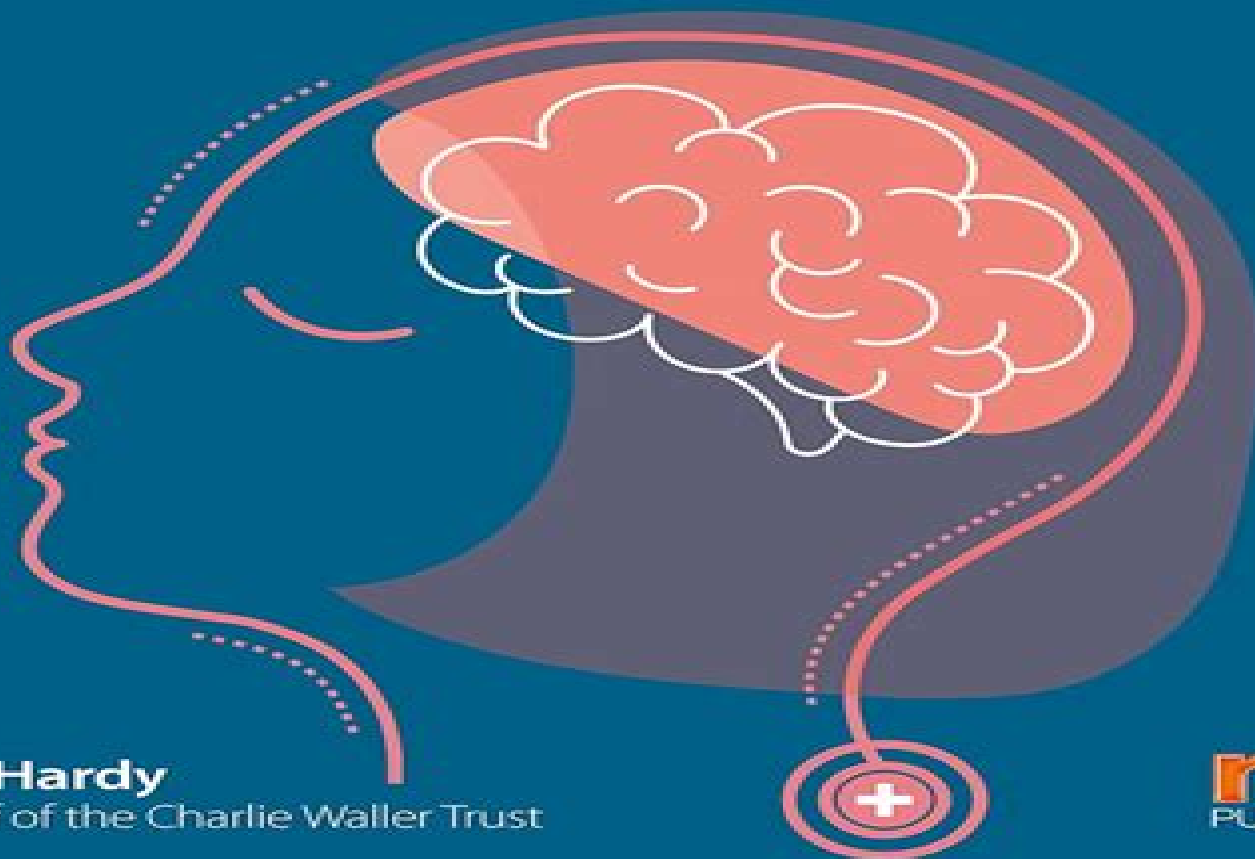


Mental Health and Wellbeing:

A guide for nurses and
healthcare professionals working
with adults in primary care



Sheila Hardy
on behalf of the Charlie Waller Trust

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Mental Health Guide For Nurses

Elizabeth Jane Holland



Mental Health Guide For Nurses:

Fundamentals of Mental Health Nursing Andrew Clifton, Steve Hemingway, Anne Felton, Gemma Stacey, 2017-11-01

Fundamentals of Mental Health Nursing is an accessible evidence based introduction to the role of the mental health nurse. This comprehensive overview explores concepts of mental health and distress, ethics and accountability, key nursing models to be aware of and the prevalence, predisposing factors and features of the most commonly occurring mental health problems. KEY FEATURES: Places mental health conditions and interventions within a wider holistic context. Situates recovery at the centre of mental health nursing practice. Links key concepts to mental health across the lifespan. Contains learning outcomes in each chapter and includes vignettes, activities and reflective exercises to root concepts in real life practice. Information is placed in a practice context from the outset, making this an essential guide to both the theory and the practice of mental health nursing. It is ideal for students on courses relating to mental health care as well as for registered nurses and health care practitioners looking to revise their knowledge of key concepts. www.wiley.com/go/fundamentalsofmentalhealth. Interactive multiple choice questions. Links to online resources. Chapter summary sheets.

The Guide to Mental Health for Nurses in Primary Care Elizabeth Armstrong, 2002. Nurses and professionals allied to medicine in primary care have increasingly important roles in implementing the National Service Framework (NSF) standards for mental health. This Guide describes what nurses can do on a daily basis to improve the care of people with mental health problems. It highlights the necessary tools and skills to identify those patients who need referral to a GP or community mental health nurse. The basis of the diagnostic criteria and clinical guidelines are from the World Health Organisation's Guide to Mental Health, UK version.

The Physical Care of People with Mental Health Problems Eve Collins, Mandy Drake, Maureen Deacon, 2013-01-15. This accessible practical text provides mental health practitioners with the core knowledge and skills they need to be able to care effectively for the physical health of those who have been diagnosed with mental illness. Linked closely to professional standards and with a clear values and evidence base, the book aims to raise awareness of the physical health needs of individuals with mental health problems, outline the physical health assessment process and suggest health enhancing interventions for use in clinical practice. Consideration will be given to the following aspects of physical wellbeing: cardiovascular health, diabetes, sexual health, respiratory health, cancer, wound care, substance misuse, infection control, medicine management. Further chapters on legal and ethical issues explain the need to practise appropriately within the Mental Health Act and the Mental Capacity Act, while a linking theme throughout the book stresses the importance of health promotion. Backed up by case examples and with a range of reflective exercises throughout, *The Physical Care of People with Mental Health Problems* is a key text for students and practitioners working in mental health services. It will also be useful reading for practice nurses, district nurses, midwives and all allied health practitioners.

Theories for Mental Health Nursing Theo Stickley, Nicola Wright, 2013-11-19. An understanding of the theories that shape and define mental health

policy and practice is essential for every mental health nurse This book gives you the knowledge you need to understand those complex and varying theories concepts and approaches It helps you to deconstruct mental health and become a critical practitioner by drawing on a wealth of literature and research Topics covered include cognitive behavioural therapy recovery risk and critical theories Every Chapter includes Learning objectives and chapter summaries which highlight the key points A detailed case study which challenges you to relate theory to practice An explanation of the advantages and disadvantages of each approach It will be essential reading for all students of mental health nursing at pre registration and practitioner level It will also be valuable reading for those taking broader courses in mental health Theo Stickley is Associate Professor of Mental Health at the University of Nottingham Nicola Wright is Lecturer in Mental Health at the University of Nottingham

The Nurse's Guide to Mental Health Medicines Elizabeth J. Holland, 2018-03-31 The Nurse's Guide to Mental Health Medicines is an invaluable pocket sized guide to a complex subject Each chapter provides a short and easy to read overview of the different drug types used in mental health nursing focusses only on the need to know information and the associated risks and side effects The chapters also provide a short medicines list that gives you fast facts relating to the most common drugs used in practice Key features Simple layout with clear tables putting the facts at your fingertips Written by nurses for nurses providing the perfect amount of detail for the busy student or practitioner Clear and simple language combined with real world case studies to cut through the jargon and terminology

Mental Health and Wellbeing Sheila Hardy (College teacher), 2021 Around 30% of people attending primary care have a mental health problem and the Covid 19 pandemic has seen an increase in anxiety isolation and other mental health issues In addition we have an aging population and more people coping with chronic physical and mental conditions All these factors mean that healthcare professionals need more guidance on dealing with mental health and wellbeing Those with long term physical conditions such as diabetes are more likely to have mental health issues and will be healthier if both their physical and mental health are considered

Psychiatric-Mental Health Guidelines for Advanced Practice Nurses Brenda Marshall, Julie Bliss, Suzanne Drake, 2024-11-20 Delivers a breadth of content encompassing all aspects of psych mental health care along the provider continuum This unique clinical reference supports APRNs and PMH NPs as they strive to provide high quality evidence based care to patients with mental health issues and conditions Designed to support the ongoing needs and changing practice requirements of these nursing professionals this new text provides a comprehensive examination of best practice psychiatric methods ethical concerns patient assessment and management strategies These accessible guidelines for clinicians in a variety of settings bring together scientific skills backed by theory and professional knowledge along with helpful recommendations to bolster the clinician's psychiatric skills With an easy to navigate format the book encompasses five distinct sections covering general psychiatric nursing guidelines diagnostic specific procedures and patient treatment planning cultural and other considerations for special populations the administrative basics for establishing an APRN

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A Clinician's Survival Guide to Mental Health Nursing - E-Book Emma Wadey,2026-07-01 A Clinician s Survival Guide to Mental Health Nursing E Book

Older People and Mental Health Nursing Rebecca Neno,Barry Aveyard,Hazel Heath,2008-04-15 Older People and Mental Health Nursing provides an evidence based guide to caring for the growing number of older people with mental health issues It focuses on the knowledge and key skills which practitioners require to work effectively with older people who have or are at risk of developing mental health needs Divided into five sections Older People and Mental Health Nursing first explores the background historical perspectives and influences on mental health care in later life It then looks at the ethical and legal issues involved therapeutic relationships and the values underpinning support and care Part three focuses on aspects which have traditionally been neglected in mental health care including culture religion and sexuality Part four details specific mental health issues for older people including delirium depression and dementia The final section explores future trends in older people s mental health and offers ideas on how nursing is developing and could develop to address these Offers a practical evidence based guide to the care of older people with mental health conditions Includes thought provoking practice examples throughout Contains guidelines for nursing practice therapeutic interventions Includes case studies and reflective scenarios Written by experts in the field

Mental Health Issues in Primary Care Elizabeth Armstrong,1995 This book sets out to demystify primary mental health care It looks at the major mental health problems encountered by doctors and community nurses in general practice health centres and other primary care settings It provides a down to earth guide for effectively meeting the needs of patients and clients and is based on both current research and practical experience

Essential Mental Health Nursing Skills Madeline O'Carroll,Alistair Park,2007-06-26 This title is directed primarily towards health care professionals outside of the United States This book will help to identify the skills and resources that students already have and show how these can be developed into the essential skills needed for nursing in the mental health practice environment Essential Mental Health Nursing Skills draws on the policy and theory underpinning mental health nursing but focusses on the practical aspects providing an easily understandable guide to what to do and how to do it It also provides a practical framework that can be applied in any setting Examples are given to show how skills can be applied across the diversity of modern mental health nursing Essential Mental Health Nursing Skills is also designed to be taken into the practice environment so that it can easily be referred to it when learning a skill identifies the skills essential for the

mental health nurse provides an easy to understand guide to what to do and how to do it draws on the policy and theory but concentrates on the essential skills and their application in practice shows how the skills can be applied across mental health nursing designed to be taken into the practice environment to refer to when learning a skill examples from practice are included to help illustrate the material **Mental Health Nursing** Paul Illingworth, Laura Singleton, 2010 If you are considering studying mental health nursing or have already begun your course this text is the perfect tool to see if you have what it takes to be a mental health nurse **The Nurse's Guide to Mental Health Medicines** Elizabeth Jane Holland, 2022-04-09 This book is an easy to read guide to the most common medications for mental health issues It provides facts on all of the main mental health drugs while also explaining the pharmacology and care considerations Handbook of Mental Health Nursing Stephen Tee, Joanne Brown, Diane Carpenter, 2012-04-27 A concise and user friendly guide Handbook of Mental Health Nursing helps nursing students learn the essential skills required for practice This practical handbook is informed by an interdisciplinary understanding of mental health problems and the recovery from mental health difficulties Features Highlights case studies and draws on narrati **Mental Health Care for Nurses** Anthony Harrison, Chris Hart, 2009-02-26 Mental health is a significant factor in providing effective nursing care for patients in hospital and residential settings Non mental health nursing staff often lack the confidence knowledge and skills to effectively meet the mental health needs of patients who are experiencing psychiatric problems and psychological distress Mental Health Care for Nurses Applying mental health skills in the general hospital provides a step by step guide which will help nurses identify these needs and address them in practice The first part of Mental Health Care for Nurses Applying mental health skills in the general hospital explores the context of mental health care in hospital and residential settings and provides a practical framework for assessment planning and delivery of mental health care The second part explores specific topics such as self harm and suicide prevention caring for the patient displaying challenging behaviour maternal and perinatal mental health problems mental health problems associated with old age mood disorders and illicit drug and alcohol dependence *A Guide to Mental Health and Psychiatric Nursing* R. Sreevani, 2007 **Placement Learning in Mental Health Nursing** Gemma Stacey, Anne Felton, Paul Bonham, 2012-09-02 Worried about your Mental Health placement Will you fit in Will you have the right skills What do you need to learn for practice assessments This book will help you with all these concerns It will tell you what to expect from the placement what you can learn how to link theory and practice and how to make the most of your learning opportunities Placement Learning in Mental Health Nursing covers the following areas A logical step by step approach to preparing for a mental health placement Helps make the most of learning opportunities Explains how to develop mental health competencies Narratives from other students describe what the placement will really be like Honest discussion of the challenges of a mental health placement to help avoid problems Advice on possible approaches to situations that may arise Keeps the aim of recovery as a central philosophy in line with contemporary thinking in mental health services Takes a

logical step by step approach to preparing for learning on a mental health placement Introduces the principles of care support and treatment of an individual with mental health problems linking university learned theory to practice Uses narratives from other students to describe what the placement will really be like Highlights potential learning opportunities and experiences available on a mental health placement Explains how to develop your clinical portfolio by completing specific exercises and activities Maps all activities and exercises to the NMC competencies Discusses the possible challenges that may arise during a mental health placement and advises on approaches to a range of situations Keeps the aim of recovery as a central philosophy in line with contemporary thinking in mental health care Series features A unique guide to getting the most from clinical placements How to prepare for your placement What you can expect to learn during a placement Clear links to and examples of achieving NMC competencies Guidance on what to use as evidence for your portfolio Case studies that link theory with practice How to consolidate your experience and learn from the placement Tips activities further reading suggestions and useful websites

Mental Health Placements Angelina Chadwick, Elizabeth Tudor, Maxine Womack, Luke Woodhouse, 2019-06-10 A handy pocket guide to help mental health student nurses prepare for their practice placements Mental health nursing placements can be daunting you'll be working in a variety of settings and supporting individuals with a range of mental health problems There are new colleagues to work with and newly learned nursing theory to put into practice This pocket guide is designed to make your placements much more enjoyable and less stressful From absence policy to personal safety via least restrictive practice it's full of practical detail hints and tips Written by a team comprising an experienced mental health lecturer a Practice Education Facilitator and two recently qualified mental health nurses this guidance is really produced with you in mind Pocket sized format carry it with you at all times Space to make your own notes be it uniform policy new terminology or just the names of your new colleagues Reduce your stress and make the most of your placements by having this book to hand from the start Pocket Guides is a series of handy pocket sized books designed to help students make the most of their practice learning experiences

Law, Values and Practice in Mental Health Nursing: a Handbook Toby Williamson, Rowena Daw, 2013-05-16 Mental health nurses need to work within the law to ensure good legal care for their patients while at the same time being guided by appropriate values This practical handbook for mental health nurses offers an accessible and invaluable guide to mental health law and values based practice Written in an accessible and friendly way the book covers the different stages of mental healthcare delivery in a range of healthcare settings The book includes guidance on The Human Rights Act The Mental Capacity Act 2005 The Deprivation of Liberty safeguards The revised Mental Health Act Admitting people to hospital Discharging people into the community Working with those in care homes Working with children and young people The chapters include case studies based on real life to show how nurses can deal with complex and daunting scenarios in practice The book includes clear explanations of all relevant legislation as well as step by step guidance on how to deal with situations where mental health law applies This book is

suitable for those preparing to qualify as well as those already qualified and working in a range of healthcare settings An essential text this book will empower nurses to practise with confidence I welcome this book as its integration of values based practice and legislation into the complex world of decision making in mental health services clarifies many issues This book is sure to become essential reading for students of mental health nursing Ian Hulatt Mental Health Advisor Royal College of Nursing UK This is an invaluable guide for all professionals working in mental health services written by two people who have unparalleled understanding of mental health and mental capacity law It should help practitioners understand both the intricacies of the law and how to retain a person centred approach when applying it Paul Farmer Chief Executive Mind An impressive and enlightening book that spans law ethics values and practice With the help of realistic scenarios it explains and applies the law with clarity and great practical understanding It will inform and reassure those struggling with the often painful dilemmas confronted over the course of providing nursing care to service users with mental disabilities Genevra Richardson Professor of Law King s College London UK Emergencies in Mental Health Nursing Patrick Callaghan, 2012 This book provides a practical accessible guide for mental health nurses confronted with emergencies so as to enable them to manage these emergencies in a therapeutic safe and legally proper manner As with all emergencies the immediate care of patients with mental health problems must be simple and quick and so this book comprises easy to read bulleted short notes with an emphasis on establishing the diagnosis while maintaining a high index of suspicion The book is from the same team as the Oxford Handbook of Mental Health Nursing to which it is cross referenced

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