



## A Short Review of Nursing's Specialty of Psychiatric or Mental Health Nursing

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### Abstract

Like all nursing specialties, psychiatric mental health nursing is experiencing a critical shortage, which is threatening health care. In the past, schools of nursing have made it a policy to discourage new graduates who might be interested in going directly into a specialty from doing so while strongly encouraging graduates to experience medical-surgical nursing during their first year of employment. Because these training programs are very appealing to new-graduate nurses, they have concentrated on general nursing areas like critical care, emergency nursing, and medical-surgical nursing. This has left the specialty of psychiatric mental health with less of a cadre to draw from. This article is about a creative and effective new graduate residency training program that directly leads to psychiatric mental health nursing. This program's components can easily be applied to other facilities and nursing specialties.

**Keywords:** Psychiatric; Mental health; Global pandemic; COVID-19; Mental Well-being

### Introduction

The healthcare system has been strained by the global pandemic, which has highlighted the systemic flaws in the economy, education, and health sectors. This has led to a lack of the necessary resources. Concerns about the quality and continuity of education have been raised globally as a result of the COVID-19 outbreak's closure of educational establishments. Universities have been forced to take innovative measures as a result of the uncertain situation in order to continue their educational programs and finish them on time without sacrificing the quality of their graduate programs. The conventional method of instructing students in person was no longer an option in this circumstance. As a result, in order to guarantee that students would continue to learn and achieve the course's intended outcomes, effective strategies needed to be implemented. Similar difficulties existed in nursing education [1].

### Safety

The closing of nursing schools served two purposes: ensuring the safety of the students themselves and reducing the risk of infection spread. The goal of the nursing programs is to train professionals who can give patients safe, holistic care. During COVID-19, students did not have enough clinical experience in each specialty-based area, which was likely to cause a theory-practice gap and disrupt their learning. This made it harder for nursing schools to balance student safety and learning requirements while still providing students with hands-on patient care experience. Students had the opportunity to interact face-to-face with simulated and real patients in the lab and psychiatric wards prior to the implementation of COVID [2]. However, in order to develop nursing students' clinical competence in mental health, a more adaptable and innovative clinical teaching approach was required, keeping in mind the current pandemic conditions and adhering to standard operating procedures (SOPs). As a result, the pandemic presented an opportunity to develop a hybrid model that is both more dependable and long-lasting. This model combines online and in-person instruction to get the most out of the clinical experience [3].

### Mental Well-being

The MHN course teaching team rose to the occasion and developed a hybrid (synchronous and asynchronous) model for the clinical

portion of the course. This model provided students with step-by-step exposure to help them integrate theoretical knowledge, enhance their communication abilities, strengthen their capacity for critical thinking, and acquire the self-assurance they need to manage clinical scenarios. Well-being mental Eighty percent of college students say that the COVID-19 pandemic has had a negative impact on their mental health, indicating an increase in mental health issues among college students. Up to 41% of nursing students have reported experiencing depression, stress, and anxiety, according to numerous studies. Mental health issues can be exacerbated by nursing students' multiple demands, which include personal responsibilities in addition to the rigorous curriculum and workload of nursing school [4].

### Environment for instruction

The COVID-19 pandemic had a significant impact on the nursing education environment. Nursing students must complete hands-on clinical practice in order to earn a license and gain experience providing direct patient care in a healthcare setting. The COVID-19 pandemic has altered and transformed nursing education, necessitating the creation of novel approaches to emulating direct, hands-on patient care. Virtual simulation clinical experiences were able to replace hands-on clinical experiences at American nursing schools. The nursing student's experiences during this abrupt transition have been described as traumatizing, stressful, filled with fear, uncertainty, loneliness, and missed opportunities by studies conducted in the United States. The study's overall goal was to learn about people's perceptions of how the COVID-19 pandemic affected the mental health and educational environment of nursing students. To identify these perceptions, the following research questions were developed [5].

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## Materials and Methods

Psychiatric or mental health nursing is a specialized field of nursing that focuses on the care and treatment of individuals with mental health disorders or psychiatric illnesses. The materials and methods used in psychiatric or mental health nursing may vary depending on the specific setting and treatment approach, but here are some common materials and methods used in this field:

**Assessment Tools:** Psychiatric nurses use various assessment tools to evaluate the mental health status of individuals. These tools may include standardized questionnaires, rating scales, and structured interviews to gather information about the patient's symptoms, functioning, and overall mental well-being [6].

**Therapeutic Communication:** Effective communication is essential in psychiatric nursing. Nurses use active listening, empathy, and non-judgmental approaches to establish rapport with patients. Therapeutic communication techniques, such as reflecting, clarifying, and providing support, are employed to help patients express their thoughts and feelings.

**Medication Administration:** Psychiatric nurses may be involved in the administration of medications prescribed for mental health disorders. They must have a thorough understanding of psychotropic medications, their indications, side effects, and potential interactions. Nurses ensure safe and accurate administration, monitor the patient's response to medication, and educate patients about their medications [7].

**Psychoeducation:** Psychiatric nurses play a vital role in educating patients and their families about mental health conditions, treatment options, and coping strategies. They provide information about the nature of the illness, its course, and the importance of adherence to treatment. Psychoeducation aims to empower patients and enhance their understanding and self-management of their mental health.

**Individual and Group Therapy:** Psychiatric nurses may conduct individual or group therapy sessions as part of the treatment plan. Individual therapy focuses on providing one-on-one support and counseling to patients, while group therapy allows patients to interact with others who share similar experiences, providing a sense of community and support.

**Crisis Intervention:** Psychiatric nurses are trained to handle crisis situations effectively. They provide immediate support and intervention to patients experiencing acute psychiatric distress, including suicidal ideation, aggression, or severe anxiety. Crisis intervention involves risk assessment, de-escalation techniques, and referral to appropriate resources or services [8].

**Psychosocial Interventions:** Psychiatric nurses assist patients in developing coping skills, problem-solving abilities, and social skills through various psychosocial interventions. These interventions may include cognitive-behavioral therapy, mindfulness techniques, relaxation exercises, and stress management strategies [9].

**Collaboration and Interdisciplinary Care:** Psychiatric nurses work collaboratively with other healthcare professionals, such as psychiatrists, psychologists, social workers, and occupational therapists, to provide comprehensive care to patients. They participate in interdisciplinary team meetings, contribute to treatment planning, and coordinate care across different healthcare settings [10].

## Discussion

Nursing clinical education faces the challenge of maintaining

students' safety during the COVID-19 era, in contrast to other academic programs. As the other educational establishments had completely switched to virtual instruction, which is inappropriate for intern-nursing students' clinical training. It is well-known that crises affecting public health, like the COVID-19 pandemic, had a significant psychological impact on college students. As a result, examining this negative impact would pave the way for improving the mental health of intern nursing students in order to alleviate subsequent bouts of mental strain [11].

## Conclusion

The COVID-19 pandemic was found to be a significant source of mental strain for intern nursing students at pediatric and medical-surgical units, affecting their mental health negatively. Based on the results that were found; In order to help vulnerable intern-nursing students succeed in their pursuit of a successful career, psychological first aid services should be available. In addition, in order to assist nursing students in overcoming stressors during any subsequent outbreaks, psychological training programs, including counseling services and support systems, ought to be implemented [12].

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## References

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