



## **“Role of Nurses in Psychiatric Settings: A Comprehensive View”**

**Mr. Arun James<sup>1</sup>,**

<sup>1</sup>Assistant Professor,

Mental Health Nursing Department,

College Of Nursing Nirmala Medical Centre,

Muvattupuzha, India

### **Abstract**

This article provides a comprehensive overview of the essential role that nurses play in psychiatric settings. The discussion encompasses various aspects, including assessment and care, therapeutic communication, medication management, crisis intervention, and advocacy. The importance of a multidisciplinary approach and the evolving role of nurses in the mental health landscape are also explored. By highlighting these aspects, this article aims to underscore the significance of nurses in providing holistic care to individuals with psychiatric disorders.

**Keywords:** Nurses, Psychiatric Settings, Mental Health, Assessment, Therapeutic Communication, Medication Management, Crisis Intervention, Advocacy, Multidisciplinary Approach

Psychiatric settings demand a specialized and multidimensional approach to care due to the unique challenges presented by mental health disorders. Nurses in these settings play a critical role in providing holistic care, which includes not only medical treatment but also emotional and psychological support. This article offers an in-depth exploration of the multifaceted role of nurses in psychiatric settings, encompassing assessment and care, therapeutic communication, medication management, crisis intervention, advocacy, and the evolving role of nurses in the contemporary mental health landscape.

### **Assessment and Care**

Assessment is a foundational aspect of psychiatric nursing. Nurses are often the first point of contact and conduct thorough assessments to understand a patient's mental, emotional, and physical state. They use standardized tools and interviews to gather critical information, enabling



accurate diagnosis and effective care planning. Additionally, nurses monitor patients' progress, making necessary adjustments to the care plan to ensure optimal outcomes.

### **Therapeutic Communication**

Effective communication is fundamental in psychiatric nursing. Nurses employ therapeutic communication techniques to establish trust, foster rapport, and encourage patients to express their thoughts and feelings openly. Active listening, empathy, validation, and non-verbal cues are vital components of therapeutic communication. By employing these skills, nurses can enhance patient engagement, promote self-awareness, and facilitate the healing process.

### **Medication Management**

Nurses in psychiatric settings are responsible for administering medications as prescribed by psychiatrists. Proper medication management involves educating patients about their medications, monitoring for side effects, and ensuring compliance. Nurses also collaborate with healthcare teams to evaluate the effectiveness of medications and make necessary adjustments to the dosage or type of medication to achieve optimal therapeutic outcomes.

### **Crisis Intervention**

Psychiatric settings often witness crisis situations, requiring prompt and appropriate responses. Nurses are trained to manage crises effectively, providing emotional support and employing de-escalation techniques to ensure the safety of patients and staff. Their quick and decisive actions can prevent escalation, minimize harm, and facilitate a return to a stable state for the individual in crisis.

### **Advocacy**

Nurses serve as advocates for patients, ensuring their rights, preferences, and needs are respected and met. They collaborate with other healthcare professionals and act as a liaison between patients, their families, and the treatment team. Advocacy involves empowering patients to participate in their care decisions, promoting informed consent, and striving for a patient-centric approach to treatment.

### **Multidisciplinary Approach**



Modern psychiatric care emphasizes a multidisciplinary approach, where nurses collaborate with psychologists, psychiatrists, social workers, and occupational therapists. This collaborative effort enhances the quality of care, addressing various aspects of a patient's well-being. Nurses contribute valuable insights from their unique perspective, fostering a holistic and integrated treatment plan.

### **The Evolving Role of Nurses**

The role of nurses in psychiatric settings is evolving in response to changing healthcare landscapes and advancements in mental health understanding. Nurses are increasingly taking on leadership roles, participating in policy development, conducting research, and contributing to the integration of mental health into primary care. This expansion of their role signifies the growing recognition of their expertise and the need for a holistic approach to mental healthcare.

In conclusion, nurses are integral to the holistic care provided in psychiatric settings. Their roles encompass assessment, therapeutic communication, medication management, crisis intervention, advocacy, and collaboration within a multidisciplinary team. The evolving role of nurses underscores the importance of recognizing their expertise and fostering a healthcare environment that prioritizes mental health and well-being.

### **References:**

1. American Nurses Association. (2014). Psychiatric-mental health nursing: Scope and standards of practice. American Nurses Association.
2. Barker, P. (2018). Psychiatric and mental health nursing: The craft of caring. CRC Press.
3. Forchuk, C., Reynolds, W., & Sharkey, S. (2007). The evolving role of psychiatric nurses in mental health care. *Issues in Mental Health Nursing*, 28(2), 217-228.
4. Happell, B. (2011). *Nursing and mental health care: An Australian perspective*. Oxford University Press.
5. Muench, J., & Hamer, A. M. (2010). Adverse effects of antipsychotic medications. *American Family Physician*, 81(5), 617-622.
6. National Institute of Mental Health. (2021). Mental health medications. <https://www.nimh.nih.gov/health/topics/mental-health-medications/index.shtml>



# BRIO INTERNATIONAL JOURNAL OF NURSING RESEARCH

(BIJNR)

Open Access Journal, Peer Reviewed Journal ISSN/MSME: 2001-5555  
Volume: 3 | Issue: 2 | Year: 2022

7. Peplau, H. E. (1991). *Interpersonal relations in nursing: A conceptual framework for psychodynamic nursing*. Springer Publishing Company.
8. Potter, P. A., & Perry, A. G. (2016). *Fundamentals of nursing*. Elsevier Health Sciences.
9. Pullen, L., & Mathias, J. (2010). Challenging behaviour in intellectual disabilities: Towards a psycho-social explanatory framework. *Journal of Intellectual Disability Research*, 54(10), 895-910.
10. Suresky, M. J., & Higgins, P. (2012). *Crisis intervention in criminal justice/social service*. Charles C Thomas Publisher.
11. Tuckett, A. (2006). The use of grounded theory for qualitative research in nursing: An overview. *Nurse Researcher*, 13(2), 4-18.
12. U.S. Department of Health & Human Services. (2021). *Mental health and substance use disorders*. <https://www.hhs.gov/mental-health/index.html>
13. Välimäki, M., Kuosmanen, L., Hätönen, H., Koivunen, M., & Pitkänen, A. (2010). Evolving psychiatric nursing expertise in Finland: Challenges for the future. *Perspectives in Psychiatric Care*, 46(4), 268-276.
14. World Health Organization. (2005). *Mental health policies and programs in the workplace*. World Health Organization.
15. World Health Organization. (2019). *Mental health atlas 2017*. World Health Organization.
16. World Psychiatric Association. (2021). *WPA guidance on psychosocial interventions in mental health care*. World Psychiatric Association.