Nursing Care for Mental Patients to Advocate and Care for Individuals and Support Them Through Health and Illness

Gopinath Subramaniya

PhD Scholar, TNAI Member, India
*Corresponding Author Email: gopipaandi@gmail.com

Abstract

The article has been important as it discusses mental health illness along with nursing care practice is important for reducing effect of mental illness. The nurses firstly identify the cause of the disease through which the mental illness has been caused within a patient. The article will discuss several factors where the nurse takes the initiatives to identify the diseases and treat it with most suitable caring practices. On the other hand, if any problems occur nurses need to speak on behalf of the patients as well as collaborate with the healthcare team. The nursing care includes inclusion of telehealth services, treating sleeping disturbances, depression and others.

Keywords
mental health illness, Nursing care, physical needs, symptoms, telehealth.

INTRODUCTION

Nursing is important to care for patients within the healthcare system that prevents diseases and promotes better health of an individual. Advocacy is one of the most important aspects because it can reduce chances for an error along with harm to a patient. Patient advocacy can *defend the right, choices along with the privacy of the patient.* Nurses can advocate for the patient in various ways such as ensuring the safety of the patient, protecting patients along with connecting with patients are the most important aspects. Addressing the physical health needs of the individual with "*Several Mental Illnesses*" SMI is included under the services of mental health service.
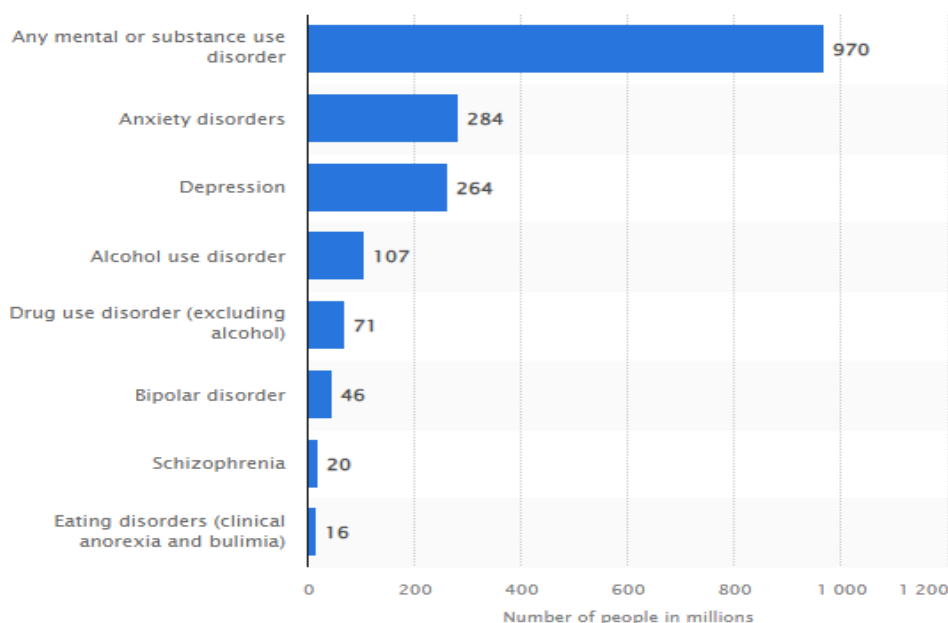

Fig 1: Increase of mental health disorders [9]

The above figure reflects that the increase of mental health disorders is one of the major issues in recent times. There are various types of mental health disorders as follows: anxiety disorder, use of alcohol disorder, bipolar disorder, use of drugs, eating disorder, and schizophrenia. The above information reflects that mental use of disorder is 970 million [9]. According to the above data total of 284 million people

worldwide also suffered from anxiety in 2017, over 264 million people suffered from depression, use of alcohol disorder total 107 million people are affected and 71 million of people affected by drug use disorder, over 46 million of people in the world affected by bipolar disorder, 16 million people has eating disorder and schizophrenia over 20 million people affected in worldwide. There is a lack of "*mental health treatment gap*" on part of nurses and metal health professionals worldwide and more than 70% of individuals need the services of mental health which is the most effective part of the healthcare system [9].

Nursing care through identification of the physical health needs of patient

The article reflects that patients with the *"mental health condition"* always have poor physical health along with an expectancy of lower life outcomes for the general population. Patients with "*several mental illness*es" (SMI) such as delusional disorders, Schizophrenia, Bipolar affective disorder is either without for psychotic episodes. On the other hand, there is a lack of interrogation in the healthcare system as mental health disorder has never been prioritized [8]. There is fragmentation regarding how care also coordinates among family doctors along with hospitals and between mental health along with physical care and social care and across the health. The patients suffering from these diseases are required to be treated mental illness by nursing care. There are deadly diseases such as *Cancer, Diabetes, renal diseases, and others* due to which an individual can suffer from mental illness.

Mental health and physical health are always closely linked as well as demands have been placed in health services regarding delivering equal response for each patient which reflects the positive side of the healthcare system. "Health care professionals" (HCP) who have "regular contact with the individuals with diabetes" will be aware of the issue of mental health that is included under diabetes care. " In addition, The need of a patient suffering from Cancer has been identified in symptoms such as *sleep disturbances, decreased appetite, and also fatigue.* "*The care program approach"* (CPA) is one of the most important approaches included in mental health services to help the patients who are affected by *several mental illnesses* (SMI) as well as complex needs for the patient [7]. Depression is a symptom witnessed among patients with diabetes where most of people encounter mood swings such as sadness, happiness, and others that need to be treated through nursing care. Those patients eligible for CPA reflect *social care and health care* needs along with a regular review of the progress and health of the patient included in the care programs. The personalization agenda is for the individual along with always featured in the "*National services framework"* regarding mental health. Depression is a symptom witnessed among patients with diabetes where most of people encounter mood swings such as sadness, happiness, and others that need to be treated through nursing care.

Improvement of the health programs can lead to a "mental health nurse practitioner" who is attached to an existing team [1]. Existing initiatives as well as guidance to address the management and treatment for individuals with SMI also included NICE guidelines regarding various disorders of mental health [6]. "*Commissioning for Quality and Innovation payment framework"* (CQUIN) helps to ensure the services for the users who are suffering from mental health and physical diagnoses recorded along with its aims to promote *effective communication among service users, specialists in mental health care services, and primary care.*

Implementation of telemental health as a nursing care practice

Telehealth is the use of *communication* as well as *digital information* such as mobile devices and computers to access mental health care services remotely along with managing patient healthcare. On the other hand, the use of these technologies is beneficial for the doctor to improve and support the healthcare services [6]. Telehealth also includes *health education of services, blood pressure or ECG, monitoring the vital signs, and doctor-patient consultation* to reduce mental health symptoms by nurses. Telehealth is the mode of healthcare services that also provide care remotely through the use of the *telecommunication technologies and electronic system* included under health care services. The nursing care provided through telehealth has an advantage for patients as patients encountering mental health issues will be recognized personally [4].

In this regard, both advocacy and care will be provided to mental health patients by the nurses. mental health nursing care includes certain strategies where nurse keeps a track of progress mental health condition along with preparing proper diet and nutrients chart to make improvements of condition. In addition, telemental health (TMH) known as *telepsychology, telebehavioral health, teletherapy, and telepsychiatry,* is suited for delivering care in a distance because of mental health to encounter the diseases and go with the process of physical examination.

The study also found that TMH is highly effective for the comprehensive range of the "mental health diagnoses" along with this also accepted by the patient. There are also clinical outcomes reflected in TMH that are equivalent to individual services. The article reflects that TMH is effective for the services of mental health patients. TMH services are provided through *video conference or over the telephone*. On the other hand, these services also include counseling, psychotherapy, self-directed services, and face-to-face therapy included in this process [6]. TMH is important because disease management reduces hospital rates, boosts convenience, and improves the care services for the patient. Rapid implementation of telehealth in the COVID-era reflects the change of healthcare services. Adoption of the new technologies has been identified as the crucial factor for the long-term success of the *TMH programs*. The article also identifies that 75% of the programs fail in the operational

stage [4]. The above information reflects that the TMH program is effective for the cure treatment of the mental patient.

MATERIALS AND METHODOLOGY

The method gathered the information from first-hand data sources experimentation and manipulation also called primary data [3]. On the other hand, 29 individuals experienced mental illness. The participant is also recruited via advertising through online advertising, newsletters, and supports the health community services. A maximum variation reflects the sampling approach is used to ensure the inclusion of individuals from the divergence background along with capturing a wide range of experience [3]. 18 women, as well as 11 men aged 22 years to 65 years old, were selected for the interview process. In addition, 11 participants have married and nine had children. The most common diagnosed participants it recalled were Schizophrenia and bipolar disorder found from the analysis. The reason for mental health illness is that most of the people are single, divorced, and also separated. These patients have been provided with nursing care practices where voluntary, involuntary treatment, hospitalization, medicines, and others have been offered to mental health patients as a way of prevention. It is from this interview, it can be found that not only deadly diseases but also circumstances cause mental health illness.

RESULT AND DISCUSSION

The result shows that psychiatric diagnoses indicate *schizophrenia, borderline personality disorder, and psychosis* have been witnessed among people globally. The analysis identifies that the "*world around participant*" influences subjective judgment, as well as the story participant, told their decision for the treatment. For example service user is identifying the advisory panel to improve the appointment booking for the patient with the SMI (Knight et al., 2018). On the other hand, improving the communication among nurses along with better information of technology to support the patient along with providing awareness of "*mental health-related stigmatization*" reflect wider culture as well as the environment in which services are also delivered within nursing care. The research also aims to understand the impact of the mental health disorder included under nursing care. Nursing care provides psychological support along with patient education that is beneficial for the treatment. Multiple factors associated with each domain contribute to understanding nursing care as per the point of view of the patient.

The render care is also involved in the personal dignity of nurses of safe practices as well as technical support along with maintenance of the responsive environment. Mental patients also require emotional and physical support for the improvement of the disease which is a part of nursing care [3]. In addition, nurses have to understand the patient and

build trust throughout the engagement. Nursing is important to care within the healthcare system that prevents diseases and promotes better health of an individual [8]. Advocacy is one of the most important aspects because it can reduce chances for an error along with harm to a patient [10]. The above analysis reflects that nursing is important because it can reduce the chances of error along with harm to patients.

The analysis reflects that telehealth has been used for *neurodevelopment disorders* (NDDs) in the neurodevelopment field beneficial for the patient. Telehealth has the potential for increased treatment availability and decreased diagnosis along with monitoring NDD [11]. Integration of the national health programmers included under the health system to ensure the continuation of care for prevention or treatment of neurological complications. The analysis identifies that mental health and physical health are always closely linked as well as demands have been placed in health services regarding delivering equal response for each patient which reflects the positive side of the healthcare system. On the other hand, the mental health of nurses plays a key role in evaluating the mental health needs of the patient. Mental health nurses always encourage patients regarding expressing feelings along with helping them handle the anger and frustration. Nurses can help regarding the development of the "nursing care plan" for the mental health of the patient.

CONCLUSION

The article identifies that a "mental health nursing care plan" is effective for the treatment of mental patients. Nursing is one of the most important cares included in healthcare services and nursing care practices in association with other diseases have been discussed in this article. Advocate in defies is the major element that reduces chances for an error along with harm to a patient. Telehealth improves the healthcare services, as well as reduced cost for the patient along with it, also used to protect the patients and provided exposes in COVID-19 pandemic. It can be concluded that nursing care to treat mental illness will prioritize on treating physical illness along with identifying cause of illness to further embrace treatment process. There are some programs that have been discussed in the article. The nursing care provided through Telehealth has an advantage for patients as patients encountering mental health issues will not be recognized personally.

REFERENCES

[1] David Morris, 2021,Diabetes and mental health: management in primary care, Available at: < https://www.independentnurse.co.uk/clinical-article/diabetes-and-mental-health-management-in-primary-care/240327/> [Accessed on 5th December 2021]

[2] Hagan, T.L., Xu, J., Lopez, R.P. and Bressler, T., 2018. Nursing's role in leading palliative care: A call to action. *Nurse education today*, *61*, pp.216-219.

[3] Knight, F., Kokanović, R., Ridge, D., Brophy, L., Hill, N., Johnston-Ataata, K. and Herrman, H., 2018. Supported decision-making: the expectations held by people with

experience of mental illness. Qualitative Health Research, 28(6), pp.1002-1015.

[4] McNamara, B., Same, A., Rosenwax, L. and Kelly, B., 2018. Palliative care for people with schizophrenia: a qualitative study of an under-serviced group in need. *BMC palliative care*, *17*(1), pp.1-11.

[5] Miller, B., 2017. Nurses in the know: The history and future of advance directives. *OJIN: The Online Journal of Issues in Nursing*, *22*(3).

[6] Myers, C.R., 2019. Using telehealth to remediate rural mental health and healthcare disparities. *Issues in Mental Health Nursing*, *40*(3), pp.233-239.

[7] Ring, D. and Lawn, S., 2019. Stigma perpetuation at the interface of mental health care: a review to compare patient and clinician perspectives of stigma and borderline personality disorder. *Journal of Mental Health*, pp.1-21.

[8] Rodgers, M., Dalton, J., Harden, M., Street, A., Parker, G. and Eastwood, A., 2018. Integrated care to address the physical health needs of people with severe mental illness: a mapping review of the recent evidence on barriers, facilitators and evaluations. *International Journal of Integrated Care*, *18*(1).

[9] Statista, 2017. *Number of people globally that suffered from select mental health or substance use disorders as of 2017*. Available at: < https://www.statista.com/statistics/979869/number-of-people-with-mental-health-disorders-globally/> [Accessed on 5th December 2021]

[10] Stuhlmiller, C. and Tolchard, B., 2019. Understanding the impact of mental health placements on student nurses' attitudes towards mental illness. *Nurse education in practice*, *34*, pp.25-30.

[11] Williams, S.D., Phillips, J.M. and Koyama, K., 2018. Nurse advocacy: Adopting a health in all policies approach. *Online Journal of Issues in Nursing*, *23*(3).