



Полтавський державний медичний університет
Фаховий медико-фармацевтичний коледж

Матеріали до теми:

Nursing in psychiatry

з дисципліни «Іноземна мова (за професійним спрямуванням)»

Для здобувачів освіти ОПП Сестринська справа:

- ❖ *I курсу на основі ПЗСО*
- ❖ *III курсу на основі БСО*

Укладач: викладач другої категорії Юлія ВОНСОВИЧ



Relevance



A nurse's practical activity may involve using a foreign language. A future medical professional should be able to speak about nursing in a psychiatric ward during an open conversation with a representative of an English-speaking country, be able to correctly use and construct sentences, and understand the nature of English intonation. The topic “Nursing in Psychiatry. Identification and Description of Signs of Mental Disorders. Types of Suicides” holds significant educational, professional, and cognitive value. Given the medical and social relevance of mental illness, the importance of the topic concerning the role of a nurse in the prevention and treatment of mental disorders is continuously increasing.

Objective

The student should know:

- ❖ specifics of patient care in a psychiatric ward;
- ❖ universal human needs;
- ❖ symptoms of mental disorders;
- ❖ specifics of caring for patients in a psychiatric department;
- ❖ types of suicides.

The student should be able to:

- ❖ talk about types of suicides;
- ❖ identify the specifics of patient care in a psychiatric ward;
- ❖ detect and describe signs of mental disorders;
- ❖ ask and answer different types of questions related to the topic.



Practical lesson plan

Nursing in psychiatry

Identification and description of signs of mental disorders

Types of suicide



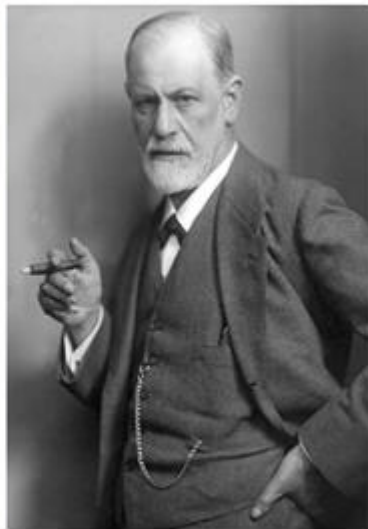
Матеріали контролю підготовчого етапу заняття

Work in groups. Can you match the pictures with the descriptions?
Check your answers below.

1. Introduced cognitive behavioral below
2. Described his structural model of the mind
3. Was the first to use the term psychiatry
4. Introduced lithium for treatment of mania



a) Reil



b) Freud



c) Cade



d) Beck



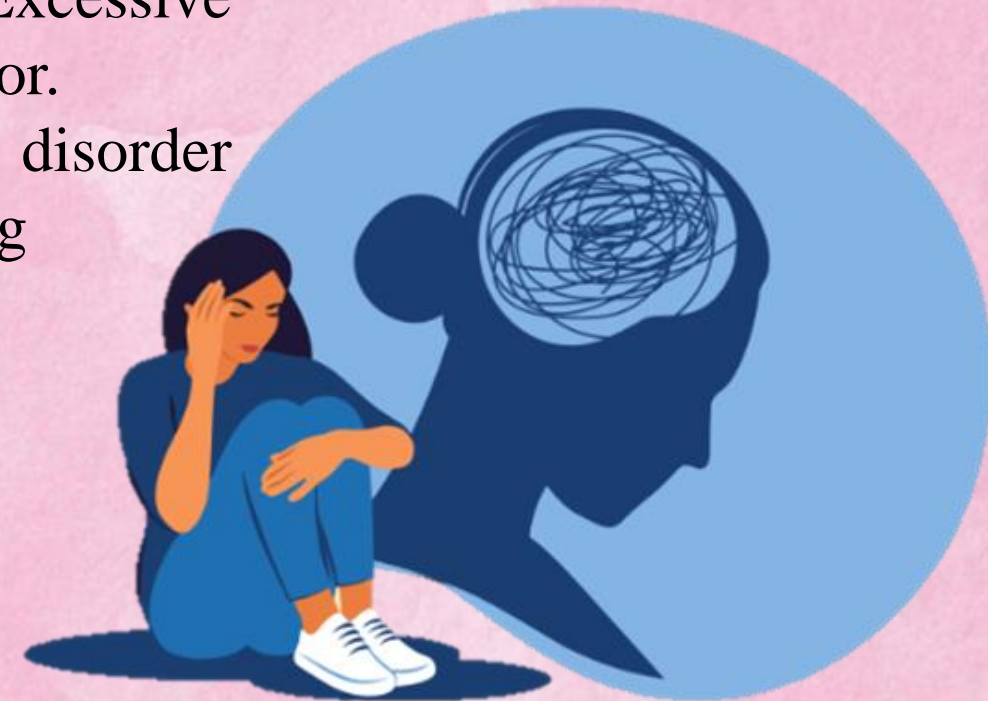
Матеріали методичного та матеріального забезпечення

Exercise 1. Read and translate the following words.



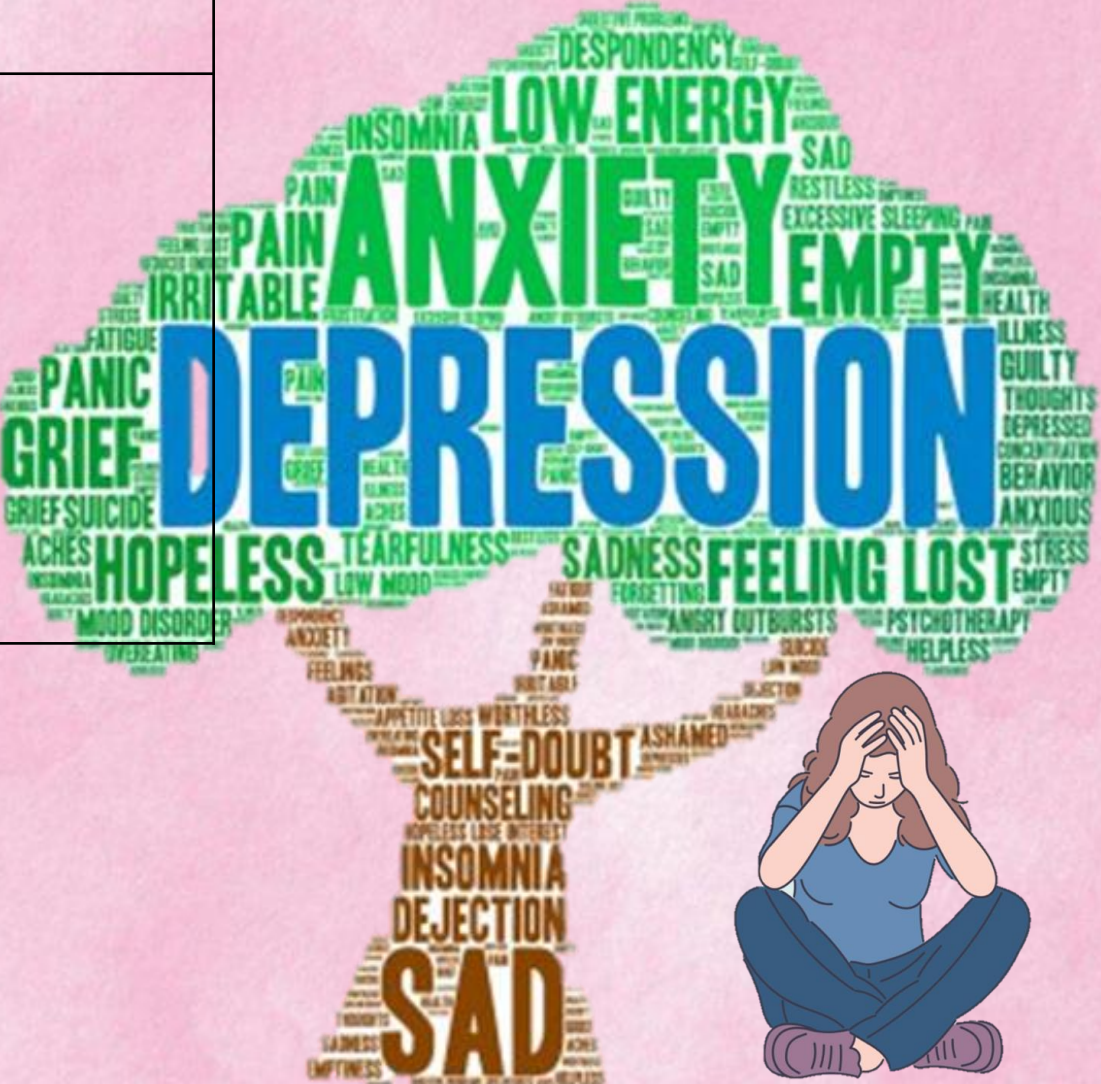
aggressive	ə'gresɪv	агресивний
restless	"res(t)ləs	неспокійний
withdrawn	wɪð'drɔ:n	замкнутий
distracted	dɪ'stræktɪd	відволікається,
anxious	"æŋ(k)ʃəs	буйний, тривожний
careless	"keələs	неуважний, легковажний
mental illnesses	"ment(ə)l 'ɪlnəsɪz	психічні хвороби
schizophrenia	"skɪtsə(ʊ)'fri:nɪə	шизофренія
bipolar disorder	baɪ'pəʊlə dɪs'ɔ:də	біполярний розлад
anxiety	æŋ'zæɪəti	тривога
substance abuse	"sʌbst(ə)ns ə'bju:s	зловживання наркотиками
depression	dɪ'preʃ(ə)n	депресія
psychiatric disorder	"sæɪkɪ'ætrɪk dɪs'ɔ:də	психічний розлад
provide	prə'vaɪd	допоміжне
comprehensive	kəmprɪ'hensɪv	консультування
mental health	"ment(ə)l helθ	психічне здоров'я
healthcare	helθkeə	охорона здоров'я
distraction	dɪ'strækʃ(ə)n	розсіяність, розгубленість

- Anxiety Disorder - This is a very common mental disorder among youngsters which is characterized by consisting depressed mood or loss of interest in activities.
- Bipolar Disorder - A disorder associated with lots of mood swings ranging from depressive locus to manic highs.
- Schizophrenia - A disorder that affects a person able to think, feel and behave properly
- Obsessive-Compulsive Disorder (OCD) - Excessive thoughts or obsessions that lead to repetitive behavior.
- Post-traumatic Stress Disorder (PTSD) - A disorder characterized by failure to recover after experiencing or witnessing a terrifying event.



Exercise 2. Work in pairs. Make sure you understand the nouns below. Use a dictionary if necessary. Then change each noun into an adjective.

Noun	Adjective
1. Aggressiveness	
2. Restlessness	
3. Withdrawal	
4. Distraction	
5. Flamboyance	
6. Anxiety	
7. Carelessness	



Exercise 3. Complete each sentence below with an adjective from Exercise 2.

1. John was _____ about his appearance. He was shabbily dresses and his hair wasn't combed.
2. Jane was _____. She bareky said a word. When she spoke, she did not look at me.
3. Harry was _____. He could not sit still and kept twitching all the time.
4. Mary was very _____. She was focused, but you could tell she was worried about something.
5. Pat is _____. She dressed in quite extravagant and formal clothes with bright colours.
6. Susan was very _____. She was very argumemtative. I did not feel safe and sat with my seat near the door.
7. He appeared _____ throughout the interview, looking out of the window as if he was hearing voices.



Exercise 4. Answer the questions

- What is a psychiatric nurse?
- What psychiatric nurses do?
- Where psychiatric nurses work?

Check your answers.

Read and translate the texts.

With roots in the late 19th century, psychiatric-mental health nursing is a rather new discipline that has developed to treat patients diagnosed with mental illnesses, such as schizophrenia, bipolar disorder, anxiety, substance abuse, and depression. Mental illnesses are often not considered true medical conditions by the public, but they can actually be more distressing than other bodily diseases. Psychiatric nurses specialize in mental health to help patients overcome their psychiatric disorder.



As part of the psychiatric treatment team, psychiatric nurses begin by interviewing new patients to learn of their mental health history, symptoms, and living habits. Psychiatric nurses will then help psychiatrists and other physicians to develop a detailed treatment plan for providing the comprehensive mental health care patients require. During treatment, psychiatric nurses may provide supportive counseling, assist with everyday tasks like grooming, deliver medications, and help families better understand the mental illness. At times, psychiatric nurses must also respond to distressed patients in a non-threatening manner and use de-escalation techniques to help patients manage their anger. Some psychiatric nurses may organize social events for patients to connect and develop social skills for faster recovery.



Psychiatric nurses can find employment opportunities in many different healthcare and community settings focused on mental health. Most will be found working in general hospitals, psychiatric specialty hospitals, substance abuse treatment centers, community mental health clinics, and outpatient treatment facilities. Some psychiatric nurses will work in correctional institutions to help treat criminal offenders who have been diagnosed with mental illness. Other psychiatric nurses may also find work in school systems to deliver care to children with emotional or cognitive impairments. Many psychiatric nurses work regular business hours, but those in inpatient facilities will need to work shifts to ensure 24/7 patient coverage.

Write the responsibilities of Nurses in psychiatry in your notebook.



Exercise 5. Put the words in the right order.

1. Below is a broad, is right for you, overview of the, whether psychiatric nursing, profession to determine.
2. social events for patients, nurses may organize, to connect and develop, Some psychiatric, social skills for faster recovery.
3. work regular business hours, will need to work shifts, but those in inpatient facilities, to ensure 24/7 patient coverage. Many psychiatric nurses
4. can find employment opportunities, settings focused on mental health. Psychiatric nurses, in many different healthcare and community,





Exercise 6. Match the words and word combinations with their equivalents.

Depression	is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing.
Psychiatric nurses	is a psychiatric disorder characterized by continuous or relapsing episodes of psychosis.
Bipolar disorder	is a mental disorder that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks.
Schizophrenia	nurses treat patients with a variety of mental health illnesses.
Anxiety	is a mood disorder that can affect a person's daily life.



SYMPTOMS OF MENTAL ILLNESS

- 1) Feeling sad or down.
- 2) Confused thinking or reduced ability to think.
- 3) Excessive mood changes of highs and lows.
- 4) Extreme fears or worries or extreme feelings of guilt.
- 5) Withdrawal from friends and activities.
- 6) Headaches
- 7) Significant tiredness, low energy, or problem of sleeping.
- 8) Inability to cope with daily problems or stress.
- 9) Problems with alcohol or drug use.
- 10) Back pain
- 11) Major changes in eating habits.
- 12) Sex drive changes
- 13) Excessive anger or violence.
- 14) Suicidal thinking
- 15) Stomach pain, etc

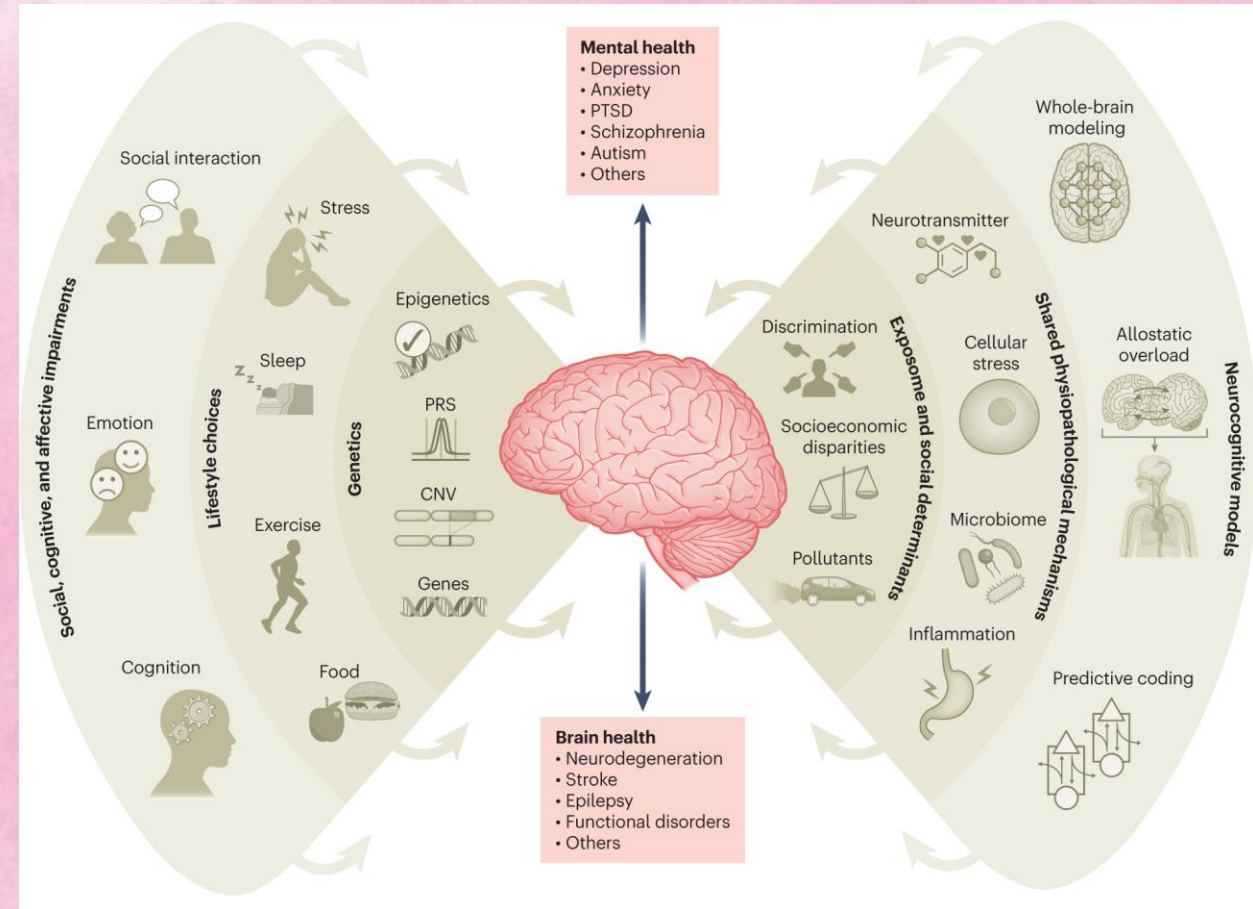


COMMON TRIGGERS OF MENTAL DISORDERS

Exercise 7. Watch the video «What causes mental illnesses? The human brain and its link to mental health»

<https://www.youtube.com/watch?v=MEn0XlnxEnM>

Identify and write down which parts of the brain influence mental health and what the causes of mental disorders are.



Exercise 8. In pairs/groups, discuss which of the factors shown on the slide are most common in your daily life. How do they affect your mood and well-being?



OVEREATING
ADDICTION



STRESS



FRUSTRATION



Overspending



Mindlessly scrolling



Snacking non stop



SOCIAL
BEHAVIOUR



SOCIAL
CHANGE



SOCIAL
CONFLICT



Screen
addiction



HIGH STRESS
LEVELS



SLEEP
DISTURBANCES



Apathy



Emotional burnout



Bipolar disorder



Gaming
disorder



SLEEP
DEPRIVATION



WORK
PRESSURE

Exercise 9. Read and translate the text.

Types of suicide

According to Emile Durkheim's (A Study in Sociology, New York, The Free Press, 1951) theory on suicide, he concluded that there are four different types of suicide.

Egoistic suicide relates to the person being alone or an outsider and subsequently they see themselves alone within the world. This type of person has a low social interaction with others.

Altruistic suicide is when social group involvement is too high, expectation from a group is being met at a very high level such as a sacrifice for a cult or religion.

Anomic suicide relates to a low degree of regulation and this kind of suicide is carried out during periods of considerable stress and frustration. A good example would be great financial loss or when the financial market that person controls collapses with severe consequences for many involved.

Fatalistic suicide is when people are kept under tight regulation such as in Korea. Where there is extreme rule in order or high expectations set upon a person or peoples in which lead them to a sense of no self or individuality.

Exercise 10. Find information in the text and complete the sentences.

1. ... relates to the person being alone or an outsider and subsequently they see themselves alone within the world.
2. Anomic suicide relates to a low degree of regulation and this kind of suicide is carried out during periods of
3. Altruistic suicide is when social group involvement is too high, expectation from a group is being met at a very high level such as a sacrifice for
4. Confused thinking or reduced ability to
5. Significant tiredness, low energy, or problem of
6. Major changes in
7. Excessive anger or



Матеріали контролю заключного етапу.

Quiz

- 1) Conney with borderline personality disorder who is to be discharge soon threatens to “do something” to herself if discharged. Which of the following actions by the nurse would be most important?
 - a) Ask a family member to stay with the client at home temporarily
 - b) Discuss the meaning of the client’s statement with her
 - c) Request an immediate extension for the client
 - d) Ignore the clients statement because it’s a sign of manipulation

- 2) Nurse Tina is caring for a client with delirium and states that “look at the spiders on the wall”. What should the nurse respond to the client?
 - a) “You’re having hallucination, there are no spiders in this room at all”
 - b) “I can see the spiders on the wall, but they are not going to hurt you”
 - c) “Would you like me to kill the spiders”
 - d) “I know you are frightened, but I do not see spiders on the wall”



3) Nurse Nina is assigned to care for a client diagnosed with Catatonic Stupor. When nurse Nina enters the client's room, the client is found lying on the bed with a body pulled into a fetal position. nurse Nina should?

- a) Ask the client direct questions to encourage talking
- b) Rake the client into the dayroom to be with other clients
- c) Sit beside the client in silence and occasionally ask open-ended question
- d) Leave the client alone and continue with providing care to the other clients

4) Nurse Claire is caring for a client diagnosed with bulimia. The most appropriate initial goal for a client diagnosed with bulimia is?

- a) Encourage to avoid foods
- b) Identify anxiety causing situations
- c) Eat only three meals a day
- d) Avoid shopping plenty of groceries





5) A client is experiencing anxiety attack. The most appropriate nursing intervention should include?

- a) Turning on the television
- b) Leaving the client alone
- c) Staying with the client and speaking in short sentences
- d) Ask the client to play with other clients

6) Which of the following foods would the nurse Trish eliminate from the diet of a client in alcohol withdrawal?

- a) Milk
- b) Orange Juice
- c) Tea
- d) Regular Coffee

7) Nurse Monette is aware that extremely depressed clients seem to do best in settings where they have:

- a) Multiple stimuli
- b) Routine Activities
- c) Minimal decision making
- d) Varied Activities



Матеріали методичного забезпечення самопідготовки студентів.

Exercise 1. Complete the questions about self-harm by using one word from each box. You may have to change the form of any verbs and there may be more than one answer

made end go feel take harm

life (x2) bed future yourself preparations

1. Have you ever felt so low that you have considered _____?
2. How do you _____ about the _____?
3. Have you ever wished you could _____ to _____ and not wake up in the morning?
4. Have you ever thought of _____ your _____?
5. Have you thought about how you would do it? Have you _____ any _____?
6. Have you tried to _____ your own _____?

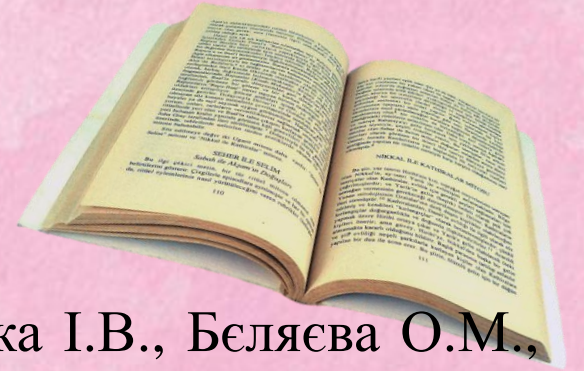


Exercise 2. Change the words to make the statements true:

Egoistic suicide	a) is when people are kept under tight regulation such as in Korea. Where there is extreme rule in order or high expectations set upon a person or peoples in which lead them to a sense of no self or individuality.
Altruistic suicide	b) relates to a low degree of regulation and this kind of suicide is carried out during periods of considerable stress and frustration.
Anomic suicide	c) is when social group involvement is too high, expectation from a group is being met at a very high level such as a sacrifice for a cult or religion.
Fatalistic suicide	d) relates to the person being alone or an outsider and subsequently they see themselves alone within the world.



Література



1. Medical English = Медична англійська мова : підручник / Знаменська І.В., Беляєва О.М., Пісоцька О.О., Гаврильєва К.Г. – Вінниця : Нова Книга, 2020. – 264 с.
2. English for Professional Purpose: Medicine = Англійська мова за професійним спрямуванням: Медицина : textbook / О.О. Pisotska, I.V. Znamenska, V.G. Kostenko, O.M. Bieliaieva. – Kyiv : AUS Medicine Publication, 2018. – 368 p.

Інформаційні ресурси

1. What causes mental illnesses? The human brain and its link to mental health. Youtube. CNA. URL: <https://www.youtube.com/watch?v=MEn0XlnxEnM>





Thank you
for your attention!

