

Community health nursing

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Community Health Nursing Lecturer's Mental disorders are responsible for about 15 percent of the world's total disability in the community setting. In every year, more than 54 million people in the United States suffer from a mental disorder although very few seek medical treatment that has been attributed to the increased stigma that has been associated with mental illness. While over 200 forms of mental conditions exist, there are five major most common types in the community setting that include anxiety and depressive disorders, psychotic, dementias, mood and eating disorders (American Psychiatric Association, 2013). Suicide may result from depression, from a post-traumatic stress disorder, bipolar, anxiety, substance use or a borderline personality disorder. Suicide is a preventable public health problem and any person who expresses any kind of suicidal thoughts or intentions needs to be taken very seriously. Other warning signs include sudden withdrawal, hopelessness and excessive sadness, showing dangerous and self-harmful behaviors, change in behavior to think and always talk about death and threatening suicide (Nordentoft, Mortensen, & Pedersen, 2011).

Many treatment options can be considered for treating mental disorders depending on the type of condition. Among them includes behavioral therapy a form of psychotherapy for treating psychopathology, cognitive behavioral therapy a psychotherapeutic approach composed of behavioral and cognitive techniques, cognitive therapy to help individuals think more effectively and group therapy a form of psychotherapy. Other treatment options available include use of Electroconvulsive therapy used to treatment major depressions not responding to other treatment options,

pharmacological therapy by medication use such as antipsychotics and antidepressants, the use of individual psychotherapy and psychoanalytic treatment option focused on helping the patient become aware of the underlying sources of their pathological condition (Jorm, 2012).

Mental health nurses have a role in working with clients in the community to coordinate the range of services that are required in an effort of maximizing the patient's level of functioning. They work together with the caregivers and family members to offer and support in dealing with the conditions. However, their role varies depending on the setting and areas of specialization. Among some of the common roles they play include caring for patients, assessing and educating patients, medication administration, encouraging patients, provision of therapy, enhancing recovery through therapy such as group therapy, coordinating patients care and keeping their records (Blythe & White, 2012).

References

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