Lesson 34.1

- Define the key terms and key abbreviations in this chapter.
- Explain the difference between mental health and mental illness.
- List the causes of mental health disorders.
- Describe anxiety disorders and the defense mechanisms used to relieve anxiety.
- Explain schizophrenia.
- Describe bipolar disorder and depression.
Lesson 34.1 (Cont.)

- Describe personality disorders.
- Describe substance abuse and addiction.
- Describe suicide and the persons at risk.
- Describe the care required by persons with mental health disorders.
- Explain how to promote PRIDE in the person, the family, and yourself.
The Whole Person

- The whole person has physical, social, psychological, and spiritual parts.
- Mental relates to the mind.
- Mental health and mental illness involve stress.
  - Stress is the response or change in the body caused by any emotional, physical, social, or economic factor.
  - Mental health means that the person copes with and adjusts to every-day stresses in ways accepted by society.
  - Mental illness is a disturbance in the ability to cope with or adjust to stress.
Mental Health

- Mental disorder, emotional illness, and psychiatric disorder also mean mental illness.
- Causes of mental health disorders include:
  - Not being able to cope or adjust to stress
  - Chemical imbalances
  - Genetics
  - Drug or substance abuse
  - Social and cultural factors
Anxiety Disorders

- Anxiety is a vague, uneasy feeling in response to stress.
  - Often anxiety occurs when needs are not met.
  - Some anxiety is normal.
    - Persons with mental health disorders have higher levels of anxiety.
  - Signs and symptoms depend on the degree of anxiety.
  - Coping and defense mechanisms are used to relieve anxiety.
  - Defense mechanisms are unconscious reactions that block unpleasant or threatening feelings.
    - With mental health disorders, they are used poorly.
Common Anxiety Disorders

- Panic disorder
  - Panic is an intense and sudden feeling of fear, anxiety, terror, or dread.
- Phobias (Phobia means an intense fear.)
- Obsessive-compulsive disorder (OCD)
  - An obsession is a recurrent, unwanted thought, idea, or image.
  - Compulsion is repeating an act over and over again.
- Post-traumatic stress disorder (PTSD) occurs after a terrifying ordeal.
  - Flashbacks are common.
  - A flashback is reliving the trauma in thoughts during the day and in nightmares during sleep.
Schizophrenia

Schizophrenia means split mind.

- It is a severe, chronic, disabling brain disorder that involves:
  - Psychosis (a state of severe mental impairment)
  - Delusion (a false belief)
  - Hallucination (seeing, hearing, smelling, or feeling something that is not real)
  - Paranoia (The person has false beliefs and is suspicious.)
  - Delusion of grandeur (an exaggerated belief about one’s importance, wealth, power, or talents)
  - Delusion of persecution (the false belief that one is being mistreated, abused, or harassed)

People with schizophrenia do not tend to be violent.
Mood disorders involve feelings, emotions, and moods.

Two common mood disorders are:

- Bipolar disorder (manic-depressive illness)
  - The person has severe extremes in mood, energy, and ability to function.
  - Signs and symptoms can range from mild to severe.

- Major depression
  - Depression involves the body, mood, and thoughts.
  - The person is very sad.
  - Causes include a stressful event, physical disorders, and hormonal factors in women.
Personality Disorders

- Personality disorders involve rigid and maladaptive behaviors.
  - Maladaptive means to change or adjust in the wrong way.

- Antisocial personality disorder
  - The person has poor judgment.
  - He or she lacks responsibility and is hostile.
  - Morals and ethics are lacking.

- Borderline personality disorder (BPD)
  - The person has problems with moods, interpersonal relationships, self-image, and behavior.
  - The person has intense bouts of anger, depression, and anxiety.
Substance Abuse and Addiction

- Substance abuse or addiction occurs when a person over-uses or depends on alcohol or drugs.
  - The person’s physical and mental health are affected.
  - The welfare of others is affected.

- Substances involved in abuse and addiction affect the nervous system.
  - All affect the mind and thinking.
Alcoholism includes these symptoms:

- Craving (The person has a strong need or urge to drink.)
- Loss of control (The person cannot stop drinking once drinking has begun.)
- Physical dependence (The person has withdrawal symptoms when he or she stops drinking.)
- Tolerance (The person needs to drink greater amounts of alcohol to get high.)

Alcoholism is a chronic disease lasting throughout life.

- It can be treated but not cured.
Drug Abuse and Addiction

- Drug abuse is the over-use of a drug for nonmedical or nontherapeutic effects.
- Drug addition is a chronic, relapsing brain disease.
  - The person has an overwhelming desire to take a drug.
  - The person has to have the drug.
  - Often, higher doses are needed.
  - The person cannot stop taking the drug without treatment.
Drug Abuse and Addiction (Cont.)

- Drug abuse and addiction:
  - Affect social and mental function.
  - Are linked to crimes, violence, and motor vehicle crashes.
  - Have physical effects.
- Legal and illegal drugs are abused.
- A drug treatment program combines various therapies and services to meet the person’s needs.
  - Drug abuse and addiction are chronic problems.
Eating Disorders

- An eating disorder involves extremes in eating patterns.
- Anorexia nervosa: The person has an intense fear of weight gain or obesity.
- Bulimia nervosa: Binge eating occurs.
- Binge eating disorder: The person often eats large amounts of food.
Suicide

- Suicide means to kill oneself.
- Suicide is most often linked to:
  - Depression
  - Alcohol or substance abuse
  - Stressful events
- If a person mentions or talks about suicide:
  - Take the person seriously.
  - Call for the nurse at once.
  - Do not leave the person alone.
Treatment of mental health disorders involves:

- Having the person explore his or her thoughts and feelings
- Drugs as ordered by the doctor
- Reflecting the person’s needs in the care plan
- Using good communication skills