

## Chapter 1 Basic mental health concepts

- American Psychiatric Nurse Association
- Psychosocial Assessment
  - Perception of health/belief
  - Leisure activities
  - Coping abilities
  - Cultural: factors that impact care/health care beliefs
    - ☑ Culture specific food
    - ☑ Specific practices
    - ☑ Awareness of culture alleviates stereotyping
    - ☑ Interpreter
    - Spiritual/ Religious
      - ☑ Spiritual: internal values/ morality/purpose of life
      - ☑ Religion: beliefs, worship, rituals
      - ☑ May not connect spiritual views with religion
- Mental Status Exam
  - ☑ Level of consciousness
    - Alert: Respond/open eyes/ answers questions
    - Lethargic: open eyes but drowsy /falls asleep
      - Stuporous: require painful stimuli (sternum rubbing) may not respond verbally
      - Comatose: unconscious & don't respond to stimuli
        - ☑ Decorticate rigidity: flexion/internal rotation of legs/upper body
        - ☑ Decerebrate rigidity: extension of neck/elbow & finger flexion
  - ☑ Physical appearance: personal hygiene, grooming, well kempt, clean, dressed appropriately
  - ☑ Behavior: voluntary/involuntary body movement
    - Mood: emotions
    - Affect: objective expression (lack of facial expression)
  - ☑ Cognitive/intellectual ability
    - Orientation: time, place, person
    - Memory
      - ☑ Immediate: repeat series (numbers or objects)
      - ☑ Recent: recent events (current day)
      - ☑ Remote: fact from past (b-day)
    - Assess: level of knowledge (current illness), Ability to calculate (count backwards), abstract thinking, perception of illness, judgement based on hypothetical questions (what would you do if there was a fire), rate and volume of speech
- Screening tool: assess cognitive status
  - Mini mental state exam: assess orientation to place/time, attention span, ability to count, recall objects, language, follow commands, ability to write
  - Glasgow Coma Scale: baseline for level of consciousness/ ongoing assessment. Eye/verbal/motor response where numbers are assigned. 15 is highest and 7 is coma
- Children/adolescents
  - Experience some sort of mental problems as adults/ experience the same as adults
  - Not easily diagnosed b/c of delayed or inadequate treatment (can't describe what's happening/ variety of normal behaviors during each stages)
    - Assess mood/anxiety/development/ behavior/suicide/eating disorder
  - HEADSSS

# Ati Mental Health Study Guide

**Jianjun Gao**



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