

## 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 kept, 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 (2-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

**WJ Hussar**

## Ati Mental Health Study Guide:

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**PN Mental Health Review Module** Assessment Technologies Institute,

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