

Case Study on Mental Health

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CHAPTER 1. Introduction to Psychiatric–Mental Health Nursing In completing the case study, students will be addressing the following learning objectives: Explain elements that contribute to mental health.

Review trends, problems, and goals related to the delivery of mental health care and treatment of mental illness.

1. Karen is a 25-year-old white woman who lives alone in an apartment with her dog. Karen has been divorced for 2 years and is taking Prozac prescribed by her psychiatrist for depression. Karen and her boyfriend had been discussing marriage until he told her that he wanted to end their relationship. Karen became even more depressed and could not work for a week. Karen returned to work, refusing to discuss her issues with family, friends, or coworkers. She did, however, make an appointment to see a psychiatric nurse practitioner. Karen told the nurse that she was making some changes in her life. Karen said that she and a girlfriend were joining a gym program for workouts and a social group for young men and women. Karen stated that she realizes that her former boyfriend had not been committed to her, and she anticipates meeting and dating other young men from the adult social group. Karen also said that she thinks that the gym exercise will be beneficial to her mentally and physically.

Learning Objectives: 1, 4)

- a. How will the psychiatric nurse assess if Karen has made progress toward self-realization?
Ans: Karen had suffered from depression which is a form of mental disorder as a result of divorce and a broken relationship with her boyfriend. This situation according to Hypocriticus in 15th century BC, upholds the brain as the organ of consciousness; this occurs when both normal and abnormal behavior arise from the brain. The psychiatric nurse can assess if Karen has made progress towards self-realisation by committing to diagnosing and treating her responses to the problems that caused her psychiatric disorder. In-addition, the nurse can make assessment based on Karen's psychoanalytical disposition such as: trasferece,defense mechanism,countertransference,acting out, denial of the reality befallen her and projection.
- b. Identify strengths that Karen has for progress in personal growth.
The strengths Karen has for progress in personal growth include the followings:
 - Ability to make use of social support, that is, she visited a psychiatric nurse, social group and registered in a gym.
 - She was realistic about her situation, therefore made herself ready to face the reality before her.
 - Karen sought immediate medical attention where she was administered with Prozac to help mitigate her depression state.

Mental Health Recovery Case Studies

**Diana J. Semmelhack, Larry
Ende, Arthur Freeman, Clive
Hazell, Colleen L. Barron, Garry L. Trefl**

Mental Health Recovery Case Studies:

Allied Health Professionals supporting wellbeing and recovery in mental health, 2022 This suite aims to support local health and social care systems in improving the mental and physical health of children adolescents and adults with mental illnesses with practical examples of where AHPs are supporting implementation and delivery of the NHS Long Term Plan Mental health recovery is a key area where demonstrable impact of AHP services will be of direct benefit to people populations and the wider system delivery These case studies may be useful for anyone who is involved in decision making for services for mental health whether this be providers of services including NHS charity third sector and local authorities looking to innovate and become increasingly effective or commissioners seeking to enhance outcomes and value for money for their mental health spend This collection offers a curated range of innovative solutions offered by the AHPS who are working with people with mental health conditions to put solutions in place so they can live as well as possible *New Research in Mental Health*, 2000

Global Innovations in Physical Education and Health Garcia, Manuel B., 2024-10-31 Addressing the worldwide crisis of inadequate physical education PE programs requires immediate attention Despite the advocacy of international organizations like UNESCO and WHO there still needs to be a significant gap in understanding the effectiveness of PE initiatives globally Cultural socio economic and policy differences further complicate evaluating and improving these programs More comprehensive research is needed to promote academic achievement well being and overall health This is where *Global Innovations in Physical Education and Health* comes in a groundbreaking solution poised to revolutionize PE on a global scale This innovative book serves as a beacon of hope by exploring diverse teaching strategies and creative methods worldwide Bridging critical research gaps empowers policymakers educators researchers administrators and health professionals with actionable insights to enhance the quality and inclusivity of PE programs With its comprehensive coverage of topics such as adaptive PE nutritional education and global health initiatives this book provides a roadmap for transforming PE into a catalyst for holistic health and lifelong well being

Developing Recovery Pathways for Mental Health Disorders through Creative Coproduction Jean Haslam, Mita Sykes, 2025-08-29 This book explores the potential of Creative Coproduction as a recovery tool for severe mental disorder using case study examples of service users with anorexia nervosa Written by authors with expertise in both mental health provision and experience of mental health services the book advocates a creative coproductive approach to treating mental disorders Creative Coproduction involves significant interaction and collaboration between health and social care professionals sufferers recovered patients educational establishments families and scientists at all levels of interaction The book emphasises the importance of working together creatively as a diverse yet cohesive team adding to existing knowledge through every interaction and discovering and developing alternative recovery pathways It challenges the stigma faced by people with mental health difficulties using Foucault's concept and theory of unreason The book further uses the neuroscience of

creativity as a lens by which to identify creative characteristics and actions discussing ways this can be harnessed to transform recovery pathways through creative practices Centering the voices of service users and their families alongside mental health professionals this important book will be valuable reading for advanced undergraduate and postgraduate students in health and allied sciences mental health and social work programmes It will also be highly relevant for health and social care professionals including mental health nurses allied practitioners managers of community mental health teams and community practitioners

Mindful Crafts as Therapy Cynthia Evetts,Suzanne Peloquin,2017-04-28 Arts and crafts were one of the very first therapies employed by occupational therapists Today crafts are still employed as effective interventions for clients with mental health disorders physical dysfunctions cognitive issues and sensory concerns in hospitals outpatient clinics veterans centers schools skilled nursing facilities or community settings Step by step the authors show you how to use a wide range of novel and highly engaging crafts They explain how to connect the key tasks associated with an activity to functional outcomes and how to modify them to meet the specific needs of individual patients They also address the issues of documentation and reimbursement

Wearable Telemedicine Technology for the Healthcare Industry Deepak Gupta,Ashish Khanna,D. Jude Hemanth,Aditya Khamparia,2021-11-16 Wearable Telemedicine Technology for the Healthcare Industry Product Design and Development focuses on recent advances and benefits of wearable telemedicine techniques for remote health monitoring and prevention of chronic conditions providing real time feedback and help with rehabilitation and biomedical applications Readers will learn about various techniques used by software engineers computer scientists and biomedical engineers to apply intelligent systems artificial intelligence machine learning virtual reality and augmented reality to gather transmit analyze and deliver real time clinical and biological data to clinicians patients and researchers Wearable telemedicine technology is currently establishing its place with large scale impact in many healthcare sectors because information about patient health conditions can be gathered anytime and anywhere outside of traditional clinical settings hence saving time money and even lives Provides readers with methods and applications for wearable devices for ubiquitous health and activity monitoring wearable biosensors wearable app development and management using machine learning techniques and more Integrates coverage of a number of key wearable technologies such as ubiquitous textile systems for movement disorders remote surgery using telemedicine intelligent computing algorithms for smart wearable healthcare devices blockchain and more Provides readers with in depth coverage of wearable product design and development

First Person Accounts of Mental Illness and Recovery Craig W. LeCroy,Jane Holschuh,2012-08-06 In First Person Accounts of Mental Illness case studies of individuals experiencing schizophrenia mood disorders anxiety disorders personality disorders substance use disorders and other mental ailments will be provided for students studying the classification and treatment of psychopathology All of the cases are written from the perspective of the mentally ill individual providing readers with a unique perspective of the experience of living with a mental disorder In their book First Person

Accounts of Mental Illness and Recovery LeCroy and Holschuh offer the student researcher or layperson the intimate voice of mental illness from the inside First Person Accounts of Mental Illness and Recovery is a wonderful book and it is an ideal even indispensable companion to traditional mental health texts I am grateful that they have given the majority of this book to the voices that are too often unheard John S Brekke PhD Frances G Larson Professor of Social Work Research School of Social Work University of Southern California Fellow American Academy of Social Work and Social Welfare This is absolutely a must read for anyone who has been touched by someone with a mental illness whether it be personal or professional It is imperative that this book be required reading in any course dealing with psychopathology and the DSM whether it be in psychology psychiatry social work nursing or counseling Phyllis Solomon PhD Professor in the School of Social Policy Practice and Professor of Social Work in Psychiatry at the University of Pennsylvania A unique volume of first person narratives written from the perspective of individuals with a mental illness Drawing from a broad range of sources including narratives written expressly for this book self published accounts and excerpts from previously published memoirs this distinctive set of personal stories covers and illustrates a wide spectrum of mental disorder categories including Schizophrenia and other psychotic disorders Mood disorders Anxiety disorders Personality disorders Substance related disorders Eating disorders Impulse control disorders Cognitive disorders Somatoform disorders Dissociative disorders Gender identity disorders Sleep disorders Disorders usually first diagnosed in infancy childhood or adolescence Reflecting a recovery orientation and strengths based approach the authentic and relevant stories in First Person Accounts of Mental Illness and Recovery promote a greater appreciation for the individual s role in treatment and an expansion of hope and recovery

Narratives of Recovery from Serious Mental Illness William Tucker, 2016-05-18 In this informative and inspiring book the author narrates the stories of 12 patients whom he treated during their recovery from serious mental illness These narratives reveal their common struggles misdiagnosis dual diagnosis impeded access to medication medication adherence issues homelessness employment unemployment issues and problems with governmental agencies They also reveal some of the satisfactions of practicing outreach psychiatry appreciating the patients resilience persistence and talents and the cooperation of outside service providers all of which promote recovery Each patient s path is unique Their successes remind us that schizophrenia paranoia bipolar illness and substance abuse need not preclude a productive and satisfying life Direct quotations from patients demonstrate their awareness of their problems and progress Patients acceptance promotes flexibility and creativity from their psychiatrist Team members provide innovative and targeted support The psychiatrist identifies aspects his interactions with these patients that contributed to his professional development A unique feature is the documentation of patients monthly progress for up to 6 years Though no one knows what initiates recovery this book vividly describes how it does so For psychiatrists psychologists and social workers these are compelling stories of hope and a powerful call to consider outreach psychiatry

The Madness of Our Lives Penny Gray, 2006-04-06 This book consists of

transcribed interviews with people who have had a mental breakdown and come out the other side Those interviewed recount painful experiences of being misunderstood derided bullied abused in their personal and professional lives but also during treatment by unsympathetic or negligent GPs and mental health practitioners

Evidence-based Practices in Mental Health Care American Psychiatric Association,2003 As the first attempt to synthesize the movement toward widespread implementation of evidence based mental health practices this groundbreaking collection articulates the basic tenets of evidence based medicine and shows how practices proven effective by clinical services research could improve the lives of many people Intended to stimulate much needed public discussion these remarkable contributions cover both general issues such as Implementing practices in routine mental health settings including strategies for disseminating evidence based practices to staff members Ensuring that efforts to implement such practices are informed by the knowledge and experience of administrators clinicians patients and advocates Integrating evidence based practices with the recovery model and focusing on guidelines and algorithms for pharmacologic treatment of people with severe mental illness Identifying the policy implications of the movement particularly in public sector settings and describing eight courses of action for addressing the gap between science and practice and specific practices such as Describing critical components of practices for which substantial evidence exists such as supported employment dual diagnosis services and assertive community treatment Developing an evidence base for particular populations such as children and adolescents and geriatric patients and for clinical subgroups such as patients with severe mental illness and posttraumatic stress disorder and implementing a range of practices for each population Debate in public forums is critical to explaining the benefits of evidence based care and allaying the fears of patients practitioners administrators policy makers and vested interest groups that evidence based care excludes them from the decision making process Patients need to know that their individual characteristics preferences and autonomy are highly valued and won t be discounted by rigid adherence to the particular treatments Practitioners need to know about the credibility of the evidence base and about new techniques and responsibilities and to understand that their favorite practices won t necessarily be excluded during initial attempts to implement evidence based practices Administrators and policy makers need to know about financing organizing implementing and sustaining new practices Finally vested interest groups need to know that the introduction of evidence based practices doesn t mean that what they do now is ineffective This unique and densely informative volume will be welcomed by mental health care professionals and by lawmakers planners administrators and others who are charged with the responsibility of providing effective care to vulnerable populations

Mental Health User Narratives Bruce M.Z. Cohen,2007-12-19 Following extensive research in the UK Bruce Cohen allows mental health users to tell their own stories or narratives of illness and recovery Institutional and home treatment care is covered alongside controversial self coping techniques such as drug taking spiritualism alternative healing sleep and watching television

Canadian Journal of Community Mental Health ,2001 **Edinburgh Medical**

Journal ,1872 *"The" Edinburgh Medical and Surgical Journal* ,1872 Social and Affective Neuroscience GE Federation of Psychologists, Social and Affective Neuroscience Defining Affective Neuroscience The Brain s Emotional Processing Pathways The Role of the Amygdala The Neurobiology of Fear The Neurobiology of Anxiety The Neurobiology of Depression The Neurobiology of Happiness The Neurobiology of Love The Neurobiology of Empathy The Social Brain Hypothesis The Mirror Neuron System Imitation and Social Learning Emotional Contagion Nonverbal Communication The Neuroscience of Attachment The Neuroscience of Rejection The Neuroscience of Trust The Neuroscience of Cooperation The Neuroscience of Competition The Neuroscience of Morality The Neuroscience of Prosocial Behavior The Neuroscience of Prejudice The Neuroscience of Stereotyping The Neuroscience of Empathy Disorders The Neuroscience of Autism Spectrum Disorder The Neuroscience of Psychopathy The Neuroscience of Emotional Regulation The Neuroscience of Mindfulness The Neuroscience of Cognitive Behavioral Therapy The Neuroscience of Social Cognition The Neuroscience of Decision Making The Neuroscience of Risk Taking The Neuroscience of Persuasion The Neuroscience of Advertising The Neuroscience of Music and Emotion The Neuroscience of Art and Emotion The Neuroscience of Film and Emotion The Neuroscience of Video Games and Emotion The Neuroscience of Social Media and Emotion The Neuroscience of Loneliness The Neuroscience of Belonging The Neuroscience of Leadership The Neuroscience of Teamwork The Neuroscience of Cultural Differences The Future of Affective Neuroscience Conclusion Implications and Applications **The Interactive World of Severe Mental Illness** Diana J. Semmelhack,Larry Ende,Arthur Freeman,Clive Hazell,Colleen L. Barron,Garry L. Trefl,2015-07-03 In our society medication is often seen as the treatment for severe mental illness with psychotherapy a secondary treatment However quality social interaction may be as important for the recovery of those with severe mental illness as are treatments This volume makes this point while describing the emotionally moving lives of eight individuals with severe mental illness as they exist in the U S mental health system Offering social and psychological insight into their experiences these stories demonstrate how patients can create meaningful lives in the face of great difficulties Based on in depth interviews with clients with severe mental illness this volume explores which structures of interaction encourage growth for people with severe mental illness and which trigger psychological damage It considers the clients relationships with friends family peers spouses lovers co workers mental health professionals institutions the community and the society as a whole It focuses specifically on how structures of social interaction can promote or harm psychological growth and how interaction dynamics affect the psychological well being of individuals with severe mental illness Indian Journal of Public Health ,1969 *The Principles and Practice of Addictions in Psychiatry* Norman S. Miller,1997 A clinical guide to the management of addictive disorders in psychiatric practice This practical text offers contemporary diagnosis and treatment of disorders in the rapidly growing sub specialty of addiction psychiatry **Mental Health in College** Clements Collard Fry,Edna G. Rostow,1943 **Mental Health Nursing Case Book** Wrycraft, Nick,2012-09-01 This is a modern multi disciplinary text confronting a

complex age and journey into recovery It is a roadmap for every student of mental health who wants to put the most up to date practice fuel into their tank The case study approach offers an authentic insight into life experiences of service users and allows the reader to re think the relationship they have with vulnerable people in the middle of sensitive life challenges Dr Dean David Holyoake University of Wolverhampton UK This engaging book consists of 27 case studies which offer a realistic and insightful view into the experience of mental ill health A range of mental health problems are considered for people at different stages of the lifespan from common problems such as anxiety or depression through to severe and enduring conditions such as schizophrenia Part of a new Case Book series the book is written in an informative and clear style and utilises the latest evidence based interventions and resources The approach adopted Incorporates recovery based principles Emphasizes the importance of collaborative working Values the person s perspective Actively empowers and advocates for the person to make their own decisions and choices Written and edited by academic experts and experienced clinicians the cases all take a positive person centred approach focusing on recovery outcomes The book addresses the biological psychological social and physical aspects in scenarios and includes areas of mental health which are often overlooked such as alcohol and substance misuse amongst older adults Mental health nurse training involves focusing on working with individuals one to one in a range of settings and this case book will reflect and complement the skills and situations students face while training and on placement Contributors Geoffrey Amoateng Jean Louis Ayivor May Baker Alison Coad Hilary Ford Sally Goldspink John Harrison Mark McGrath Michael Nash Cliff Riordan Heather Rugg Noel Sawyer Vanessa Skinner Steve Wood

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