

MENTAL HEALTH NURSING

Aims of Psychiatric Nursing

- To promote and maintain **mental health of individuals and communities**.
 - To prevent mental illnesses and reduce **psychological distress**.
 - To provide **holistic care** (emotional, psychological, social, and physical).
 - To help patients achieve **maximum level of functioning and independence**.
 - To reduce stigma and promote **mental health awareness**.
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Objectives of Psychiatric Nursing

Mental Health Promotion Objectives

- To promote **positive mental health and well-being**.
 - To educate individuals and communities about **mental health awareness**.
 - To reduce stigma related to mental illnesses like Depression and Schizophrenia.
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Preventive Objectives

- To identify **early signs and symptoms of mental illness**.
 - To prevent mental health disorders through **counselling and support services**.
 - To provide crisis intervention for conditions like anxiety disorder.
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Curative Objectives

- To provide care and treatment for patients with mental illnesses.
 - To assist in **psychiatric therapies and medication management**.
 - To ensure a **safe and therapeutic environment**.
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Rehabilitative Objectives

- To help patients regain **social and occupational functioning**.
 - To promote **independent living skills**.
 - To assist in **community reintegration** of patients.
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Therapeutic Relationship Objectives

- To establish **trust and rapport** with patients.
 - To use **therapeutic communication techniques**.
 - To provide **emotional support and counseling**.
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Educational Objectives

- To develop knowledge and skills in **Psychiatric Nursing**.
- To train nurses in **mental health assessment and care**.
- To enhance **critical thinking and decision-making skills**.