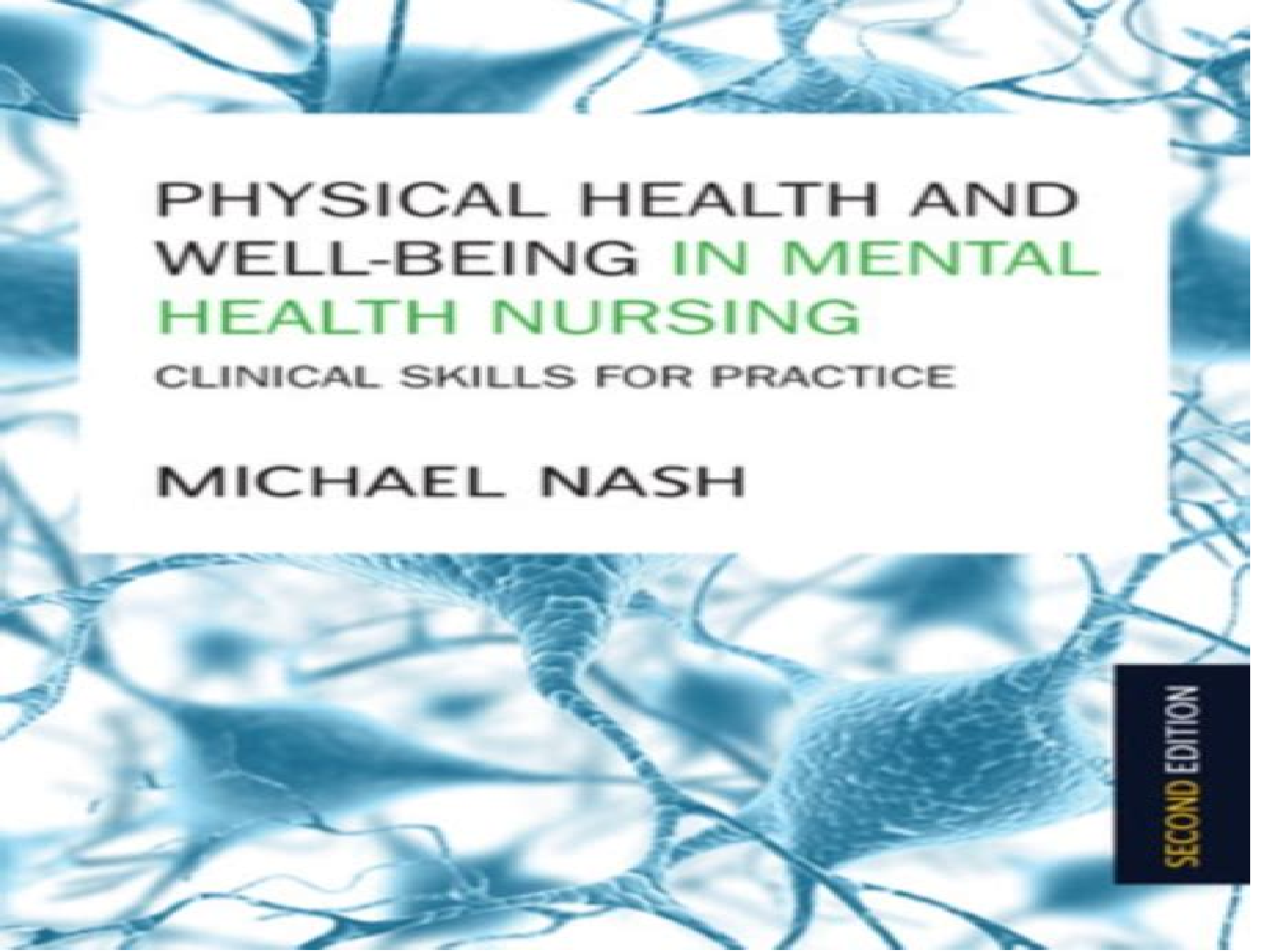


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Health Promotion and Wellbeing in People with Mental Health Problems Tim Bradshaw, Hilary Mairs, 2017-01-24 This practical guide helps nursing students and other healthcare professionals promote and improve the health and wellbeing of those with mental health problems by looking closely at the disparities that people with mental health problems face in relation to their physical health It includes Evidence based techniques such as motivational interviewing and promoting physical activity MCQs at the start of each chapter for readers to test their knowledge Reflection points activities and case studies to link theory to practice Summaries of key messages to take away This is essential reading for all nursing students and healthcare professionals

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updated for this third edition and offers students a complete guide to the art and science of mental health nursing The book combines theory and practice to look in depth at Different types of mental health problems Different therapeutic interventions The practical tools of nursing such as risk assessment problem solving Key themes such as ethics law and professional issues

Assessment and Care Planning in Mental Health Nursing Nick Wrycraft, 2015-09-16 Assessment of mental health problems is a challenging area of practice that covers a range of symptoms and behaviours and involves building a trust relationship with service users while also using specialist skills Using a values based approach focused on engaging and working in partnership with the service user this book is designed to take you from the core building blocks of assessment through to practice based guidance about mental health behaviours and concludes with case studies on the ground The first section of the book explores core aspects of assessment such as communication skills and engaging the service user and explores how assessment guides the nursing process as a whole The next section will be ideal for quick reference during practice and looks at 23 different clinical behaviours that nurses will assess under 4 categories Physical factors in mental health Behavioural aspects in mental health The role of thoughts in mental health Feelings in mental health The final section gives 4 case studies of different assessment stories which relate to the different types of clinical behaviour you will encounter This practical book is essential reading for student nurses and all healthcare staff involved in the assessment of people with mental health problems I would highly recommend this book to all mental health nursing students Whilst the focus is on assessment and care planning knowledge and skills on a range of essential areas are present in this text It is an essential handbook for key mental health nursing skills Case studies are presented with clarity and Nick Wrycraft is clearly committed to nurses learning from service users which is essential for values based practice Julia Terry Senior Lecturer in Mental Health Nursing Swansea University UK This text is a good fit for mental health nursing students new to assessment and care planning providing a practical rather than academic approach to these important aspects of the role Dr Janine Archer Lecturer School of Nursing Midwifery Social Work University of Manchester UK Dr Nick Wrycraft has done tremendously in making available the maiden edition of this book Assessment and Care Planning in Mental Health Nursing will be a valued reference book for mental health student nurses who are new to the process of assessment and care planning The book will therefore go a long way to provide educational and learning support to pre registration nursing students as well as the newly qualified mental health nurses in practice Kike Abioye Mental Health Student Nurse Anglia Ruskin University UK

Mental Health Nursing Skills Patrick Callaghan, Tommy Dickinson, Anne Felton, 2024-09-02 Mental health nurses require a diverse set of skills to aid service users and their carers on their journey to recovery During their training students need to acquire and demonstrate skills to show that the care they provide is evidence based and effective Skills as diverse as assessment forming therapeutic interactions caring for physical and mental health needs as well as leadership and management can be difficult to learn and master until now Mental Health Nursing Skills provides students

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