



NURSING THERAPEUTIC ENVIRONMENT IN THE PSYCHOSOCIAL CARE OF THE MENTALLY ILL

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THEME:

INTRODUCTION

- Nurses acquire so much theoretical knowledge that should make them stand out as
- professionals and intellectual personalities in the care and management of their patients as well as in exchanging ideas among other professionals.
- The most disheartened aspect of nursing care is lack of application of theory, poor
- dissemination of knowledge and failed applicability in practice.

□ **What is Nursing Therapeutic Environment?**

Many scholars as emphasized the importance of Nursing Presence as an essential factor in promoting recovery patients. It is still essential till date as it is a means of making nursing care effective and efficient.

INTRODUCTION CONT.

Nursing Therapeutic Environment is both scientific and artistic environment that makes both concrete and abstract interaction provided by the nurse to make healing ensured in the sick. Florence Nightingale environmental model serves an important model upon which nurses' role anchored but beyond the lady of the lamp prospects are the development of other relevant theories developed by theorists such as Dorothy Johnson, Sullivan Harry, Hildegard Peplau to mention but a few which are relevant to mental health practice.

Globally, the role of nursing in any healthcare setting cannot be overemphasized as they form a formidable team in the therapeutic community.

INTRODUCTION CONT.

➤ Nursing therapeutic environment is an environment which enhance healing.

The environment upon which healing will take place is important; not just the environment but the process through which the healing will occur is very essential.

Such process includes the steps of seeking and getting healing for the sick, reduction or prevention of illness for the healthy.

The how includes nursing care, use of drugs, surgical operations when needed and other essential services such as laboratory investigation, radiotherapy and psychotherapy.

INTRODUCTION CONT.

- ❖ In delivery or getting help as regards healing, nursing care holds a very stringing pole in the
- ❖ process of seeking help. To enhance healing the nursing care as a process is a factor that will
- ❖ enhance other processes to promote and provoke quick healing.

DEFINITION

- ❖ Nursing Therapeutic Environment: it is that both scientific and artistic environment that is as
- ❖ well as concrete and abstract provision provided by the nurse to make healing ensured in the
- ❖ sick.
- Florence Nightingale environmental model serves an important model upon which nurses' role
- anchored but beyond this are the development of other relevant theories to practice.

CONCEPT OF NURSING THERAPEUTIC ENVIRONMENT

- ❑ In creating a healing environment for the patient as well as meeting the client psychosocial needs;
- ❑ communication is the hallmark and an essential tool to be employed by the nurse. This has been
- ❑ well established in the ongoing conference. i.e.
- ❖ Assess verbal and nonverbal communication needs.
- ❖ Respect the clients' personal values and beliefs.
- ❖ Allow time to communicate with the client.
- ❖ Encourage the clients to express verbal feelings.
- ❖ Evaluate the effectiveness of communication with the client.

ASSESSMENT OF PATIENTS' COMMUNICATION NEEDS

- The manner and approach of nurses in communicating with the clients/patients is very vital
- to , this aims at; promoting healing, preventing illness or nurse to a peaceful death.

ASSESSMENT OF PATIENTS' COMMUNICATION NEEDS.

- ❑ As nurses be it verbal or nonverbal language, it is important as professional to be civic in
- ❑ communicating with those identified as our customer(s) and for who you position yourself to
- ❑ help in a way through which you are getting rewards or pay for the help you are rendering.

❖ FACTORS THAT IMPEDE COMMUNICATION

- level of development of the patient
- level of consciousness of the patient i.e. state of awareness and orientation
- emotional state and levels of stress; anxious, calm or stable
- language spoken; ability to communicate fluently with the nurse
- and being able to understand and interpret nurses verbal and

FACTORS THAT IMPEDE COMMUNICATION CONT.

- nonverbal communication effectively and vice versa
- nature of the relationships: there are 3 types of relationship
 - ❖ Social relationship that exist among group, class, business partners or professionals
 - ❖ colleagues
 - ❖ Intimate relationship: usually between two close associate and there is an attached
 - ❖ emotional bonding in this type of relationship
 - ❖ **Therapeutic relationship:** this is typically relationship that exist between the clients or patients
 - ❖ and any medical or health workers. It is therapees' - therapist relationship, which nurses are
 - ❖ pillars.

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FACTORS THAT IMPEDE COMMUNICATION CONT.

- ❖ Client should not see the nurse as in position of power and control, but as an individual who is
- ❖ mutually exchanging a message that enhances healing and at the centre of care to help the
- ❖ client/ patient makes decision that will enhance healing and not the powers that be.

ASSESSMENT OF PATIENTS' VALUES, BELIEVES AND PERSPECTIVES

- ❑ Patient values, believes, perspectives and perceptions are very important factors that impede
- ❑ communication, the onus lies on nurses not to see their own believes and perspectives in their
- ❑ patient rather understand the patient values and perceptions and be objective in approaching issues.

ALLOWING TIME TO COMMUNICATE WITH THE CLIENT

- ❑ Nurses has been observed to be hardworking and timeless in meeting clients need but have
- ❑ little time in listening to the patient because of magnimity of the work to be done and the
- ❑ number of patients to attend to as well as shortage of nursing manpower to attend.
- ❑ Yet, with proper job allocation, task sharing and shifting, essential time can be created to
- ❑ attend especially to those that may actually be helped through listening and actually
- ❑ communicating with them. This is a key concept and tool in mental health nursing.
- ❑ **NOTE: ALLOT ENOUGH TIME FOR PATIENTS TO EXPRESS THEIR FEELING.**

EVALUATING THE EFFECTIVENESS OF THE CARE TO THE CLIENT

- ❖ Evaluation of care is essential aspect of nursing process. The nurse should evaluate his/her
- ❖ communication with the patients/clients and receives feedback to ensure the intention or
- ❖ objective of nursing care is ensured.

NURSING THERAPEUTIC ENVIRONMENT

To ensure safe nursing therapeutic environment their must be establishment of TRUST. This trust must be mutual and maintained in order to give the patients confidence to freely verbalize his/her feelings to the nurse without iota of doubt of the nurses integrity, hence, the nurse must be nonjudgmental unbiased in relating the clients/patients views and feelings.

ESSENTIAL SKILLS IN NURSING THERAPEUTIC ENVIRONMENT

The following are essential skills needed by the Mental Health Nurse in ensuring safety and healing of the clients:

- Attention, Active listening, Silence, Focusing,
- Using open ended questions, Clarification, Exploring,
- Paraphrasing, Restating, Reflection, Providing leads to the patient.
- Summarizing, Recognition, Acknowledgement and Acceptance.
- Offering of self, Probing, Changing the subject, Defensiveness,
- Assertiveness, Firmness, Judgments, and Minimization.

NATURE OF THE HEALING ENVIRONMENT

The Nurses healing environment is culminated in the following dimensions:

- ❖ The physical, intellectual, social, emotional and spiritual dimensions of the environment.
- ❖ The physical aspects of the treatment environment include all concrete features of the external world.
- ❖ This includes the arrangement of the wards; the beddings, cleanliness of the environment, ensuring good lightings, supply of clean and safe water.

NATURE OF THE HEALING ENVIRONMENT

Environment free of germs and danger.

INTELLECTUAL DIMENSION is an extension of the physical dimension. It involves the nurse's understanding of what is to be done to the patient to promote healing. The Nurse assess the client, identify their need, plan for their care after making appropriate diagnosis and care for accordingly.

The nurse may involve in making referrals and often part of the therapeutic team.

NATURE OF THE HEALING ENVIRONMENT CONT.

SOCIAL DIMENSION: This dimension is very essential in client care. Effective interpersonal relationship with patients and staffs and among staffs provide a healing environment as well as enhance health and environment that is harm free to both clients and workers.

The nurse/client ratio and available therapeutic team members determine speed of recovery and positive social interactions.

NATURE OF THE HEALING ENVIRONMENT CONT.

EMOTIONAL DIMENSION: the nurse is at the vantage position to ensure stability in the patient and reassure the relatives. Allay fears and reduce tension. Helps patient understand his/herself and accept their conditions with understanding of the care, how and when.

The nurse achieve these through the concept of Emotional Intelligence .i.e.

- ❖ Identifying and understand your feelings and those of your clients
- ❖ Use these feelings to guide your thinking along with others
- ❖ Understand how to use the feelings to bring about positive change and
- ❖ Be ready to motivate both clients and other team members for a healing to occur.

NATURE OF THE HEALING ENVIRONMENT CONT.

It is the nurse's responsibility to ensure that the treatment setting and all team members are motivated to work toward the common goal of improving patient's mental health.

SPIRITUAL DIMENSION:

The nurse must assess client level of spirituality, relationship with others, strength and weakness, believe in higher power and source of confidence. The patient environment should provide background for meeting the client's spiritual needs. Important in this assessment is the provision of quiet space and opportunities relating to nature and other people.

NATURE OF THE HEALING ENVIRONMENT CONT.

SPIRITUALITY: “a broad concept that encompasses values, meaning, & purpose; one turns inward to the human traits of honesty, love, caring, wisdom, imagination, and compassion; existence of a quality of a higher authority, guiding spirit or transcendence that is mystical; a flowing dynamic balance that allows and creates healing of body-mind-spirit; and may or may not involve organized religion”. Dossey, Keegan & Guzzetta (2005).

NATURE OF THE HEALING ENVIRONMENT CONT.

The nurse ensure that private places is provided for patient meditation, freedom of accessing hospital chaplain or his/her personal clergy with freedom of worship and association with larger group for interaction. The most important things are the provision of opportunities relating to nature and other people to meet the patient's/client's spiritual needs.

NATURE OF THE HEALING ENVIRONMENT CONT.

- Conclusively, Nursing as a profession have a vantage position in health industry hence, her activities should be that which will enhance other professional duty, promote health and prevent illness.
- Mental Health Nursing have an added advantage as a profession; highly skilled, knowledgeable in human relation and good interpersonal communication.
- Mental health nursing services in all ramification should promote physical, social, spiritual
- and psychological wellness of individual's in other to maintain total health and how be it enhance healing.

FOOD FOR THOUGHT

- ❑ **What impact are you making in the life of those you are caring for?**
- Nurses are leaders, in advocating for and implementing environment principles in their professional roles and practices (American Nurse, 2018).

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