

Practice Analysis of Nursing in Psychiatric Hospital

Yao Cui¹, Yuezhao Mao² and Shuheng Yang³

Corning hospital, Changchun

Keywords: Psychiatric specialty; Nursing work Analysis of importance

Abstract. Clinical nursing of repeat, specific, trivial, for psychiatric nurses, in some cases, but also need to bear mental patients under the control of personal attacks, insults, mental pressure. So it is necessary to encourage nursing staff in their daily work, loving and maintain good mental state, pay attention to theoretical study, for the humanities knowledge training, master the nursing skills, pay attention to psychological adjustment, to provide patients with high-quality, humanized nursing service significance. Nursing staff should strengthen the patients respect, provide assistance, to meet the reasonable needs, in which patients are ideal care, improve the prognosis and enhance the self The embodiment of body values and hospital and social benefits.

The Importance of Nursing

Shorten the Distance from the Patient. For psychiatric patients, a kind of expression, can make the patient anxiety, tension eased to a certain extent. Because of the affected patients, language, behavior may be ridiculous, childish, nursing staff can therefore to despise, laugh, make patients feel respected. In the process of carrying out nursing service the use of polite language, such as thank you, please, use of language. To encourage active warm reception of patients and their families, have entangled and disputes happened, need to explain, encourage patients to relax, attention, avoid reprimand situation occurs.

Improve Nursing Level and Ability. Patients in the hospital of choice, "the technical level" as one of the main factors to consider, nursing staff should have the ability to deal with emergencies, professional knowledge, communication skills, psychological knowledge and corresponding nursing skills. As nursing staff in psychiatric patients treated, according to the characteristics of diseases, such as schizophrenia, depression, master the accumulation of professional knowledge, caring experience, professional skills to continuously improve, managers also need to provide learning opportunities and conditions, encourage nurses to study four.

The nursing staff holding the language kind, gracious attitude, can make the patients and shorten the distance, patient trust of nursing staff to enhance said. For the mentally ill, a kind of expression, can make the patient anxiety, tension eased to a certain extent. Because of the affected patients, language, behavior may be ridiculous therefore, naive, nursing staff can not to despise, laugh, make patients feel respected. In the process of carrying out nursing service, the use of polite language, such as thank you, please, use of language. To encourage active warm reception of patients and their families, have entangled and disputes happened, need to explain to patients relax, Shift attention to avoid scolding.

Content of Nursing Work

Drug Nursing. The long-term hospitalized psychiatric patients, drug therapy plays a key role. However, many patients in a period of time after taking the drug, patients feel efficacy is not ideal or that the condition has improved, so stop the medication, resulting in patients with recurrent disease. When taking the nursing staff should see patients and to ensure the continuous use of the drug. The resistance patients generally have paranoia, always imagine the nurse to give medicine is poison to harm themselves, nursing staff can try to communicate with patients, to obtain the patient's trust, make the patient to eliminate nurses' sense of hostility to persuade patients after medication, to ensure drug treatment The treatment goes well. When a patient takes a drug or has severe side effects, he or she should immediately stop taking the medicine and notify the doctor for

treatment.

Mind-Cure. For patients with long-term hospitalization, lack of family care, and worry about his own disease, fear and inferiority, so they often appear all sorts of psychological problems, so nursing staff should pay attention to the psychological health education of patients. Some patients worry about the future, work, life, family and social discrimination, easy to appear anxiety, depression and other emotional. A detailed understanding of the patient's family background, history, culture, social status, treat all patients equally, respect for all the patients. The nursing staff should actively enthusiastically and often communicate with patients, familiar with the hospital environment as soon as possible, so that there is resistance Enthusiastic, loving heart, to treat patients, establishing good nurse patient relationship, obtain the patient's trust, as far as possible to meet the needs of patients, so that patients feel at ease treatment. The positive psychological suggestion, long-term psychiatric inpatients can easily accept the people around the dark, the nursing staff should pay attention to the usual language, action, and actively communicate with patients, give them positive psychological suggestion, let them have the confidence and courage to overcome the disease.

Pay close attention to suicide patients, psychological counseling for them often, keep abreast of these patients mental state and mood changes, and take safety measures to care. 4 for intelligence Poor patients, nursing staff should pay attention to communication, language and gentle manner and they encourage them to communicate with other patients, and the purpose of training their language skills. The long-term hospitalized psychiatric patients heart very lonely, so the nursing staff in health guidance for we must emphasize the importance of family members, family members of patients. Suggested that families with patients, communicate with patients with care, so that they eliminate the inner loneliness, active in the face of disease, help patients to establish the confidence and courage to overcome the disease.

life Care. Because of the long-term hospitalization of psychiatric patients, causing them to develop the nursing staff's dependence, lack of self-care ability and initiative, and some patients with disabilities, so nursing staff should do a good job of life care patients. The patients maintain a clean living environment, clean sooner or later each time, often replace the linens. Ventilation provides a comfortable environment for the treatment of patients, improve the quality of life of patients. The patients pay attention to the cultivation of good personal hygiene habits, training of patients after getting up to wash my teeth, wash your hands before dinner, often change clothes, weekly bath, their nails, bed, help men Patients often shave, women with menstrual health nurses worthy of attention, can prevent urinary tract infection and gynecological diseases. The nursing staff should pay attention to changes in weather season, at any time for patients to add or replace the clothes, because some psychiatric patients in the autumn and winter spring season illness or easily repeated, and the patient is unable to to adapt to the environment. To urge patients to appropriate physical exercise or do whatever work, enhance the immunity, reduce the incidence of the disease; encourage patients to participate in some recreational activities, can adjust the mood of the patients, patients with communication ability training. The close observation of the patient's condition, Detailed observation of the patient's facial expressions, movements, behavior, sleep, diet, medication and so on, in a timely manner to grasp the patient's condition, and for different circumstances to take different measures of care in case of accidents.

Problems and Difficulties in Psychiatric Nursing

Communi Cation Problems. Most mental patients without insight or lack of insight, in this particular patient population, there is a part of the original patient between nurses and patients communicate with obstacles, this is more difficult to carry out holistic nursing. According to the nursing procedure, first to collect data, and one of the methods of data collection need to talk with the patient, therefore professional nurses, to see the patient every day, greeting, and patient self introduction, with a patient, be the most changeful because the symptoms of mental patients, one day It differs from man to man., tangled; listen to the chatter without stop, hallucination symptoms all day rich indulge in your own world; there are silent, too depressed; A hostile medical staff, and

therefore not professional nurses some patients cooperate well to communicate. As a female patient is a comprehensive hospital nurses, mental illness after the units were sent to our hospital, she denied his sickness, ask care of our professional nurses every day, not only ignore his eyes also pay, she muttered back and forth immersed in their own world all day; and a middle-aged female patient, professional nurses every day to talk with her, she is always telling her by her husband cheated to the hospital without disease, asked the hospital professional nurses and so on. Repeat every day this exchange, gradually lose adhere to the daily communication with patients Confidence and a long period of time, both sides of the nurse and patient put each other aside, causing new communication difficulties.

The Professional Quality of Nursing Staff is Different. At present, the need to establish a care plan implementation of holistic nursing care in all wards, establish the nursing diagnosis, nursing, application of nurse patient communication skills, health education, occupation accomplishment and professional level of the needs of all the nursing staff is high, that there must be a clinical experience and a solid theoretical foundation, nursing team spirit of innovation, that is to say the high degree of nursing staff and nursing staff, at present in the number of high quality, there is a big gap in quality.

The Nursing Record is Incomplete. To carry out holistic nursing for PIO after writing, your enthusiasm is very high, carefully collected data, put forward the problems in nursing or diagnosis. However, on the other hand, due to the lack of nursing writing, more communication with the patient, the patient to solve practical problems, we also find that the problems in nursing or nursing diagnosis in some patients relative fixed a two week or longer, not what changes, and record same. The nursing record behind this has been unable to meet the hospital take the correct treatment for psychiatric patients needs, thus restricting the normal rehabilitation treatment of psychiatric patients.

Countermeasures of Strengthening Nursing Work in Psychiatric Hospital

Improving Nurses' Quality of Nursing. People of psychiatric nurses don't know much about the situation, we continue to encourage nurses to improve the quality of care, improve the service attitude at the same time, select typical cases in the ward to do propaganda work, such as to the 80 year old widowed patient's birthday, patients to raise money for the purchase of clothing, hold health knowledge contest, with patient outing and so on. Through the news media Suzhou daily reproduced photos and text, illustrated by the wall form in the drawing room on display, holding family celebration, let the society and families understand the psychiatric nurses understand the holistic nursing care in psychiatric.

Strengthen Communication Between Doctors and Patients. In order to solve this problem, we encourage nurses and patients adhere to the necessary communication. At the same time, to consider the patient's situation at that time, when the object is in extreme pain nursing, the patient thought disorder, not to talk, to collect data when another time or by other means to talk to the patient from [1]. drying underwear and other fine at the patient care, to establish trust relationship between nurses and patients. The importance of non language communication. Emphasize the need to contact with the patient every day, such as touching the patient, for the patient to pull your clothes and contact care for patients. Nurses professional nurses, nurses also depends on whether the proper use of non-verbal communication with the patient ditch The nurse, whether through facial expressions, gestures, and the eyes of the patients with effective communication. In the survey of patients' satisfaction to the nursing work according to the specific circumstances of the patient, not listen to the blind. The nurses to overcome the fear of mental patients, real and effective communication, solve practical problems for the patient.

Conclusion

In summary, the current psychiatric hospital to meet the patients on the basis of basic life care, strengthen the patients psychological nursing, work spirit, strive for the maximum understanding of

patients, and can provide the most timely rehabilitation treatment for patients. Therefore, the practice of current situation to strengthen the nursing work in psychiatric hospitals is very it is necessary for the mental hospital development and alleviate doctor-patient relationship plays an important role.

Reference Documentation

- [1] Feng Lihua, Luo Yu. Effect of high quality nursing service in children with pneumonia [J]. *Clinical Journal of rational use of drugs*, 2017 (15):23.
- [2] Pan Gang. Application of evidence-based nursing in operation room for high quality nursing service [J]. *World News Digest of medical information*, 2017 (15):14-15.
- [3] Zhou Xiaohua, Cai Ting. The work experience of the head nurse in the development of quality care services - based on a qualitative study of [J]. *general care*, 2017 (15):53-55.
- [4] Wang Na, Li Hua, Zhu Yan. Study on the application of high quality nursing services in trial production of scarred uterus [J]. *Chinese practical medicine*. 2017 (14):77.
- [5] Feng Xiuhua. Experience of high quality nursing care in outpatient nursing care [J]. *World News Digest of medical information*. 2017 (21)
- [6] Gao Zhixia. Analysis of the application of high quality nursing service in blood purification Department [J]. *capital food and medicine*. 2017 (10):32-33.
- [7] Yu Suping, Xiong Yan. The quality of nursing care of psychiatric frail elderly patients fell to the injury effect of [J]. *clinical medical literature magazine*. 2017 (20):47-50.
- [8] Gu Jun. Application of quality care services in patients with secondary hypertension. [J]. *Journal of clinical medicine*. 2017 (20):101-103.
- [9] Hou Xuemei, Wang Xiurong. Explore the effect of quality care services on improving patient care satisfaction. [J]. *world news digest*. 2017 (20):68-70.
- [10] Yan 66. Application of high quality nursing service in RICU without nursing care. [J]. *practical combination of traditional Chinese medicine and Western medicine*. 2017 (03):59-60.