

MENTAL HEALTH CUMULATIVE OVERVIEW

I. COMMON NEUROTRANSMITTERS

| NEUROTRANSMITTER | MAIN FUNCTION | PSYCHOTROPIC USE | NOTES |
|--------------------------------|---------------|------------------|-------|
| ACETYLCHOLINE | | | |
| DOPAMINE | | | |
| GAMMA-AMINOBUTYRIC ACID (GABA) | | | |
| GLUTAMATE | | | |
| HISTAMINE | | | |
| NOREPINEPHRINE & EPINEPHRINE | | | |
| SEROTONIN | | | |

II. THEORETICAL FRAMEWORKS

| SIGMUND FREUD'S THEORY OF PERSONALITY DEVELOPMENT & KEY TERMS | |
|---|-------------|
| STAGE | DESCRIPTION |
| ID | |
| EGO | |
| SUPEREGO | |
| TERM | DESCRIPTION |
| TRANSFERENCE | |
| COUNTERTRANSFERENCE | |

MENTAL HEALTH CUMULATIVE OVERVIEW

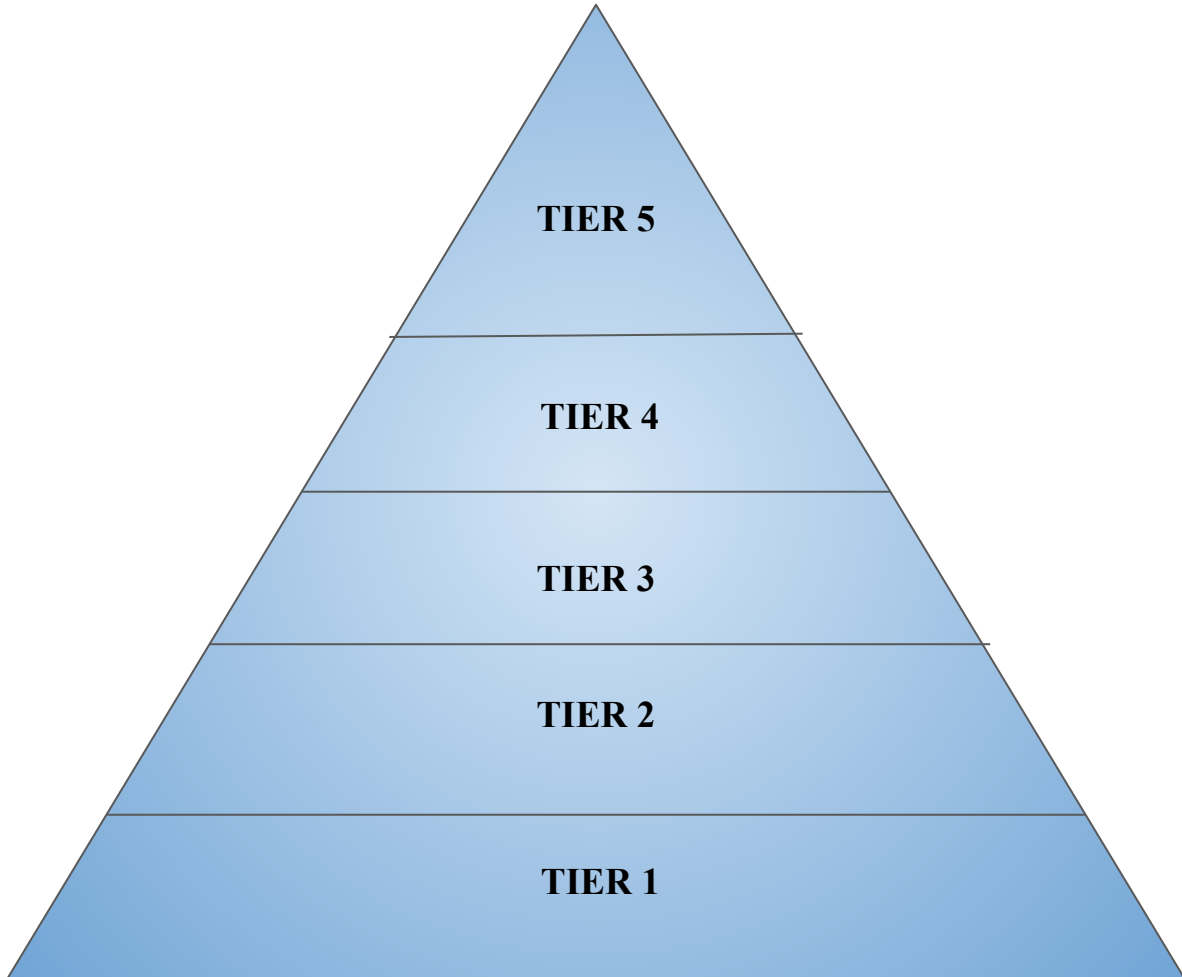
II. THEORETICAL FRAMEWORKS

| ERIK ERIKSON'S PSYCHOSOCIAL STAGES OF DEVELOPMENT | | | |
|---|----------------|--------|-------------|
| STAGE | BASIC CONFLICT | VIRTUE | DESCRIPTION |
| INFANCY 0-1 YEAR | | | |
| EARLY CHILDHOOD 1-3 YEARS | | | |
| PLAY AGE 3-6 YEARS | | | |
| SCHOOL AGE 7-11 YEARS | | | |
| ADOLESCENCE 12-18 YEARS | | | |
| EARLY ADULTHOOD 19-29 YEARS | | | |
| MIDDLE AGE 30-64 YEARS | | | |
| OLD AGE ≥ 65 YEARS | | | |

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II. THEORETICAL FRAMEWORKS

MASLOW'S HIERARCHY OF NEEDS



| MASLOW'S HIERARCHY OF NEEDS | |
|-----------------------------|-------------|
| TIER | DESCRIPTION |
| TIER 1 = | |
| TIER 2 = | |
| TIER 3 = | |
| TIER 4 = | |
| TIER 5 = | |

MENTAL HEALTH CUMULATIVE OVERVIEW

III. EGO DEFENSE MECHANISMS

| DEFENSE MECHANISM | DESCRIPTION |
|---------------------|-------------|
| DENIAL | |
| DISPLACEMENT | |
| IDENTIFICATION | |
| INTELLECTUALIZATION | |
| PROJECTION | |
| RATIONALIZATION | |
| REACTION FORMATION | |
| REGRESSION | |
| REPRESSION | |
| SPLITTING | |
| SUBLIMATION | |
| SUPPRESSION | |

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IV. THERAPEUTIC VERSUS NON-THERAPEUTIC COMMUNICATION

| THERAPEUTIC COMMUNICATION STRATEGIES | | BARRIERS OR NON-THERAPEUTIC COMMUNICATION STRATEGIES | |
|--------------------------------------|-------------|--|-------------|
| CONCEPT | DESCRIPTION | CONCEPT | DESCRIPTION |
| ACTIVE LISTENING | | FALSE REASSURANCE | |
| SILENCE | | GIVING ADVICE | |
| REFLECTING | | VALUE JUDGEMENTS/ APPROVAL OR DISAPPROVAL | |
| FOCUSING | | NEGATIVE BODY LANGUAGE | |
| RESTATING | | RESPONDING DEFENSIVELY | |
| GENERAL LEADS OR CLARIFYING | | ABRUPTLY CHANGING THE SUBJECT | |

MENTAL HEALTH CUMULATIVE OVERVIEW

V. COMMON TERMS AND CONCEPTS

| TERM OR CONCEPT | DEFINITION OR DESCRIPTION | TERM OR CONCEPT | DEFINITION OR DESCRIPTION |
|--|----------------------------------|---|----------------------------------|
| AFFECT | | VOLUNTARY ADMISSION | |
| MOOD | | INVOLUNTARY ADMISSION | |
| THERAPEUTIC MILIEU | | COMPETENT | |
| RAPPORT | | INCOMPETENT | |
| SUICIDAL PRECAUTIONS | | MANDATORY ABUSE REPORTING | |
| DELUSIONS | | HIPAA EXCEPTIONS | |
| HALLUCINATIONS | | DUTY TO WARN | |
| POSITIVE VS NEGATIVE SIGNS & SYMPTOMS | | LEAST TO MOST RESTRICTIVE CARE TO MEET NEEDS | |

MENTAL HEALTH CUMULATIVE OVERVIEW

V. COMMON TERMS AND CONCEPTS

| TERM OR CONCEPT | DEFINITION OR DESCRIPTION | TERM OR CONCEPT | DEFINITION OR DESCRIPTION |
|---|----------------------------------|--|----------------------------------|
| BENEFICENCE VERSUS NONMALEFICENCE | | SOCIAL DETERMINANTS OF HEALTH | |
| AUTONOMY | | ELECTROCONVULSIVE THERAPY (ECT) | |
| JUSTICE | | TRANSCRANIAL MAGNETIC STIMULATION (TMS) | |
| FIDELITY | | VAGUS NERVE STIMULATION (VNS) | |
| VERACITY | | COGNITIVE BEHAVIORAL THERAPY (CBT) | |
| ASSAULT VERSUS BATTERY | | CLUSTER A | |
| FALSE IMPRISONMENT | | CLUSTER B | |
| FACTITIOUS DISORDER VERSUS MALINGERING | | CLUSTER C | |

MENTAL HEALTH CUMULATIVE OVERVIEW

VI. COMMON MEDICATIONS

| MEDICATION CLASS USE | TYPICAL SIDE EFFECTS | IMPORTANT NURSING CONSIDERATIONS | IMPORTANT PATIENT EDUCATION |
|--|---|---|--|
| ANXIOLYTICS | | | |
| <p>EXAMPLE: MED: LORAZEPAM CLASS: BENZODIAZEPINE USES: ACUTE ANXIETY ETOH WITHDRAWAL</p> <p>NOTES: CALL PAM; OTHER MEDS IN SAME CLASS (chlordiazepoxide)</p> | <p>COMMON SIDE EFFECTS DROWSINESS SEDATION</p> | <p>MONITOR</p> <ul style="list-style-type: none"> • SEDATION LEVEL • VITAL SIGNS (i.e., O2 sat and RR) • EXTREME CAUTION IF ADMINISTERED WITH OPIOIDS • LIVER FX • WILL PASS TO BREAST MILK • RISK OF DEPENDENCE • DO NOT STOP ABRUPTLY | <p>PATIENT EDUCATION DO NOT DRIVE OR OPERATE HEAVY MACHINERY DO NOT CONSUME WITH ETOH</p> |
| <p>MED: BUSPIRONE CLASS: USES:</p> <p>NOTES:</p> | <p>COMMON SIDE EFFECTS</p> | <p>MONITOR</p> | <p>PATIENT EDUCATION</p> |
| ANTIDEPRESSANTS | | | |
| <p>MED: AMITRIPTYLINE CLASS: USES:</p> <p>NOTES:</p> | <p>COMMON SIDE EFFECTS</p> | <p>MONITOR</p> | <p>PATIENT EDUCATION</p> |
| <p>MED: BUPROPION CLASS: USES:</p> <p>NOTES:</p> | <p>COMMON SIDE EFFECTS</p> | <p>MONITOR</p> | <p>PATIENT EDUCATION</p> |

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VI. COMMON MEDICATIONS

| MEDICATION CLASS USE | TYPICAL SIDE EFFECTS | IMPORTANT NURSING CONSIDERATIONS | IMPORTANT PATIENT EDUCATION |
|---|-----------------------------|---|------------------------------------|
| MED: DULOXETINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: FLUOXETINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: MIRTAZAPINE CLASS: USES: NOTES: | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: PAROXETINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: PHENELZINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: SERTRALINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: VENLAFAXINE CLASS: USES: NOTES: | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |

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VI. COMMON MEDICATIONS

| MEDICATION CLASS USE | TYPICAL SIDE EFFECTS | IMPORTANT NURSING CONSIDERATIONS | IMPORTANT PATIENT EDUCATION |
|---|----------------------------|----------------------------------|-----------------------------|
| MOOD STABILIZERS | | | |
| MED: LITHIUM CARBONATE CLASS: USES: NOTES: | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: CARBAMAZEPINE CLASS: USES: NOTES: | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: LAMOTRIGINE CLASS: USES: NOTES: | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: VALPROATE CLASS: USES: NOTES: | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| STIMULANTS | | | |
| MED: METHYLPHENIDATE CLASS: USES: NOTES: | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |

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VI. COMMON MEDICATIONS

| MEDICATION CLASS USE | TYPICAL SIDE EFFECTS | IMPORTANT NURSING CONSIDERATIONS | IMPORTANT PATIENT EDUCATION |
|--|---------------------------------|---|--|
| MED: AMPHETAMINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: ATOMOXETINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| ANTIPSYCHOTICS | | | |
| MED: CHLORPROMAZINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: HALOPERIDOL CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: ARIPIPRAZOLE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: CLOZAPINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |

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VI. COMMON MEDICATIONS

| MEDICATION CLASS USE | TYPICAL SIDE EFFECTS | IMPORTANT NURSING CONSIDERATIONS | IMPORTANT PATIENT EDUCATION |
|---|-----------------------------|---|------------------------------------|
| MED: OLANZAPINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: QUETIAPINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: RISPERIDONE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |

OTHER MEDICATIONS

| | | | |
|---|----------------------------|----------------|--------------------------|
| MED: BENZTROPINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: DIPHENHYDRAMINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: DONEPEZIL CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |
| MED: MEMANTINE CLASS: USES: <i>NOTES:</i> | COMMON SIDE EFFECTS | MONITOR | PATIENT EDUCATION |