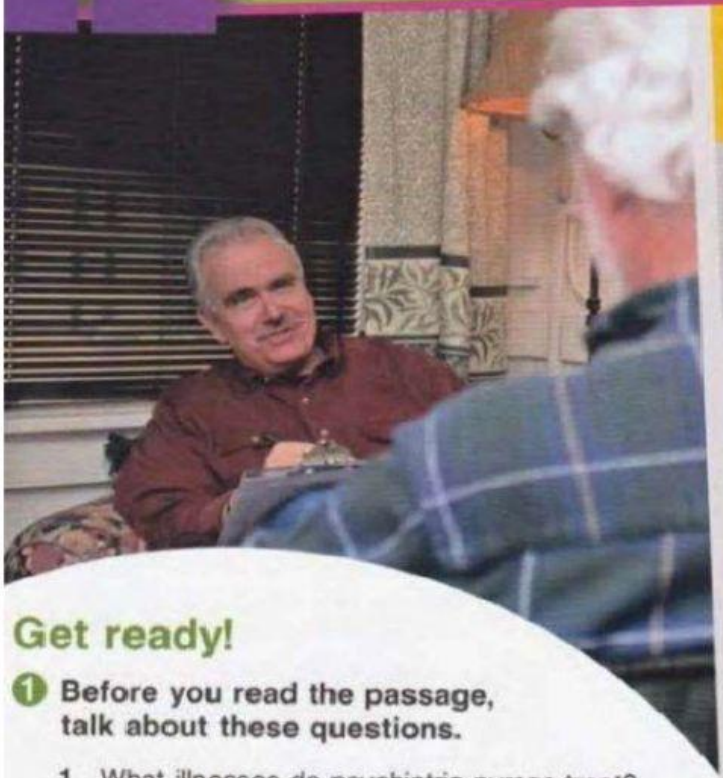
14 Psychiatric nursing



A Challenging Career: Psychiatric Nursing

If you would like to specialize in one area of nursing, **psychiatric nursing** could be the right thing for you. It's a growing field, and nurses work in a wide range of locations, using surprisingly **diverse** therapies.

Psychiatric nursing is the care of people with mental illnesses. Such problems may include **dementia**, **schizophrenia**, **bipolar disorder**, **eating disorders**, **depression** and **addiction**. Nurses use the **DSM-IV** as their main reference source.

Nurses may work in a hospital setting, but they are also likely to meet patients in their own homes, or even in prisons, as many nurses are involved in the **rehabilitation** of those who have been hospitalized or imprisoned.

Psychiatric nursing involves a range of different interventions. Nurses need skill in the administration of medicines, both orally and through intramuscular injection. Nurses may also treat patients using electroconvulsive therapy. Nurses may also be involved in delivering psychotherapy to aid patients' recovery and manage any future crises in their medical health.

If you would like any further details on a career in Psychiatric Nursing, please contact Wendy Stevens at the Center for Psychiatric Training at w.stevens@cpt.org.







Get ready!

1 Before you read the passage, talk about these questions.

1 What illnesses do psychiatric nurses treat?
2 What challenges to psychiatric nurses face that others do not?

Reading

2 Read the article about psychiatric nursing. Then, choose the correct answers.

1 What is the purpose of the article?
- A to encourage nurses to specialize in a particular field
- B to persuade people with mental illnesses to get treatment
- C to inform psychiatric nurses about new forms of treatment
- D to advise psychiatric nurses on how to treat particular patients

2 Which of the following treatments do psychiatric nurses NOT use?
- A psychoanalysis
- B oral medicines
- C intramuscular injections
- D electroconvulsive therapy

3 What can you infer about psychiatric nurses?
- A They focus on the treatment of teens.
- B They are not trained to treat physical illnesses.
- C They work in a range of locations.
- D They require less education than other nurses.

Vocabulary

3 Match the words (1-6) with the definitions (A-F).

1 __ dementia
2 __ schizophrenia
3 __ depression
4 __ eating disorder
5 __ addiction
6 __ bipolar disorder

- A a condition which affects memory, commonly seen in elderly people
- B a condition in which a person cannot stop doing, eating or taking something
- C a condition in which a person cannot understand what is real and what is not
- D a condition in which a person does not eat in a healthy way
- E a condition in which a person feels sad or hopeless
- F a condition characterized by two opposing and extreme moods.

LIVEWORKSHEETS

4 Fill in the blanks with the correct words and phrases: *electroconvulsive therapy, DSM-I, rehabilitation, psychotherapy, psychiatric nursing, diverse.*

1 The _____ is the manual used by people working in mental health.
2 There is a _____ range of jobs available in nursing.
3 Keith's job focuses on the _____ of prisoners into the community.
4 _____ is rarely used because of the dangers of electrical shocks.
5 Joan entered _____ because she wanted to improve people's mental health.
6 Psychiatric nurses use non-invasive treatments such as _____.

5 Listen and read the article again. How might psychiatric nurses help patients to get well and stay well?

Listening

6 Listen to a conversation between a psychiatric nurse and a radio interviewer. Check (✓) the things which the nurse does regularly.

1 ☐ work in a hospital
2 ☐ work in people's homes
3 ☐ work with former prisoners
4 ☐ use psychotherapy
5 ☐ use electroconvulsive therapy

7 Listen again and complete the conversation.

Interviewer: Penny, what exactly is **1** _____ _____?
Nurse: Psychiatric nurses care for people with mental illnesses, such as **2** _____ _____, dementia and so forth.
Interviewer: Are you **3** _____ _____ _____ _____?
Nurse: Personally no. I do most of my work at people's homes.
Interviewer: Really?
Nurse: Yes, my work involves the **4** _____ of people back into society.
Interviewer: People who have been previously hospitalized because of **5** _____ _____ issues, you mean?
Nurse: Yes, and also people with mental illnesses who have been imprisoned.
Interviewer: Fascinating. And what does your work involve?
Nurse: I'm trained in a range of **6** _____. I use many of the same skills as regular nurses. But I'm also trained in **7** _____.
Interviewer: And is electricity still used in psychiatric treatment?
Nurse: **8** _____ _____? No, that's only used in a small number of cases. I've never used it myself.

Speaking

8 With a partner, act out the dialogue from Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

What exactly is ...?
Are you based in a hospital?
What does your work involve?

Student A: You are a radio host interviewing a psychiatric nurse. Ask Student B:

- what the job involves
- what treatments he or she uses
- his or her advice to people interested in the career

Student B: You are a psychiatric nurse being interviewed on the radio. Answer the interviewer's questions.

Writing

9 Use the conversation from Task 8 and the article to write an email to a reporter about what your job as a psychiatric nurse involves (100-120 words). Talk about:

- What sort of illnesses you treat
- Where you work
- What special training you need

LIVEWORKSHEETS