



# Essentials of Psychiatric Mental Health Nursing - Revised Reprint

*Elizabeth M. Varcarolis*

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The revised reprint includes all new DSM-5 updates, updated psychiatric nursing content, along with new opening unit pages with vignettes, *Selected Concept* boxes and a new chapter on stress and stress-related disorders. This updated version equips yourself for today's psychiatric nursing practice with all of the *essential* nursing interventions and clinical content combined with current research and evidence-based practice. From the author of the bestselling Foundations of Psychiatric Mental Health Nursing, this text was specifically developed to effectively prepare students in today's shorter courses.

- **New DSM-5 criteria boxes** in an appendix
- **Updated Chapters include:**
  - Chapter 17: Schizophrenia Spectrum Disorder -new material on the Recovery Model adapted for schizophrenia, new Matrix 7 domains for Cognition affected by Schizophrenia, and an updated chapter drug table which now includes the latest drugs for schizophrenia
  - Chapter 15: Mood Disorders: Depression - the chapter drug table has been updated with the latest drugs for depression
  - Chapter 16: Bipolar Spectrum Disorders - the medication tables have been updated throughout
  - Chapter 11: Anxiety, Anxiety Disorders, and Obsessive-Compulsive Disorders - this chapter has been updated with new content
  - Chapter 12: Somatoform Disorders and Dissociative Disorders - the section on somatic symptom disorder has been thoroughly revised
  - Chapter 19: Addiction and Compulsions - this chapter has been rewritten with additions of substances, medications and new tables
- **UNIQUE! Examining the Evidence boxes** explain the reasoning behind nursing interventions and how research affects everyday practice.
- **UNIQUE! Applying the Art sections** communication tables in the clinical chapters provide examples of therapeutic and nontherapeutic communication techniques as well as realistic nurse-patient interaction scenarios.
- **Key concepts and terms** clarify essential terminology.
- **Potential Nursing Diagnosis tables** give several possible nursing diagnoses for a particular disorder along with the associated signs and symptoms.
- **Vignettes** offer succinct, real-life glimpses into clinical practice by describing patients and their psychiatric disorders.
- **Assessment Guidelines** familiarize readers with methods of assessing patients.
- **Critical thinking questions** introduce clinical situations in psychiatric nursing.
- **Key Points to Remember** outline the main concepts of each chapter in an easy to comprehend and concise bulleted list.
- **NEW! Chapter on stress identifies symptoms and triggers of stressors.**
- **NEW! Selected Concept boxes** include pertinent information at the beginning of every chapter.
- **NEW! Cultural Considerations sections** reinforce the principles of culturally competent care.
- **NEW! Additional discussions of QSEN** are incorporated in the Nursing Process and QSEN chapter.
- **NEW! Opening unit pages** include photos and information about the most important contributions of

psychiatric mental health nursing pioneers.

- **NEW! Updated Table of Contents** improves content flow and eliminates redundancy.

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