

CONTENTS

Introduction to the Continuing Education Contact Hour	
Application Process	v
CHAPTER 1. Taking the Certification Examination	1
General Suggestions for Preparing for the Exam	
About the Certification Exams	
CHAPTER 2. Foundational Aspects of the Brain: Neurology, Neuroanatomy, and Pathophysiology Across the Life Span	13
Mother of Frankenstein and Other Advancements in Brain Studies	
Advancing Fields of Study	
Overview: Basic Neurology	
Overview: Neuroanatomy and Neurophysiology	
Overview of Cortex Functions	
Overview of Frontal Lobe Functions	
Overview of Temporal Lobe Functions	
Overview of Parietal Lobe Functions	
Overview of Occipital Lobe Functions	
Basal Ganglia: The “Bundle of Nerves”	
Thalamus: The “Relay Station”	
Hypothalamus: The “Homeostasis Regulator”	
Cerebellum: The “Gyroscopic Balancer”	
Limbic System: The “Pleasure Center”	
Hippocampus: The “Memory Center”	
Amygdala: The “Emotional Brain”	
Reticular Formation: The “Wake Activation Center”	
Brainstem: The “Automatic Lifeline”	
Glia: The “Glue”	
The Neuron: The “Microprocessor Cell”	
Synapse: The “Gap” or “Space”	
Neurotransmitters: The “Chemical Messengers”	
Brain Development	
Brain Pathology	
Genetics and Stress-Diathesis Theory of Psychopathology	
Stress and Organ Brain: The HPA Axis	

CATEGORY I. ASSESSMENT, DIAGNOSIS, AND PLANNING

CHAPTER 3.	Assessments Across the Life Span: Physical, Developmental, Emotional, Moral, and Psychosocial.	33
	Basic Competencies and Performance Skills of Psychiatric and Mental Health Nurses	
	Introduction to the <i>Scope and Standards of Psychiatric-Mental Health Nursing Practice</i>	
	PMH Practice Standard 1. Assessment	
	Critical Assessment Priority Areas	
	Suicide Risk Assessment	
	Violence and Assault Risk Assessment	
	Domestic, Partner, and Intimate Abuse, Assault, and Violence	
	Pain Assessment	
	Nutrition Assessment	
	Fall Risk Assessment	
	Sexual Health Across the Life Span	
	Nicotine (Tobacco) Use Assessment	
	Substance Use Screening	
	Standardized Assessment and Screening Tools Used in Psychiatric Practice	
	Age-Appropriate Physical and Developmental History and Examinations in Special Populations	
	HIV and AIDS Assessment: Life Span Perspectives	
	Substance Use and Risk for Developmental Disability	
	Fetal Alcohol Syndrome (FAS)	
	Neonatal Assessment	
	Infant and Toddler Assessment	
	Adolescent Assessment	
	Advanced Age Assessment	
	Neurodegenerative Disorder Assessment: Dementia and Delirium	
	Psychiatric Diagnosis: Infancy, Childhood, and Adolescence	
	Psychiatric Diagnosis: Adulthood	
	Global Assessment of Functioning (GAF)	
	General Age-Appropriate Functional-Level Survey Across the Life Span	
	Psychosocial and Environmental Problems	
	Assessment of Psychological, Emotional, and Spiritual Health, Growth, and Development: Theories From the Field of Psychology	

CHAPTER 4. Problem Identification, Nursing Diagnoses, and Planning Across the Life Span	101
Eustress and Distress	
Trauma-Informed Care	
Psychiatric–Mental Health Practice Standard 2: Nursing Diagnosis	
Psychiatric–Mental Health Practice Standard 3: Outcomes Identification	
Major Psychiatric–Mental Health Problems	
Primary Feeding and Eating Disorders	
Substance Use Disorders	
Personality Disorders	
Human Sexuality	
Sleep Disorders	
Problem Identification Across the Life Span (Child and Adolescent Focus)	
Crisis and Crisis Intervention	
Psychiatric–Mental Health Practice Standard 5F: Milieu Therapy	

CATEGORY II. IMPLEMENTATION AND EVALUATION

CHAPTER 5. Implementation and Evaluation of the Comprehensive Care Plan Across the Life Span	167
Psychiatric–Mental Health Practice Standard 5E: Pharmacological, Biological, and Integrative Therapies	
Psychopharmacology: General Principles	
Typical (Older or Conventional) Antipsychotics	
Atypical (Newer or Novel) Antipsychotics: Serotonin-Dopamine Antagonists (SDAs)	
Antidepressants: Implementations and Evaluations	
Antimanic and Mood Stabilizers: Implementations and Evaluations	
Anticonvulsants and Mood Stabilization: Implementations and Evaluations	
Combination Biological Therapies for Mood Stabilization	
Antianxiety, Anxiolytics: Implementations and Evaluations	
Other Anxiolytics	
Psychostimulants and Nonpsychostimulants: Implementations and Evaluations	
Cognitive Enhancers: Implementations and Evaluations	
Medications, Implementations, and Evaluations to Treat Aggressive Behaviors	
Medications, Implementations, and Evaluations to Promote Sleep	
Medication Treatments for Substance Use Disorders: Implementations and Evaluations	
Eating Disorders: Implementations and Evaluations	
Gender Dysphoria: Implementations and Evaluations	
Pain Management: Implementations and Evaluations	

Nonpharmacological Pain Management Interventions and Evaluation
Over-the-Counter, Complementary, Alternative, and Herbal Agents
Select Somatic Therapies: ECT, TMS, Brain Stimulation,
VNS, Phototherapy

CHAPTER 6. Nursing Theorists, Therapeutic Communication, Diverse Populations, and Documentation Formats **215**

Nursing Theories and Theorists
Therapeutic Communication and the Nurse-Patient
(Healthcare Consumer) Relationship
Written Communication and Documentation of Care

CHAPTER 7. Elements of Professionalism in Nursing Practice **251**

Professional Performance Standards for Psychiatric-Mental Health Nursing
Factors Affecting Scope of Practice
Psychiatric-Mental Health Professional Performance Standard 7. Ethics
Psychiatric-Mental Health Professional Performance Standard 8. Education
Psychiatric-Mental Health Professional Performance Standard 9. Evidence-Based Practice and Research
Psychiatric-Mental Health Professional Performance Standard 10. Quality of Practice
Psychiatric-Mental Health Professional Performance Standard 11. Communication
Psychiatric-Mental Health Professional Performance Standard 12. Leadership (At Every Level)
Psychiatric-Mental Health Professional Performance Standard 13. Collaboration
Psychiatric-Mental Health Professional Performance Standard 14. Professional Practice Evaluation
Psychiatric-Mental Health Professional Performance Standard 15. Resource Utilization
Patient Legal Protections

CATEGORY IV. PATIENT EDUCATION AND POPULATION HEALTH

CHAPTER 8. Patient Education, Population, and Environmental Health . . . 301

- Psychiatric–Mental Health Practice Standard 5A:
Coordination of Care
- Psychiatric–Mental Health Practice Standard 5B: Health Teaching
and Health Promotion
- Learning Engagement Processes: Nurse and Patient Mutual
Teach and Learn
- Age-Appropriate Patient Education Strategies
- Focus: Individual Therapies
- Education Strategies Among Population Groups: Family, Group,
and Integrative
- Focus: Family and Family-Centered Therapies
- Focus: Group Therapies
- Focus: Integrative Therapies
- Professional Performance Standard 15: Resource Utilization Focus:
Community and National Efforts
- National and Community Supports
- Professional Performance Standard 16: Environmental Health
- Focus: Mental Health, Disease Prevention, and Health Promotion
- Focus: Public Policy and the Psychiatric–Mental Health Nurse
- Focus: Mental Healthcare Payment Delivery Systems

APPENDIX A. Review Questions 365

APPENDIX B. Answers to the Review Questions 375

INDEX 383

ABOUT THE AUTHOR 407