



# Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence-Based Care

*Elizabeth M. Varcarolis*

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Get a full understanding of today's psychiatric nursing practice in less time! **Essentials of Psychiatric Mental Health Nursing, 3rd Edition** offers the perfect balance of essential nursing interventions and clinical content paired with current research and evidence-based practice to fully equip you for today's field of mental health nursing. This new edition continues to retain the reader-friendly style, emphasis on therapeutic communication, and the nursing process organization that was successful in the previous edition. It also includes additional DSM-5 disorders, illustrations of various neurobiology disorders, a new neurobiology learning tool, and new NCLEX review questions to help you pass your course and thoroughly prepare for the psychiatric nursing section of the NCLEX.

- **REVISED! Examining the Evidence boxes** explain the reasoning behind nursing interventions and how research affects everyday practice.
- **UNIQUE! Applying the Art sections** in the clinical chapters provide examples of therapeutic and nontherapeutic communication techniques as well as realistic nurse-patient interaction scenarios.
- **Chapter review questions** reinforce essential content from the chapter.
- **Critical thinking questions** introduce clinical situations in psychiatric nursing.
- **Nursing Interventions tables** familiarize readers with interventions for a disorder that they will encounter in clinical practice.
- **Key concepts and terms** clarify essential terminology.
- **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.
- **Potential Nursing Diagnosis tables** give several possible nursing diagnoses for a particular disorder along with the associated signs and symptoms.
- **DSM-5 diagnostic criteria** identifies medical diagnostic criteria for psychiatric disorders for integration into the nursing plan of care.
- **Important contributions from psychiatric mental health nursing pioneers** are featured in the opening unit pages.
- **Cultural Considerations sections** reinforce the principles of culturally competent care.
- **Key Points to Remember** outline the main concepts of each chapter in an easy to comprehend and concise bulleted list.
- **Appendices** feature the DSM-5 Classifications and a list of the latest NANDA-I diagnoses for readers' reference.
- **NEW! DSM-5 content** provides the most up to date information on the latest DSM-5 disorders.
- **NEW! Illustrations of various neurobiology disorders** give readers a clear picture of how the disorder affects brain function.
- **NEW! Neurobiology teaching tool** visually guides readers in learning about various neurobiology disorders and relevant medications and side effects.
- **NEW! NCLEX review questions** on the Evolve companion site provide additional practice on the type of psychiatric nursing content found on the latest NCLEX test plan.

- **NEW! Image collection** on the Evolve companion site offers a visual supplement to help learn and reinforce concepts.

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