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 “Gyrosopic 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 Scope and Standards of Psychiatric-Mental Health Nursing Practice
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
Antimanics 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 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