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MEDICAL AND HEALTH SERVICE DEPARTMENT,
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UTTAR PRADESH PUBLIC SERVICE COMMISSION

VOLUME – 4

MENTAL HEALTH & PSYCHIATRIC
NURSING



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History of Psychiatric

(1) period of persecution (शक/संदेह) ⇒

इस period के दौरान भूत-प्रेत और ^{आत्मा} मानसिक रोगों के लिए जिम्मेदार माना जाता है।

(2) Period of segregation ⇒

इस period के दौरान मानसिक रोगियों के लिए Asylum (आश्रय स्थल) स्थापित हुए।
But इस period में Mental रोगियों के लिए कोई इलाज available नहीं था।

↓
1st Asylum Name → Bethlehem Asylum
for mentally ill pt.
was established

↓
In England.

(3) Period of Humanitarian ⇒

इस period के दौरान physician मानसिक रोगियों का इलाज करने लगे।
But इस period में भी मानसिक रोगियों के लिए Exact Rx available नहीं था।

(4) Scientific period ⇒

(A) Insuline COMA therapy/Insuline shock therapy ⇒ It

Was discovered by → SAKEL (1932)



Mental patient ⇒ large dose ⇒ the pt may go into
of Insuline the coma.

↓
(It become

aggressive behaviour) (due to severe
Hypoglycemia)

Administer of

The patient ←
get awake.

25%

5%

10%

(B) 1938 → Ugo Cerlet's and Lucino bini discovered
the



EST/ECT

(C) 1952 →

The 1st Antipsychotic drug was discovered



It was → Chlorpromazine [Cpz]

5. Period of prevention → (from 1960 - Now a days)

Rx Aspect in psychiatric → (i) ECT

(ii) psycho-pharmacology.

(iii) psycho-therapy.

"National Mental Health programme → 1982"

(मानने की स्वीकार - एत)

D → Denial → A plan auditory Rejection (eg → कर्म-अनुकु-1)

A → Angeriness

B → Bargaining

D → Depression

A → Acceptance

(Ana-physiologic) study)

*

BRAIN (पारस्विक Part)

It is the Concrete (पारस्विक) component of central nervous system or It is the organic part of CNS. which grow just like the other system of Human body.

मन (psychiatric)

*

MIND ⇒

It is the Abstract (अव्यक्त) component of CNS. or It is the functional part of CNS. which grow just like the other system of Human body.

PSYCHOLOGY



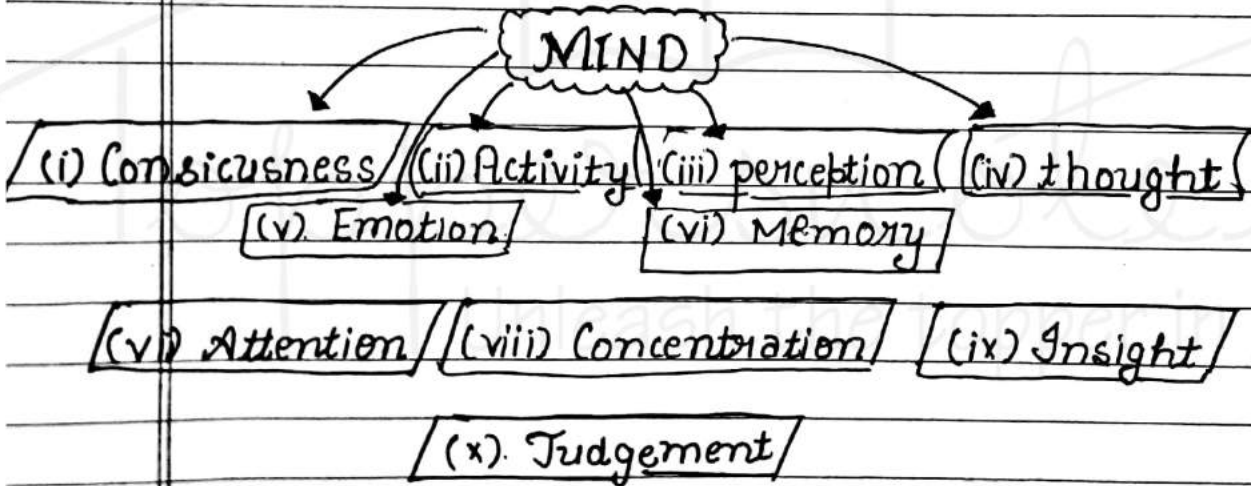
Definition → It is the scientific study of "Consciousness"

(ii) psychology is the scientific study of "Mind"

psychology = psycho + Logos
 ↓ ↓
 Mind Study

OR

But latest days the psychology is define as Scientific "Study of Human behavior"



Orientation ⇒ pt. is known
 place
 Time
 Person.



Consciousness ⇒
 Include Orientation + awareness of self + awareness
 around the surrounding + awareness pain
 stimulus.

eg → (Movie 3211471)
Stupor → Mute + Emotionless

* Orientation ⇒ Awareness about TPP
Time
Place
Person

1) * Consciousness ⇒
The awareness of self, awareness of surrounding, awareness about TPP and the give respond to a painfull stimuli.

2) * Activity ⇒
The Motor respond of Human body is k/as ~~psycho~~ psycho-Motor-Activity (PMA)
Mind

Eg →
① purposeless or needles PMA used
↓
in commonly seen in → Mania

② purposefull psychomotor activity are used in
↓
in depression not any Reason.

3) * Attention ⇒

IMP
(3) Perception ⇒ (R/T to sense organ)

The anything which are experienced

by a person through his sense organ is
OK/as perception

Eye → Auditory perception
Ear → visual perception
Nose → Olfactory perception
Tongue → gustatory perception
Skin → Tactile perception

Q The perception of any individual can be effected by

- Factors of perception
- (A) sensory disturbance
 - (B) previous Experience
 - (C) Individual need
 - (D) All of them
- [D]

* Types of perception ⇒

- 1) Visual perception
- 2) Auditory perception
- 3) gustatory perception
- 4) Olfactory perception
- 5) Tactile perception

* Disorder of perception

- Two disorder
- (1) Hallucination
 - (2) Illusion

* Wrong perception in the absence of actual stimulus.

* False perception in the presence of actual stimulus or Misinterpretation of stimulus

गलत ध्यान
पहचान होना

↓
Hallucination में actual
stimulus हमेशा absent
होगा

↓
Eg → Movie MBB2 में जाँची
की ~~Or~~ ~~Or~~ ~~Or~~
के साथ Role (Auditory
or visual Hallucination)

↓
Illusion में actual stimulus
हमेशा present होगा।

↓
Eg → Rope (रस्सी) को साँप
के रूप में सोप खोलना या
जल पहचान लेना।

IMP
4) * Thought ⇒

Thought / Thinking is the mental process
which includes ideas.

⇒ There are 3 level of thinking: → [Thought]

↓ (a) Formation level

↓
Formation of
one idea

↓ (b) progression level

↓
when one ideas
attached from
another ideas +
thought process

↓
also known as
⇒ Association level

↓ (c) Content level

↓ (Compulsion)
when there is a
attachment of
subject, belief,
or values to in
the all ideas.

↓
Eg → Delusion

↓
disorder of content
level of thought

* Delusion ⇒

Meaning → A false fix belief is kias delusion

Eg → (1) Delusion of presecution
(2) Delusion of reference (कहीं भी दो व्यक्ति बात करते हैं तो लगता है कि मेरे बारे में ही बात कर रहे हैं।)

(3) Delusion of grandiosity

(अपने आप को राज या बड़ा समझना/में कुछ भी कर सकता हूँ)

* (5) Emotion ⇒

It is the inner feeling of any individual which can be expressed by facial expression, gesture, posture of body, Speech/T → Tone, Language

V → volume
P → pressure

⇒ Emotion can affect the Human body by two way ⇒

(1) External Emotion ⇒

Facial Expression

Gesture

posture of body

Speech +

Language

(2) Internal Emotion ⇒ * H.R, B.P, Respiration rate and sweating.
 ↓↓↓
 Changes in vitals * Appetite
 * Sleep pattern

⇒ Note ⇒ Mood is a one type of emotion.

⇒ Emotion can be expressed by two way :→ (1) Affect
 (2) Mood

(1) Affect ⇒ Short term emotion
 or
 Emotion at a given movement

(2) Mood ⇒ Long term emotion / ^(Prolonged) pervasive Emotion /
 sustained emotion

⇒ During the emotional changes in Human body, there are 2 neurotransmitter changes occur in brain. These are ↓↓↓

- (1) Serotonine
- (2) Nor-epinephrine

during Happiness → Serotonine & Nor-~~epine~~
 epinephrine level ↑ se

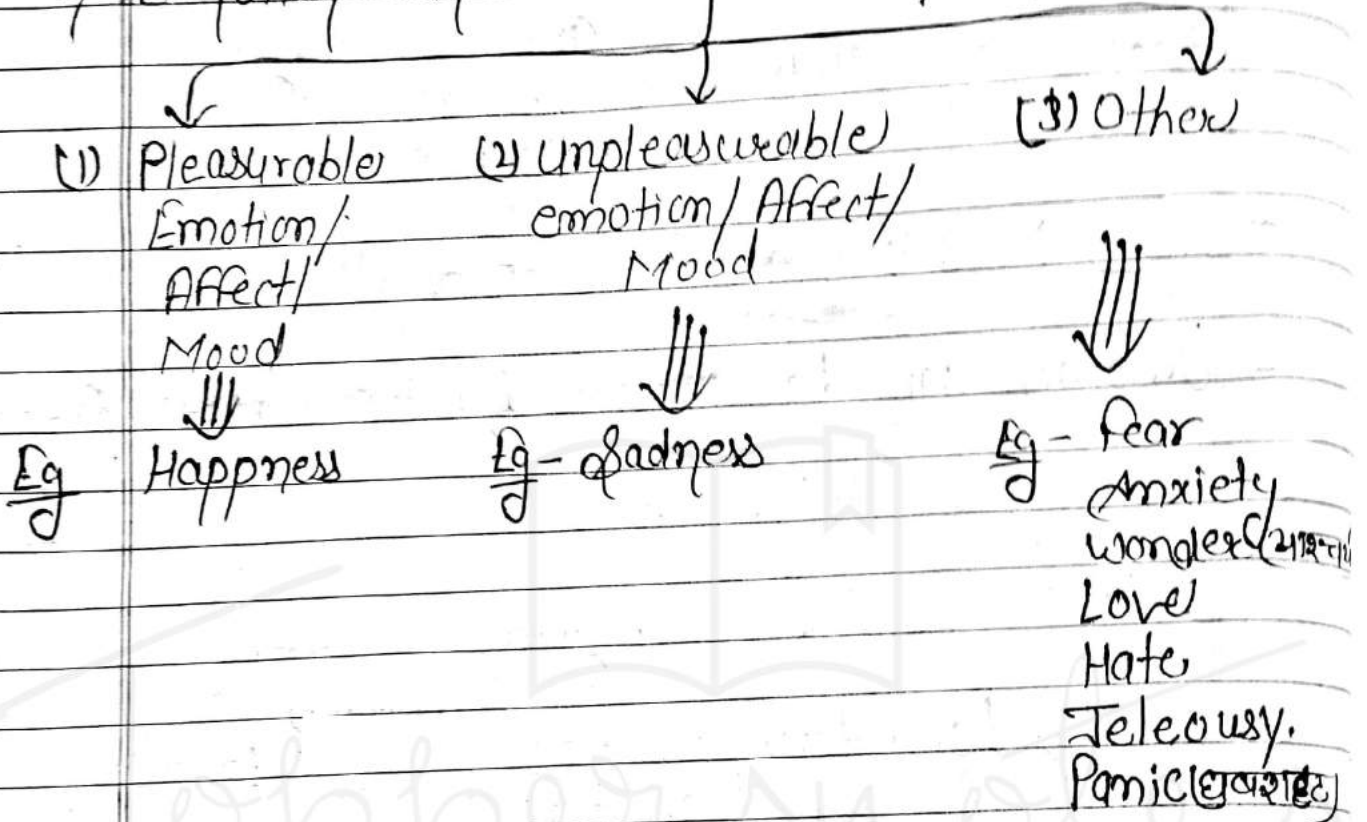
Condition → Mania

during Sadness ⇒ ↓ se

Condition → depressed

Note

⇒ Emotion can be classified as ⇒



Q Mania and depression are the disorder of:-

- (A) Emotion / Mood / Affect
- (B) PMA
- (C) Thought
- (D) ~~Perception~~ Perception (A)

Mania → flight of ideas
Depression → poverty of ideas (↓)

Q Mania and depression are effect

- (A) Emotion / Mood / Affect
- (B) PMA
- (C) Thought
- (D) All of them

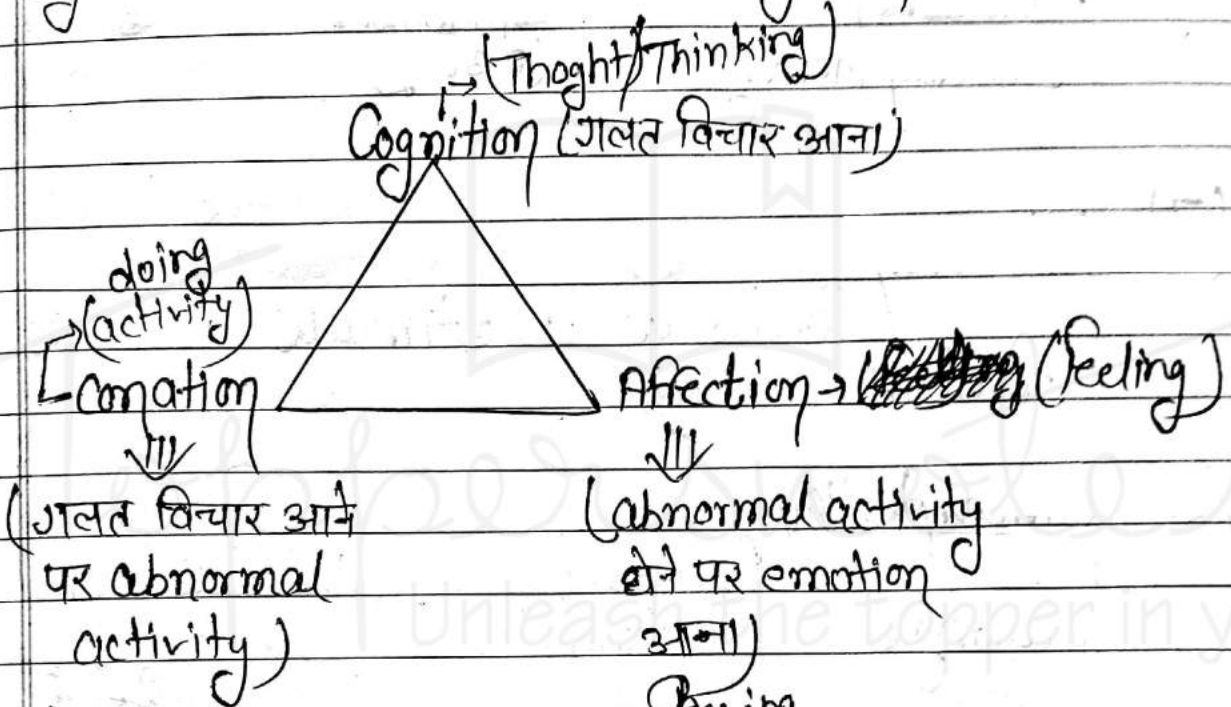
Disorder of Emotion / Affect / Mood

(1) Pleasurable Affect

(2) Unpleasurable Affect

↓
Eg Mania

↓
Eg - Depression



(6) Memory ⇒ (Power of remembering) is k/as Memory
↳ Remembering

Process ⇒ Attending of a stimulus

↓
Save the stimulus

↓
Recall / Reproduce the stimulus

Types of Memory

Memory

(1) Immediate Memory

↓ ↓ ↓
(कुछ क्षण की Memory)
(One day Memory)

(2) Recent Memory

↓ ↓ ↓
कुछ दिन पहले की Memory
(2-3 days)

(3) Remote Memory

↓ ↓ ↓
काफी पिछले दिनों की Memory

(7) Attention

focus on a stimulus is k/as
attention

(8) Concentration

focus on a stimulus for prolonged (maintain)

(9)

Insight ⇒ Eg ⇒ ^{जागरूक होना} Insight present ⇒ ^{जागरूकता नहीं होना} Insight Absent.
Awareness of self ~~and~~ mental status

(10)

Judgement ⇒ (take)
The power to draw the decision

↓ ↓ ↓
Eg → Judgement intact ⇒ (decision लेने की क्षमता है)
 ↓
 ⇒ Judgement loss

↓ ↓ ↓
(decision लेने की क्षमता नहीं है)

MENTAL DISORDER

Psychosis → ^{Major} ~~Minor~~ mental illness ~~does not~~ require hospital
 neurosis → ^{Minor} ~~Major~~ mental illness, Require for Hospital
 ↓ ↓ ↓

Rx → Psychotherapy, judgement intact
 Psychopharmacological

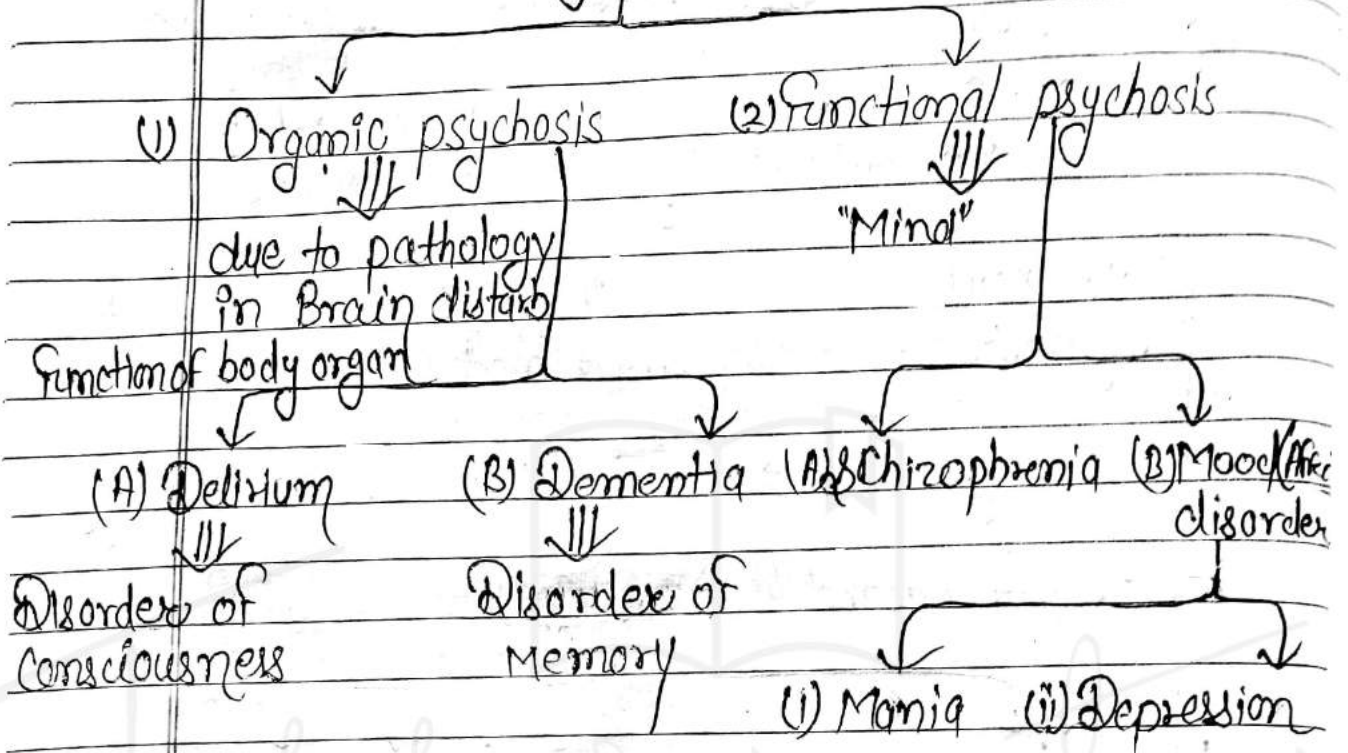
In psychosis pt. personalized disorganized and in neurosis pt. personality → intact

psychosis pt → present Hallucination and illusion

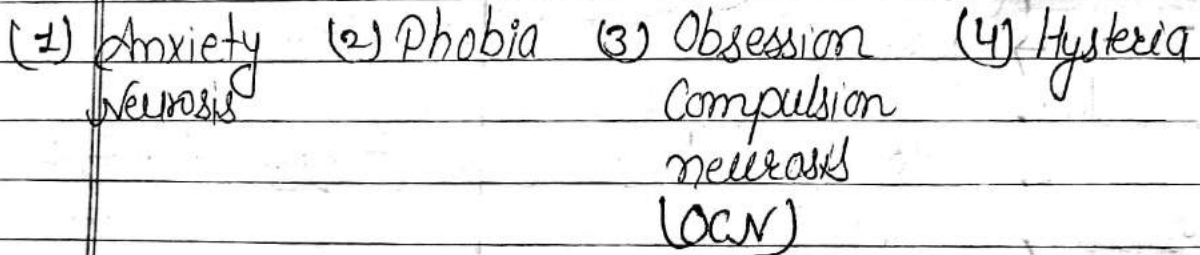
* Mental disorder are categorized two form

(1) Psychosis	(2) Neurosis
① Severity → Major	* Minor
② Hospitalization → usually require Hospitalization	* Does not require Hospital
③ Insight → Absent	* present
④ Hallucination → present and delusion →	* Absent
⑤ judgement → Judgement Loss	* Judgement intact
⑥ personality → Disorganized	* Organized/intact
⑦ Rx → ECT, psychopharmacology	* Psychotherapy psychopharmacology

(1) Psychosis Mental disorder



(2) Neurosis Mental illness/Disorder



(1)* Organic psychosis ⇒ Organic psychosis are R/T to the pathology to Brain or body
 feature ⇒ psychiatric symptom

(A)* Delirium \Rightarrow also k/as \rightarrow Acute Brain Syndrome or Acute Confusional state

\Rightarrow It is a Organic psychosis characterized by clouded consciousness and lack of attention

Delirium is the disorder of consciousness

\Rightarrow Onset of disorder \rightarrow Acute

\Rightarrow Course of disorder \rightarrow Reversible

Duration of disorder \rightarrow Less than 6 Month

Eg \rightarrow

(1) Road Accidental injury

(2) Fever \rightarrow High grade

(3) In DM \rightarrow Hypoglycemia

due to given high dose of insulin \rightarrow et

create clouded consciousness.

(B) Dementia

It is the Organic psychosis characterized by disturbance in memory, disturbance in intelligence & poor personal Hygiene.

Dementia is the disorder of Memory

\Rightarrow Dementia also k/as \Rightarrow Chronic Brain Syndrome

\Rightarrow Alzheimer's dementia is the commonest type of dementia.