

Conceptual Models in Mental Health Nursing

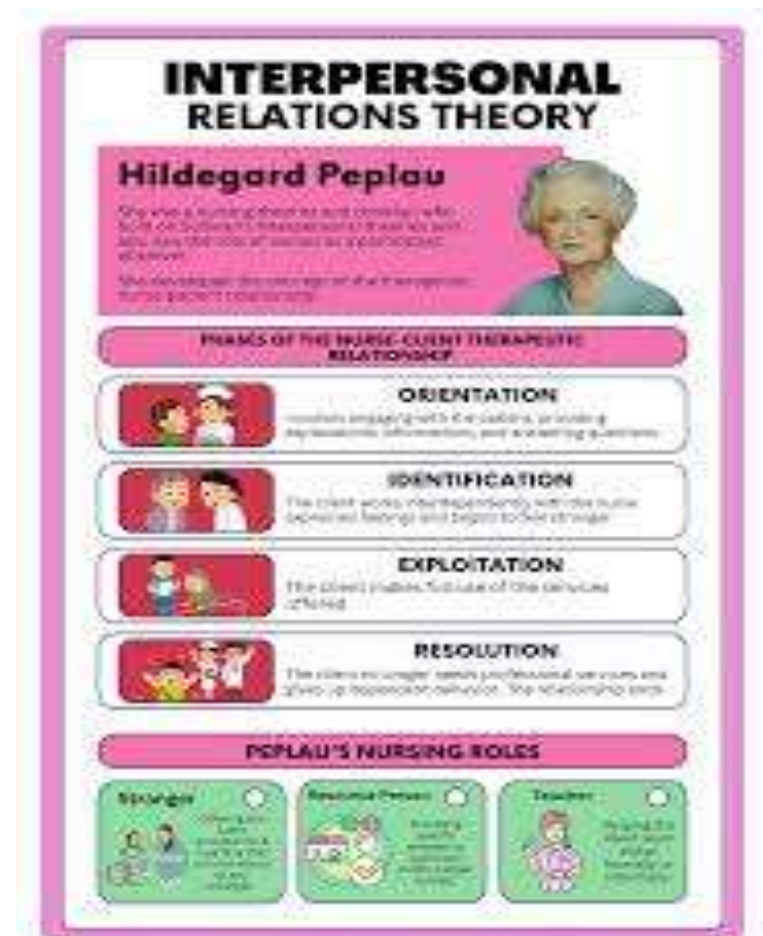
**An overview of key frameworks guiding
psychiatric nursing practice**

Importance of Conceptual Models

- Provide structured frameworks for understanding mental health
- Guide nursing assessment, intervention, and evaluation
- Support evidence-based and patient-centered care
- Enhance communication among healthcare professionals

Peplau's Interpersonal Relations Model

- Focuses on nurse-patient relationship
- Phases: Orientation, Identification, Exploitation, Resolution
- Nurse roles: Teacher, Counselor, Leader, Surrogate, Technical Expert



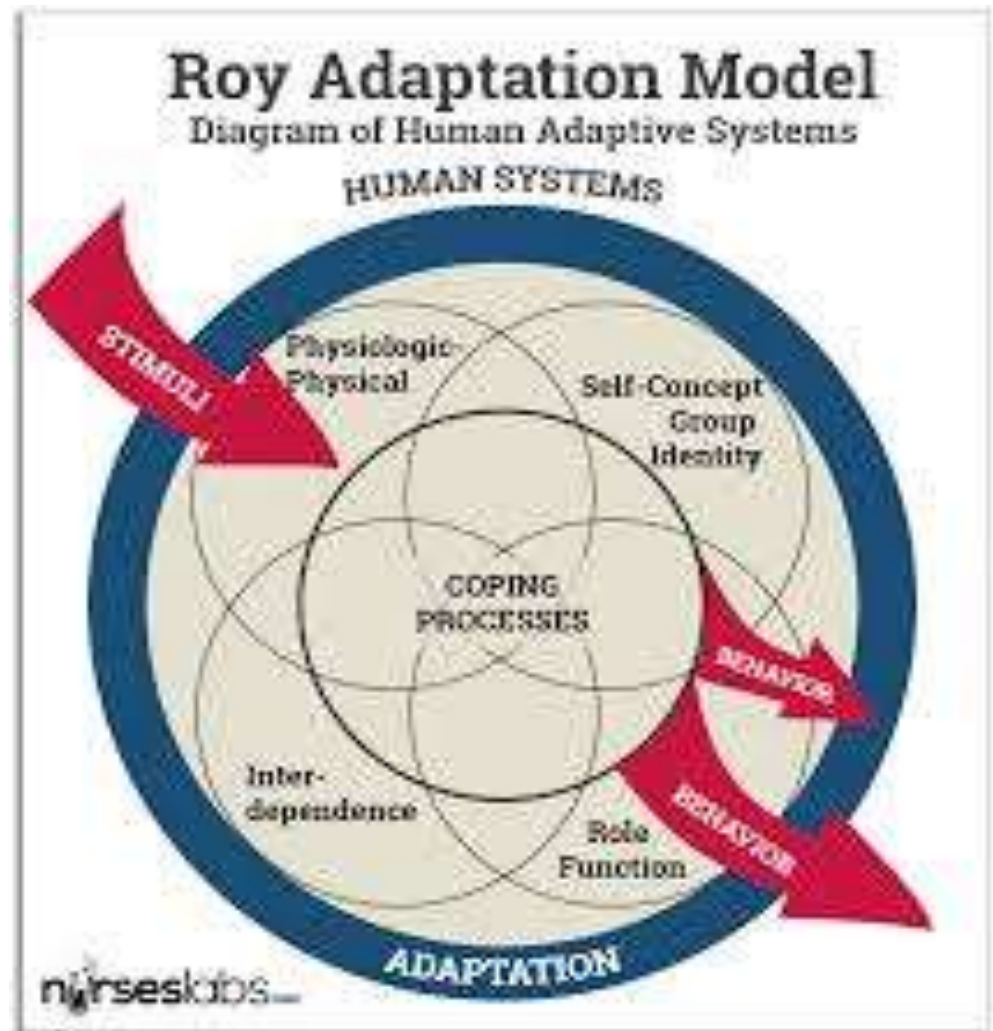
Orem's Self-Care Deficit Theory

- **Emphasizes patient's ability to perform self-care**
- **Nursing needed when self-care demands exceed abilities**
- **Supports independence and rehabilitation**



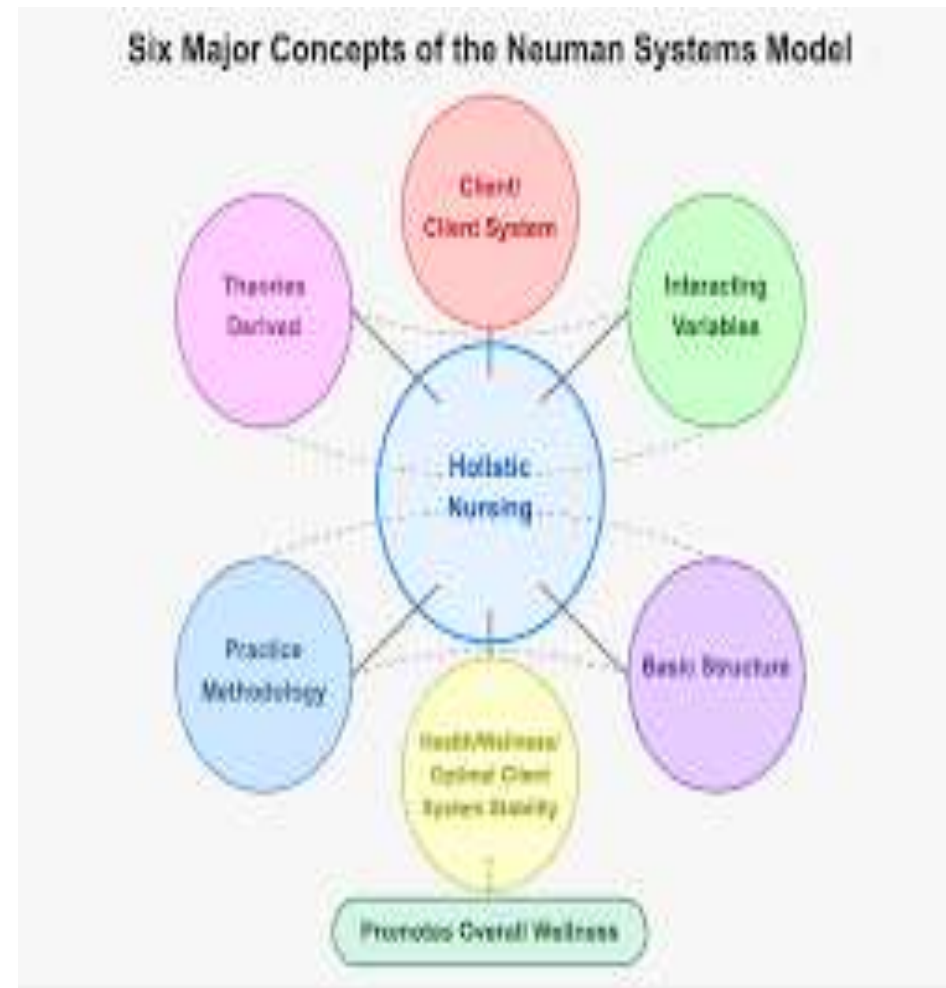
Roy's Adaptation Model

- Views individuals as adaptive systems
- Focuses on coping with internal and external stressors
- Nursing promotes positive adaptation and health



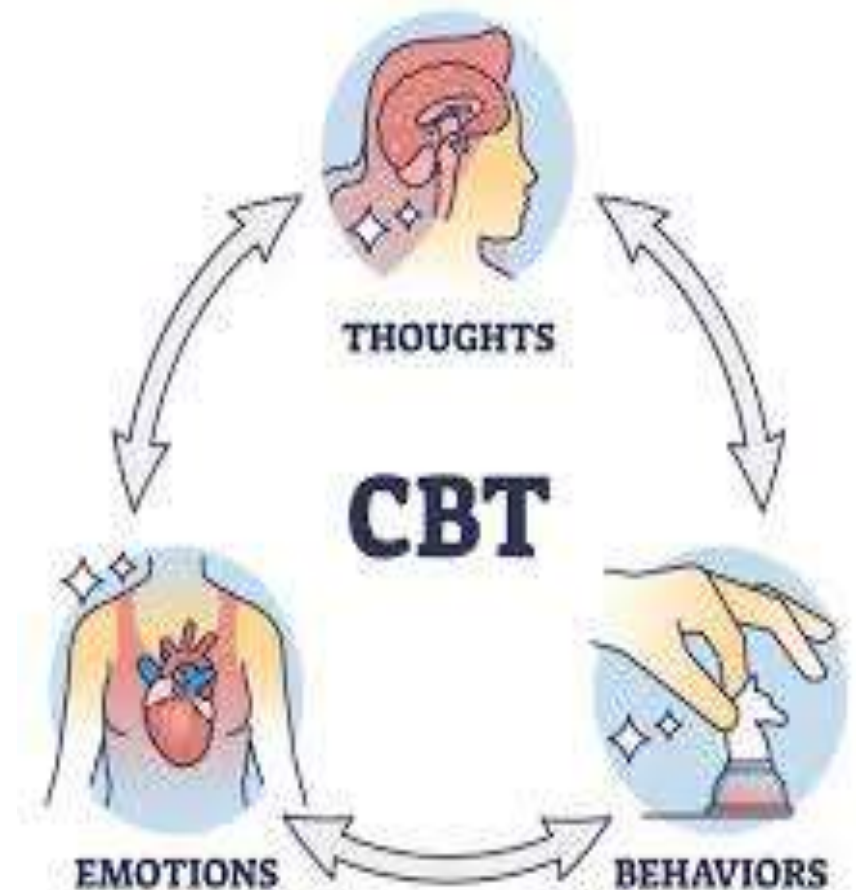
Neuman's Systems Model

- Patients seen as open systems interacting with stressors
- Stressors: Intrapersonal, Interpersonal, Extra personal
- Nursing aims to maintain system stability through prevention



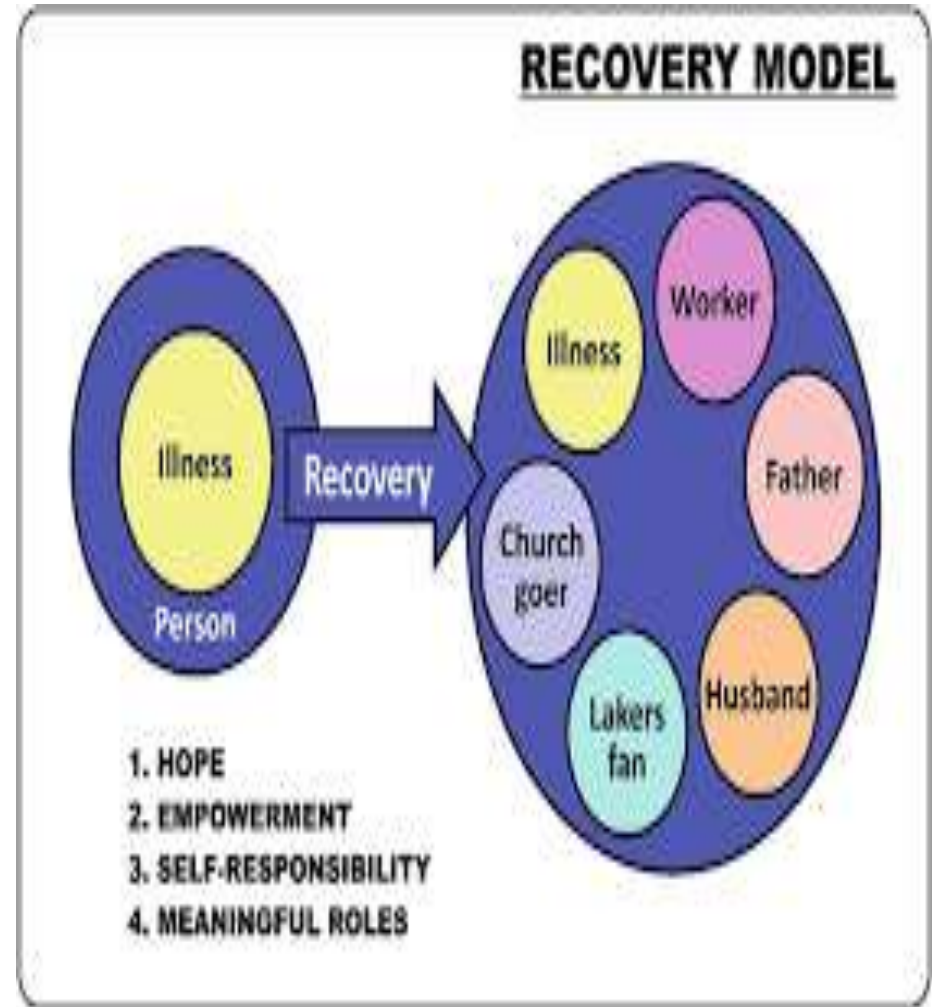
Behavioral & Cognitive Models

- **Based on learning theories: conditioning, reinforcement**
- **Cognitive Behavioral Therapy (CBT) restructures thoughts**
- **Used to treat anxiety, depression, phobias**



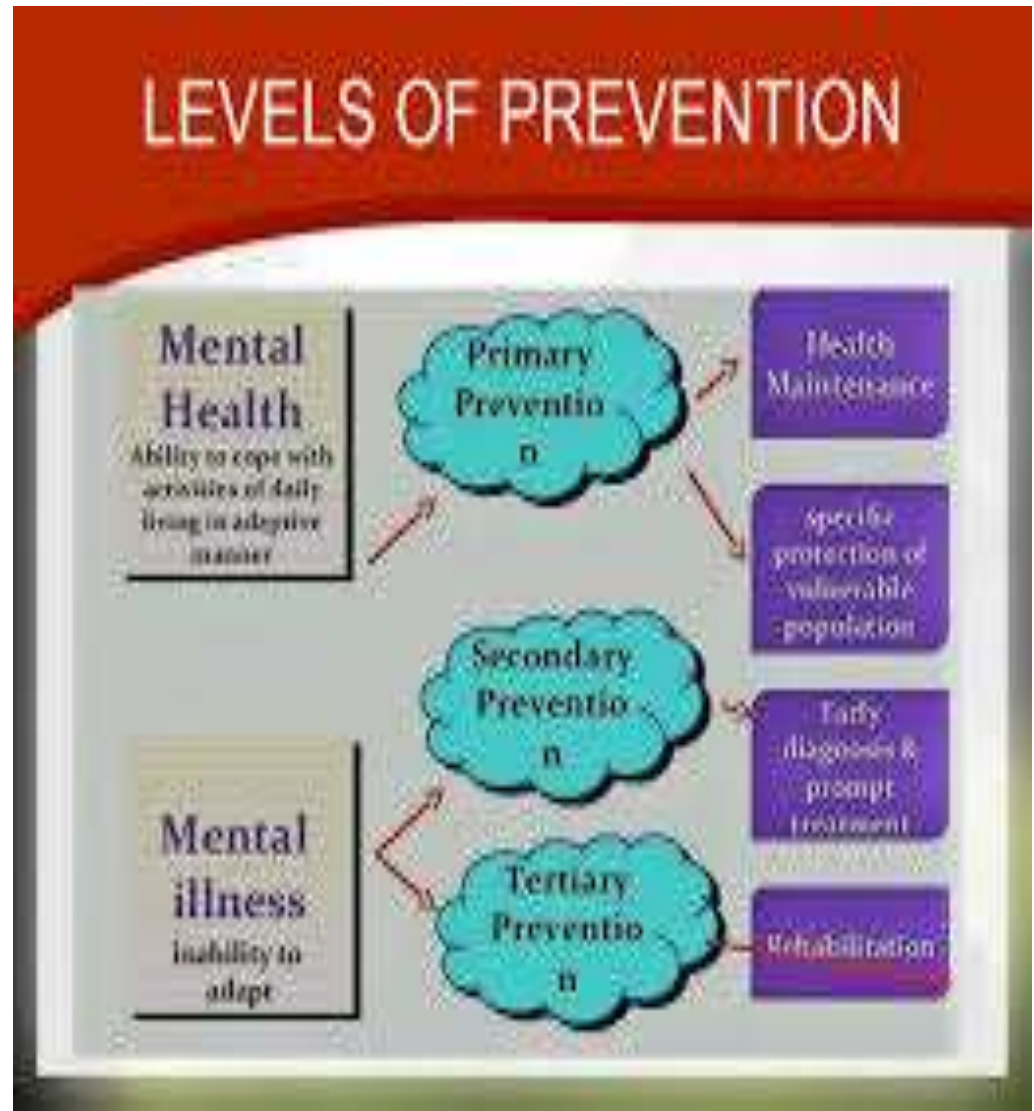
Recovery-Oriented Models

- Focus on hope, empowerment, and personal recovery
- Patient-centered care with shared decision-making
- Supports autonomy and community integration



Preventive Psychiatry

- Primary prevention:
Promote mental health,
prevent illness
- Secondary prevention:
Early detection and
treatment
- Tertiary prevention:
Reduce disability,
rehabilitate



Psychiatric Rehabilitation

- Helps individuals achieve optimal functioning
- Focus on skills training, vocational support, social integration
- Community-based and recovery-focused



Summary: Holistic Integration

- Conceptual models guide comprehensive mental health care
- Support biological, psychological, and social interventions
- Enable personalized, recovery-oriented nursing practice



References

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- Orem D. (1971). Nursing: Concepts of Practice
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- Neuman B. (1982). The Neuman Systems Model
- Beck J. (2011). Cognitive Behavior Therapy: Basics and Beyond