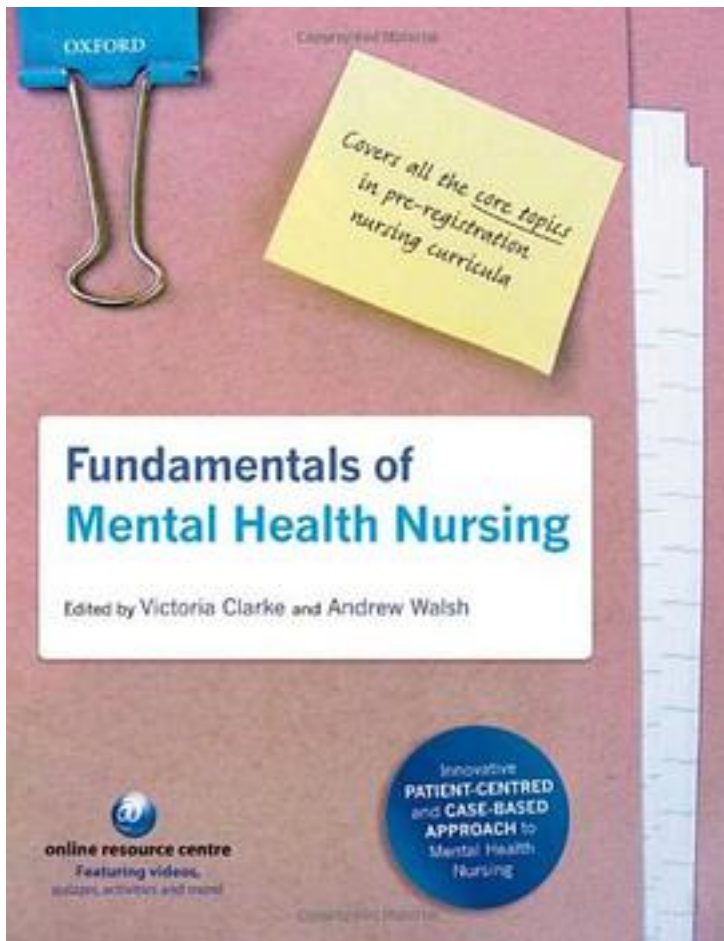


# Fundamentals of Mental Health Nursing



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著者:Clarke, Victoria (EDT)/ Walsh, Andrew (EDT)

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In order to provide sound, person-centred care, mental health nursing students need a thorough understanding of theory alongside the ability to translate this knowledge into practice. It can be difficult to apply ideas from the classroom and books when learning

how to work with mental health service users for the first time. That is why the theoretical aspects of this book are presented alongside realistic accounts of nursing practice. Fundamentals of Mental Health Nursing is a case-based and service user centred textbook for mental health nursing students. Designed to support students throughout their pre-registration studies, the text covers the essential knowledge required to provide high quality nursing care. Contributions from real service users and cases of fictional clients are explored in detail to provide excellent transferable skills for practice. Dedicated chapters explore fundamental nursing skills and mental health law before providing a case-based exploration of the areas and subjects that will be encountered by students in university and placement. Practice-based chapters introduce students to the needs of a diverse range of fictional clients and explain how the skills of communication, assessment, care planning and monitoring can be applied. Each chapter provides a sample care plan explaining why and how clinical decisions are made, so that students can develop their own skills and practice. The text opens with clear advice to help students succeed in their studies and concludes with a wealth of practical and thoughtful advice on becoming a professional and getting that first job. Online Resource Centre \* Twenty one video clips of fictional service users demonstrate the application of theory and prepare students for real nursing practice \* Quizzes, scenarios and a range of activities help students to apply their learning \* Interactive glossary explains terminology and jargon \* Sample CV's and self awareness exercises aid professional development

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