Healthcare and Nursing

[Institutional Affiliation(s)]

Author Note

Mental Health Case Study

# Answer 1

1. As a health professional, the urgent risk area which I have identified in the case is his mental health condition which requires immediate psychotherapy, to release his mental stress. I have observed this area as an urgent risk because this depression is affecting his physical health, and the patient is losing his weight very quickly. By reviewing the literature, I got to know that mental health plays an important role in building the capacity to maintain physical health. Mental sicknesses, such as anxiety and depression, badly affect the person’s attitude towards healthy behaviour. Mental stress also leads to high Blood Pressure and sugar levels.
2. The most immediate nursing intervention I would undertake with this type of patient is Cognitive-behavioural therapy to treat both the pattern of his negative thoughts and the behaviours that contribute to intensifying his mental stress. Cognitive-behavioural therapy is a mixed approach in which the therapist keeps asking general questions to trace the events happening from a month or two, and any negative or self-defeating reactions of the patient (Knell 2016). Automatic or habitual negative reactions in case of Munny’s mental condition is just a pattern of thoughts, I have to address over my course of cognitive-behavioural therapy.

## Answer 2

1. The three concerns which I have identified in Munny’s case, are anxiety disorder, Depression and Post-traumatic stress disorder. The anxiety disorder is defined as sporadic and repeated outbreaks of intense fear happening a bad event or a sense of forthcoming fate. The depression disorder widely covers conditions like worst mood swings, lack of attention towards daily life activities and physical health. The third concern of post-traumatic stress disorder is a mental condition followed by some terrifying events (Types of Mental Illness n.d.), such as death in Munny's case. The subsequent bad happenings in Munny's life such as the death of his mother and fear of losing a job lead him to mental sickness.
2. The treatment depends upon the type of mental sickness, its severity and the reasons behind it. In the case of Munny, I would like to use a couple of interventions which include Anti-depressant and Anti-anxiety medication, psychotherapy and Primary-care practice for his physical health (Mental illness - Diagnosis and treatment, n.d.).

In the case of Munny, I would first start his psychotherapy by using the Cognitive-behavioural approach. Secondly, I will suggest to him some Anti-depressants which will help him improve his sadness, lack of concentration, hopelessness, energy level, and level of interest towards daily routine activities. Along with the two interventions I will give him a primary-care guide, including suggestions for his diet and physical health (Sreevani 2016).

Answer 3

In a conventional medical environment, the nurse may occasionally face ethical and legal dilemmas. He/she has to make ethical decisions about primary and mental care delivery, and patient’s support in providing safe and sound patient care (Ethical and Legal Issues n.d.)

The most pressing ethical and legal issues which a nurse has to consider are Beneficence & Non-malfeasance and Justice & Fairness (Kadivar et al. 2017). Beneficence is defined as treating with the best intentions, while Non-malfeasance emphasizes on not to harm the patients. Justice and fairness highlight the importance of equality and fairness (6 key ethical principles of nursing n.d.). A nurse should be loyal to his/her patients and should treat all the patients with equal care (Ethics: Interstate Nursing Practice and Regulation: Ethical Issues for the 21st Century n.d.). These determinants of the legal and social settings always affect one’s medical decisions and treatment outcomes (Gillon 2018).

# References

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