**Discussion Board 5**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

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Caring for patient with mental illness is a difficult process and their emotions and fear are always overwhelming not just for themselves but also for the nurse. Personally I think that all such patients become more sensitive about their symptoms with time, despite of taking medications and support. In such situations family’s support and help is crucial for the patients’ health.

One of the biggest barriers that nurses and primary caregivers face while dealing with the patient is the emotional trauma that patient and his family goes through. Mental illness not just effects the one person but all family members and their home environment.

It has been observed that family members often start to find themselves responsible for the patient’s illness especially in cases when child is the one who is mentally ill. Family members start to feel extreme overwhelming empathy, fear, annoyance, anger, depression and guilt all at once. In such situations it becomes challenge for the caregiver to treat whole family as client and manage care plan and associated symptoms, side effects and complications.

Often families with mentally ill member, lost their communication, which results in making families more dysfunctional, where members stop co-operating with each other for healthy family environment. In order to deal with this it becomes nurse’s duty to engage family in communication and help them to start managing their problems and resolve issues regarding the treatment(“What are the benefits of a short therapeutic conversation intervention with acute psychiatric patients and their families? A controlled before and after study - ScienceDirect,” n.d.).

This can be done by educating the family about the supportive roles that they can play in helping the patient and themselves. Family role is really important in combating the mental illness. Healthy encouraging families encourage each other in their full capacity to enhance the functionality of family unit, and do their best to keep the environment supportive and healthy. It is a fact that supportive attitude of the family cannot compete with the role of treatment, as family support, faith are really important for bringing patient back to normal life. Explaining the family benefits on their involvement can help family get the routines back which is important for creating normalcy(“Textbooks.com: Family Health Care Nursing Theory, Practice, and Research,” n.d.).

**References**

Textbooks.com: Family Health Care Nursing Theory, Practice, and Research. (n.d.). Retrieved March 20, 2019, from https://bookshelf.textbooks.com/#/books/9780803677272/cfi/6/22!/4/2/2/346@0:6.14

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