Title page

Mental health community

Goals of mental health

* To improve mental health through prevention and assuring access to appropriate mental health services.
* To offer opportunities for overcoming situations of stress and depression (HPG, 2019).

Role of nurse

As a nurse I can play significant role in the community for preventing development of depression. The nurse has crucial role in making the best use of resources. It is important to determine how role of nurses can improve mental health and wellness of patients undergoing depression. Depression in people deteriorates the quality of life that further leads to the risks of isolation, suicide and increased use of substance. The most crucial role as a nurse is to identify the patients who need immediate support due to their complex depressive state (Frank, 2014). By developing knowledge I would play active role in encouraging society to overcome depression. I will focus on development of required skill builds competency among nurses to address patient needs efficiently. Nurses who possess adequate skills managed to deal with patients more efficiently. It is assumed that improved skills and knowledge of nurses will assist the older population in coping with depression. (Kathleen, 2006). It is important as a nurse to understand the meaning of depression and related factors such as its causes, symptoms and interventions.

The primary step in the prevention of depression is by spreading awareness about its symptoms, causes and solutions among the effected population. The goal is to assure provision of mental health services. Therefor, I will try to attend all patients who visit hospitals for assessing their mental state. By responding patients on time I would assure that adequate measures are taken on time for helping them. After encountering such patients it is important to identify the signs which transmits the prevalence of depression. It may not be easy to spot depression so a nurse can ask different questions from the patient and even the family. It begins by asking the patients about their daily routines such as the number of hours they spend outside their homes, or in friends, their routine of watching television or going for movies. This allow nurse to determine is the patient has lost interest in normal activities and have isolated them or not. By engaging in discussions the nurse can also reveal the fears, insecurities or concerns of the patients who are victims of depression (HPG, 2019). By the help of family the nurse can make other relevant information such as the changes in the sleep patterns, number of hours spent on physical activity and relationship of the patient with family. These factors provides a clear depiction of the current status of depression among patients.

I can also prevent depression by taking the role of efficient caregivers allow depressed people to overcome depression leading to enhanced quality of life. Adequate nursing knowledge on interventions psychotherapies, pharmacology, and care management assist patients in overcoming depression. I will avoid inefficiency in identifying the needs of patients results in delayed diagnosis (Ranheim, Kärner, & Berterö, 2011). It is important part of strategy to identify the intervention that will work best for the patients. The nurse can develop a plan for helping patients in overcoming depression. The plan will include short-term goals that the patients needs to follow for changing their behavioral patterns.

Before discharging the patient, it is important to make the observations for ensuring that they have gained better health. If the patient fails to show any signs of progress I will consider revising the plan. The plan will include physical activities such as spending 30 minutes on walk, gym or cycling. It also encourage patients to engage themselves in social activities such as visiting monumental places, going to the parks or joining clubs. The plan also highlights other short-term goals that patients are expected to complete on daily basis. These include talking to others and engaging in conversations. The patients are advised to spend time with their family, friends and peers for getting rid of isolation. The plan is revised if the patients don’t show any signs of progress.

The expected outcomes of adopting anti-depression strategies include; enhanced of mental health due to improved roles of nurses. The research expects to explore a significant positive correlation between nursing competency and health of patients undergoing depression (Frank, 2014). Kathleen (2006) suggests that enhanced nursing knowledge leads to early diagnosis of symptoms that minimize the risks of developing chronic symptoms. Early diagnosis increases the chances of timely intervention thus eliminating the social consequences such as disengagement from society, isolation and suicides (Kathleen, 2006). Bruce (2015) states that early diagnosis of depressive symptoms allows nurses to adopt intervention strategies for improving the health conditions of the depressed adults. The level of knowledge and awareness of nurses regarding depression in patients leads to timely actions. The formal diagnosis relies on the past knowledge of the nurse. Clinical awareness depends on the level of understanding of DSM-5, allowing them to identify major depressive symptoms. Competent nurse efficiently monitors patient by administrating Patient-Health Questionnaire PHQ-9 (Bruce, 2015).

Nurses are having adequate skills set, and knowledge of treatments of depression can adopt timely intervention. The effective treatment depends on their knowledge of pharmacological treatments including; use of anti-depressants, their dose, administration, risks and side effects. Frank (2014) determined that only competent nurses can determine the titration of dose and care capable of monitoring responses and side-effects. Their experience allows them to identify the cause of unresponsiveness in patients (Frank, 2014). Competency and knowledge of nurses lead to the successful adoption of the therapeutic interventions for treating depressed elderly patients. Experience in therapeutic aspects of depression has a significant role in care management. It leads to efficient clinical monitoring, treatment adherence and improved health outcomes (Aragonès, López-Cortacans, Badia, & Hernández, 2008). Nurses possessing clinical skills are capable of taking care of depressed patients at clinics, hospitals and other institutes. The actions involve; care coordination, management of medication, education and goal setting. Nurses play a crucial role in managing depression in the effected population. Skilled and experienced nurses are capable of utilizing a collaborative care model in the home settings that leads to efficient care management (Bruce, 2015).

Physical and mental health

Evidence has revealed that physical and mental health are correlated. It is also proved that mental illness is the root cause of poor physical health because it leads to the increased risks of diabetes, stroke, hypertension, heart disease and cancer (HPG, 2019). Patients experiencing extreme depression are more likely to develop these chronic diseases, which reflect deteriorated physical health. Evidence proves that there is significant correlation between mental and physical health. A deteriorated mental state leads to poor physical health. According to this relationship the seriousness of the chronic disease can be reduced by improving the mental health of the patients. Studies have also revealed that depression acts as a potential barrier for the patients who are working to recover from chronic diseases such as health or cardiac problems. Mortality is even high among people who are undergoing extreme depressions. “Analysis of standardized mortality ratios for deaths from natural causes showed an increased risk of death in patients with a wide range of psychiatric conditions, including substance misuse, schizophrenia, mental retardation, bipolar affective disorder, and unipolar depression” (Osborn, 2001). The facts thus confirm that poor mental state increases the risks of deaths in patients who are undergoing chronic illness.

Trauma informed care

Trauma-informed care is focused on offering help and support to the people and specifically children who have witnessed some terrific events which resulted in the development of psychiatric problems. It is crucial to help the victims of trauma because it leads to abnormal situations. Children suffering from traumatic experiences are unable to participate in daily activities normally. They struggle in every aspects of life such as education, relationship, and friendships and later in employment. It is this important to provide help to these children and assuring provision of opportunities that allow them to regain mental stability and wellness. Some of the traumatic experiences encountered by children include human trafficking, child abuse, domestic violence, witness of murder, natural disaster and accidental death of parents. These are the common experiences that leads to the generation of traumatic reactions in children. Children undergoing trauma face difficulties to spleen or engage with others. They fail to integrate in society or perform good in studies. These children continue to struggle at schools and are often recognized as poor performers. Children often complaint about nightmares which also reflects the long-lasting implications of trauma.

Trauma Informed Care can be used for assisting children in overcoming their horrific experiences and change their behaviors by accepting change. The most important step in this process is to identify the factors that causes traumatic experiences. After findings the cause of such disturbed behaviors the trauma centers respond by addressing the needs of the children. Each child reacts to trauma in a different way so it is important for the care provider or the social service agent to evaluate the social skills. Most of the children are unable to speak about everything so sign language is used for making them convey their feelings. An effective strategy adopted by the social worker is to promote a common language for building a collective understanding of trauma. It is appropriate to integrate trauma Systems Therapy that is focused on enhancing the understanding of caregivers about the provision of right settings and environment (Arellano, et al., 2014). At home, school and community the caregivers must be able to address the need of these children.

Trauma-Focused Cognitive Behavior Therapy (TF-CBT) is one of the most widely accepted therapy due to its effectiveness. The purpose of this technique is to prevent the symptoms of stress, trauma and depression. The focus of this therapy is to train children to overcome their feelings of fear and insecurity by getting rid of the negative experiences. The care providers and the family members are encouraged to understand the unique experiences of the children and support them in difficult time. In a short-term intervention including 8 to 25 sessions the child is expected to modify his behavior through changing his patterns of thoughts (Aragonès, López-Cortacans, Badia, & Hernández, 2008). Trauma leads to negative feelings such as anger, self-abuse powerlessness and guilt. Kids are trained to recognize their self-worth and develop strength for to replace their traumatic experiences with positive events. After receiving counseling and support children learn to focus on good and positive things such as creativity and art for distracting them from negative experiences. This theory is effective for promoting confidence and self-determination in children. After accepting the loss, children realize the need for improvement and learns to deal with trauma.

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