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Mental Health Nursing Essentials

Core Nursing Essentials Mental Health Nursing Essentials

Use respectful, non-stigmatizing assessment and clear therapeutic boundaries. Screening scores and symptom labels do not replace a full interview, physical assessment or safety plan.

For educational purposes only.

Study guide

Use respectful, non-stigmatizing assessment and clear therapeutic boundaries. Screening scores and symptom labels do not replace a full interview, physical assessment or safety plan.

How to revise this category

1. Choose a topic and explain its purpose.
2. Identify the observations, equipment or information needed.
3. Connect the findings to documentation, reassessment and escalation.
4. Practise under qualified supervision and review the current local protocol.

Curriculum coverage

- Mental Status Examination (MSE)
- Mini-Mental State Examination (MMSE)
- Therapeutic communication
- Defense mechanisms
- Psychiatric emergencies
- Suicide risk assessment
- Hallucinations and delusions
- Anxiety and panic attacks
- Depression and mania
- Substance withdrawal
- Electroconvulsive therapy
- Psychiatric medication safety
- Crisis intervention
- De-escalation techniques

Quick Revision

Use this curriculum guide to organize study. Published summaries are listed separately. Detailed drafts remain in the private content studio until source and clinical checks are recorded.

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References & review status

- WHO - Patient safety rights charter (https://www.who.int/publications/i/item/9789240093249) - 16 April 2024. Patient participation, information, dignity and safety.

Sources checked for the stated scope on 26 November 2026. Original study synthesis; independent clinical review is not claimed. Source attribution is not a copyright-clearance certificate.

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Original curriculum guide. Source scope and versions are listed in the guide.

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