Students beginning their mental health nursing courses, those new to the field, and experienced mental health nurses will find Mental Health Nursing Made Incredibly Easy! UK Edition an accessible guide to this complex subject.

Written in the award-winning Incredibly Easy! style, the book features clear language and liberal use of bullet points to keep information concise and easy to find. It covers seventy specific disorders and includes an overview of mental health nursing. Numerous icons provide expert tips on patient care, the latest research, cultural considerations, and the latest news in psychopharmacology. Memory joggers and quick quizzes reinforce learning.

Mental Health Nursing Made Incredibly Easy! is organized into 13 chapters, beginning with an introductory chapter that provides descriptions of the mental health nurse’s scope of practice, areas of concern, the nursing process, communication techniques, multidisciplinary care, patient and family rights, advocacy, and ethical and legal issues. Seventy specific disorders, such as depression, substance abuse, and eating disorders, are presented in the next 12 chapters, including two chapters that address disorders experienced by children, adolescents, and older adults.

For each disorder, the text presents a brief introduction, typical symptoms, possible causes, diagnostic methods, treatment approaches, and nursing interventions. Research findings and the latest pharmacologic advances are also included where appropriate.

Nurses are in a strategic position to intervene on behalf of people with mental illness and to promote mental health in all settings. Mental Health Nursing Made Incredibly Easy! presents information in efficient, effective ways to increase understanding of psychiatric nursing and optimal nursing interventions for patients and families who are dealing with specific mental disorders.

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