



## Mental Health Care in Nursing: Strategies for Recognizing and Addressing Psychological Needs in Hospitalized Patients

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### Description

In recent years, the importance of mental health care in nursing has gained significant recognition, particularly in hospital settings where patients may experience heightened emotional and psychological distress. Understanding and addressing the psychological needs of hospitalized patients is essential for promote comprehensive care and promoting overall recovery. Hospitalization can be a stressful experience, often leading to feelings of anxiety, fear and depression. Patients may face a range of challenges, including the discomfort of illness, uncertainty about their health and separation from loved ones. These factors can significantly impact a patient's mental well-being, making it imperative for nursing professionals to be equipped to identify and address these psychological needs.

Building trust with patients is foundational to effective mental health care. Nurses should prioritize creating a safe and supportive environment where patients feel comfortable expressing their concerns. This can be achieved through active listening, demonstrating empathy and validating patients' feelings. Regular check-ins and open communication encourage patients to share their emotional experiences, helping nurses identify any signs of psychological distress. Routine mental health assessments should be integrated into standard nursing practices. Nurses can use validated screening tools, such as the Hospital Anxiety and Depression Scale (HADS) or the Patient Health Questionnaire (PHQ-9), to evaluate patients emotional

well-being systematically. These assessments can help identify those at risk of developing more severe mental health issues, allowing for timely interventions.

Effective mental health care often requires a collaborative approach. Nurses should engage with multidisciplinary teams, including psychologists, social workers and psychiatrists, to develop comprehensive care plans that address both physical and psychological needs. Regular team meetings to discuss patient progress and share insights can enhance the quality of care provided. Education plays an important role in managing mental health issues. Nurses should provide patients and their families with information about the emotional impact of hospitalization and the resources available for support. By educating patients about common psychological responses to illness and the importance of mental health, nurses can help demonstrating their experiences and reduce pain.

Isolation can increase feelings of anxiety and depression in hospitalized patients. Nurses should encourage patients to maintain connections with family and friends through phone calls, video chats or scheduled visits whenever possible. Additionally, facilitating support groups within the hospital can provide patients with a platform to share their experiences and feelings with peers, reducing a sense of community and belonging. Nurses must be watchful in monitoring for signs of psychological deterioration, such as withdrawal, changes in mood or difficulty concentrating. Early identification of these symptoms allows for prompt intervention, potentially preventing more severe mental health crises. Regular documentation of emotional changes can also provide valuable insights for the entire healthcare team.

### Conclusion

Addressing the psychological needs of hospitalized patients is a critical component of comprehensive nursing care. By reducing therapeutic relationships, conducting thorough assessments, implementing stress-reduction techniques and collaborating with multidisciplinary teams, nurses can significantly enhance the mental well-being of their patients. Ultimately, by prioritizing mental health care, nurses play an essential role in supporting comprehensive patient recovery and improving overall health outcomes in the hospital setting. As healthcare continues to evolve, it is essential for nursing education and practice to integrate mental health care as a fundamental aspect of patient care.

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