

The psychiatric interview in clinical practice Manual

The psychiatric interview in clinical practice is a fundamental component of mental health assessment and treatment planning. It serves as the primary tool through which clinicians gather vital information about a patient's mental state, history, and current functioning. A well-conducted psychiatric interview not only aids in accurate diagnosis but also fosters a therapeutic alliance that can significantly influence treatment outcomes. Mastery of the interview process requires a combination of clinical skill, empathy, and structured methodology to ensure comprehensive and reliable data collection.

Importance of the Psychiatric Interview in Clinical Practice

Foundation for Diagnosis and Treatment

The psychiatric interview provides the essential information needed to formulate a differential diagnosis, understand the patient's subjective experience, and develop an effective treatment plan. It allows clinicians to:

- Identify symptoms and their severity
- Understand the onset, duration, and course of mental health issues
- Assess comorbid physical and mental health conditions
- Establish rapport and trust with the patient

Enhancing Patient Engagement and Therapeutic Alliance

A respectful, empathetic approach during the interview fosters patient openness, which is crucial for accurate assessment and adherence to treatment.

Legal and Ethical Considerations

Accurate documentation of the interview can be vital for legal protections and ethical practice, ensuring that patient rights are maintained and clinical decisions are well-founded.

Preparation for the Psychiatric Interview

Creating a Conducive Environment

Ensuring privacy, comfort, and minimal distractions helps patients feel at ease, promoting honest communication.

Review of Background Information

Prior to the interview, clinicians should:

- Examine referral letters and previous medical records
- Review any prior psychiatric evaluations
- Gather information about the patient's social, medical, and family history

Setting the Agenda

Clarify the purpose of the interview and what the patient can expect, which enhances cooperation and reduces anxiety.

Structure of the Psychiatric Interview

A systematic approach ensures comprehensive coverage of relevant domains. The interview generally progresses through several stages:

1. Introduction and Rapport Building

- Greet the patient warmly and introduce yourself
- Explain the purpose and confidentiality
- Use open-ended questions initially to encourage storytelling

2. Presenting Complaint

- Ask, "What brings you here today?"
- Allow the patient to describe their main concerns in their own words

3. History of Presenting Illness (HPI)

- Details about symptoms: onset, duration, frequency, triggers, and impact
- Explore associated features: mood, cognition, behavior

4. Past Psychiatric History

- Previous episodes, treatments, hospitalizations
- Response to past interventions

5. Medical History

- Physical health conditions, surgeries, medications
- Substance use history

6. Family History

- Mental health issues in relatives
- Genetic predispositions

7. Personal and Social History

- Education, employment, relationships
- Cultural background, religious beliefs
- Social support networks

8. Mental State Examination (MSE)

A structured assessment of the current mental state, including:

- **Appearance and Behavior:** grooming, movements, cooperation
- **Speech:** rate, volume, coherence
- **Thought Process and Content:** coherence, delusions, hallucinations
- **Mood and Affect:** subjective mood, observable affect
- **Cognition:** orientation, memory, concentration
- **Insight and Judgment:** awareness of illness, decision-making capacity

9. Closing the Interview

- Summarize key points

- Address patient questions
- Discuss next steps and reassure confidentiality

Key Skills and Techniques in the Psychiatric Interview

Building Rapport

- Use active listening and empathetic responses
- Maintain appropriate eye contact
- Be non-judgmental and respectful

Effective Questioning

- Use open-ended questions to explore feelings and experiences
- Follow up with specific, closed questions for clarification
- Avoid leading or biased questions

Managing Difficult Conversations

- Handle sensitive topics with care
- Recognize and de-escalate agitation or distress
- Respect patient boundaries and autonomy

Active Listening and Observation

- Pay attention to verbal and non-verbal cues
- Note affect, tone, pauses, and body language

Documentation

- Record findings clearly, objectively, and concisely
- Use standardized terminology and scales when appropriate

Challenges and Limitations of the Psychiatric Interview

Patient Factors

- Lack of insight or denial
- Mistrust or suspicion
- Cognitive impairment or language barriers

Clinician Factors

- Biases and assumptions
- Communication skills
- Time constraints

Environmental Factors

- Distractions or interruptions
- Privacy issues

Strategies to Overcome Challenges

- Establish rapport early
- Use interpreters when language barriers exist
- Employ culturally sensitive approaches
- Use structured or semi-structured interview tools as needed

Conclusion

The psychiatric interview remains an indispensable skill in mental health care, requiring both art and science. Its success hinges on a clinician's ability to balance structured inquiry with empathetic engagement, ensuring a comprehensive understanding of the patient's mental health. Continuous refinement of interview techniques, awareness of potential pitfalls, and a patient-centered approach are essential for effective clinical practice. Mastery of the psychiatric interview not only enhances diagnostic accuracy but also lays the foundation for successful therapeutic relationships and improved patient outcomes.

The psychiatric interview in clinical practice is a cornerstone of mental health assessment, serving as the foundational step in understanding a patient's psychological functioning, diagnosing mental disorders, and formulating effective treatment plans. Its significance cannot be overstated, as a well-conducted interview not only uncovers crucial diagnostic information but also establishes rapport, fosters trust, and sets the tone for ongoing therapeutic engagement. In this comprehensive guide, we will explore the essential components, techniques, and best practices involved in

conducting an effective psychiatric interview, tailored for clinicians, trainees, and mental health professionals aiming to refine their skills.

The Importance of the Psychiatric Interview in Clinical Practice

The psychiatric interview is more than just a question-and-answer session; it is a dynamic interaction that provides a window into the patient's inner world. It allows clinicians to gather subjective experiences, observe behavioral cues, and assess mental status—all integral to forming an accurate diagnosis and treatment plan.

Key reasons why the psychiatric interview is vital include:

- Establishing rapport and trust: Building a therapeutic alliance encourages honesty and openness.
- Gathering comprehensive information: From symptoms and history to psychosocial factors.
- Assessing mental status: Evaluating cognitive, emotional, and behavioral functioning.
- Differentiating diagnoses: Clarifying overlapping or complex symptomatology.
- Monitoring progress: Tracking changes over time through repeated interviews.

Preparing for the Psychiatric Interview

Before engaging with a patient, preparation sets the stage for success.

- Review available information: Medical records, referral notes, previous assessments.
- Create a conducive environment: Privacy, comfort, minimal distractions.
- Clarify objectives: Understand whether the focus is diagnostic, therapeutic, or evaluative.
- Set aside adequate time: Ensuring the interview is thorough without feeling rushed.

Structure of the Psychiatric Interview

A systematic approach ensures comprehensive data collection while maintaining patient engagement.

- Introduction and Rapport Building

- Greet the patient warmly.
- Introduce yourself and explain the purpose of the interview.
- Obtain informed consent.
- Address confidentiality and its limits.

- Chief Complaint and Presenting Problem

- Ask the patient to describe their main concerns in their own words.
- Explore how these symptoms affect their daily life.

- History of Present Illness (HPI)

- Use open-ended questions to explore symptom onset, duration, severity, and course.
- Identify triggers, alleviating factors, and associated features.
- Clarify any previous episodes or treatments.

- Past Psychiatric History

- Past diagnoses, hospitalizations, treatments, and response.
- History of suicidal or homicidal ideation, self-harm.
- Substance use history.

- Medical History

- Physical illnesses, medications, surgeries.
- Neurological issues relevant to psychiatric symptoms.

- Family Psychiatric and Medical History

- Genetic predispositions.
- Family members with mental health issues or medical conditions.

- Social and Developmental History
 - Childhood development, education, employment.
 - Relationships, social support networks.
 - Cultural background and language.

- Substance Use and Abuse
 - Type, frequency, and impact of alcohol, drugs, or other substances.

- Mental Status Examination (MSE)

A structured assessment of current psychological functioning, covering several domains:

- Appearance and Behavior
- Speech
- Mood and Affect
- Thought Process and Content
- Perceptions
- Cognition
- Insight and Judgment

- Formulation and Summary
 - Integrate findings into a coherent picture.
 - Consider differential diagnoses.
 - Discuss initial impressions and next steps.

Key Techniques and Tips for Conducting the Psychiatric Interview

- Active Listening and Empathy

- Use verbal and non-verbal cues to show attentiveness.
- Reflect and paraphrase to confirm understanding.
- Normalize patient experiences to reduce stigma and defensiveness.

- Open-Ended Questions

- Encourage detailed responses.
- Example: "Can you tell me more about how you've been feeling lately?"

- Clarification and Probing

- Follow up on vague or ambiguous statements.
- Use gentle prompts to explore deeper issues.

- Managing Difficult Topics

- Approach sensitive subjects with tact and patience.
- Ensure safety when discussing suicidality or violence.

- Non-Judgmental Attitude

- Maintain neutrality, avoiding criticism or assumptions.
- Be aware of personal biases.

- Cultural Sensitivity

- Respect cultural differences in expressing emotions or symptoms.
- Adapt communication styles accordingly.

Challenges in the Psychiatric Interview and How to Address Them

- Patient Silence or Resistance
 - Use open-ended questions.
 - Express understanding and patience.
 - Build rapport over multiple visits if necessary.
- Malingering or Factitious Disorder
 - Look for inconsistencies.
 - Use collateral information when appropriate.
- Language Barriers
 - Employ interpreters trained in medical terminology.
 - Use culturally sensitive approaches.
- Cognitive Impairment
 - Simplify questions.
 - Use concrete language.

Ethical and Legal Considerations

- Obtain informed consent.
- Maintain confidentiality, with exceptions (e.g., risk of harm).
- Document thoroughly and accurately.
- Be aware of mandatory reporting laws.

Conclusion: Mastering the Art of the Psychiatric Interview

The psychiatric interview is a nuanced skill that combines clinical knowledge, communication excellence, and empathy. While it requires practice and continual refinement, mastering this art enhances diagnostic accuracy, builds therapeutic alliances, and ultimately leads to better patient outcomes. Remember, each patient brings a unique story; your role as a clinician is to listen intently, ask thoughtfully, and respond compassionately. Through this, the psychiatric interview becomes not just a procedural task but a meaningful interaction that can transform lives.

By honing your skills in the psychiatric interview, you lay the groundwork for effective mental health care—an essential pursuit for any clinician committed to understanding and helping those with mental health challenges.

Question What are the key components of a psychiatric interview in clinical practice? The key components include establishing rapport, presenting complaint, history of present illness, past psychiatric and medical history, family history, social and developmental history, mental status examination, and formulation of diagnosis and treatment plan. **Answer** How can clinicians effectively build rapport during a psychiatric interview? Clinicians can build rapport by demonstrating empathy, active listening, maintaining eye contact, showing genuine interest, avoiding judgment, and creating a comfortable, non-threatening environment. What are common challenges faced during psychiatric interviews, and how can they be addressed? Challenges include patient mistrust, communication barriers, or lack of insight. These can be addressed by establishing trust, using simple language, employing open-ended questions, and being patient and attentive. How does cultural competence influence the psychiatric interview? Cultural competence helps clinicians understand patients' cultural backgrounds, beliefs, and values, which influence their presentation and help-seeking behaviors, leading to more accurate assessments and personalized care. What role does the mental status examination (MSE) play in the psychiatric interview? The MSE provides a systematic assessment of a patient's current cognitive, emotional, and behavioral functioning, aiding in diagnosis, treatment planning, and monitoring progress. How can clinicians ensure patient confidentiality and ethical boundaries during the psychiatric interview? Clinicians should explain confidentiality limits, obtain informed consent, maintain professional boundaries, and adhere to ethical guidelines to foster trust and protect patient rights. What are effective strategies for interviewing patients with communication difficulties or language barriers? Using interpreters, employing visual aids, simplifying language, and being patient can facilitate effective communication with patients facing language or communication challenges. How important is a structured versus unstructured approach in psychiatric interviewing? Structured interviews provide consistency and comprehensive coverage, aiding diagnosis, while unstructured approaches allow flexibility and rapport-building. Combining both can be most effective. What are the signs of deception or untruthfulness during a psychiatric interview, and how should clinicians respond? Signs include inconsistent stories, evasiveness, or contradictory statements. Clinicians should gently probe, corroborate information with collateral sources, and maintain a non-confrontational attitude. How has the psychiatric interview evolved with the integration of technology and telepsychiatry? Technology has enabled remote assessments via telepsychiatry, increasing access to care. It requires

adaptations like ensuring privacy, managing technical issues, and maintaining engagement remotely while preserving the core interview principles.

Related keywords: psychiatric assessment, mental status examination, clinical interviewing techniques, patient history, diagnostic formulation, rapport building, mental health evaluation, interview skills, clinical documentation, therapeutic communication

psychiatric mental health nursing study guide

Psychiatric mental health nursing study guide is an essential resource for nursing students and professionals aiming to excel in the specialized field of mental health care. This comprehensive guide provides valuable insights into the core concepts, clinical practices, and exam preparation strategies necessary for success in psychiatric nursing. Whether you're beginning your journey or seeking to deepen your understanding, this article offers a detailed overview of key topics and study tips to enhance your knowledge and confidence.

Understanding Psychiatric Mental Health Nursing

Definition and Scope

Psychiatric mental health nursing focuses on providing holistic care to individuals experiencing mental health challenges. It involves assessing, diagnosing, planning, and implementing therapeutic interventions tailored to each patient's needs. This specialty emphasizes the importance of therapeutic communication, patient advocacy, and the promotion of mental wellness.

Roles and Responsibilities of Psychiatric Nurses

Psychiatric nurses play a vital role in mental health settings, including hospitals, community clinics, and outpatient facilities. Their responsibilities include:

- Conducting mental health assessments
- Developing and implementing individualized care plans
- Administering medications and monitoring their effects
- Facilitating group and individual therapy sessions
- Providing education and support to patients and families
- Advocating for patients' rights and needs

Core Concepts in Psychiatric Nursing

Understanding Mental Health Disorders

A foundational aspect of psychiatric nursing involves familiarity with common mental health disorders, such as:

- Depression and mood disorders
- Anxiety disorders
- Schizophrenia and psychotic disorders
- Bipolar disorder
- Post-traumatic stress disorder (PTSD)
- Personality disorders

Knowing the symptoms, diagnostic criteria, and treatment options for these conditions is essential for effective nursing care.

Theories and Models of Mental Health

Understanding various psychological theories and models assists nurses in providing empathetic and effective care:

- Biopsychosocial Model
- Erik Erikson's Psychosocial Development Theory
- Cognitive-Behavioral Theory
- Humanistic Approaches

Therapeutic Communication Techniques

Effective communication forms the backbone of psychiatric nursing. Key techniques include:

- Active listening
- Open-ended questions
- Reflective responses
- Empathy and validation
- Maintaining confidentiality and boundaries

Study Tips for Psychiatric Mental Health Nursing

Organize Your Study Material

Create a structured study plan that covers:

- Etiology and pathology of mental disorders
- Pharmacology related to psychiatric medications
- Therapeutic communication strategies
- Legal and ethical considerations
- Assessment and intervention techniques

Use Visual Aids and Mnemonics

Visual aids such as charts, diagrams, and flashcards can help reinforce complex concepts. Mnemonics are especially useful for memorizing diagnostic criteria or medication side effects.

Practice Case Studies and Scenarios

Applying knowledge through case studies enhances critical thinking and clinical reasoning skills. Practice analyzing patient scenarios to determine appropriate interventions.

Stay Updated with Current Guidelines

Review the latest nursing protocols, mental health policies, and evidence-based practices. Reliable sources include:

- American Psychiatric Nurses Association (APNA)
- National Institute of Mental Health (NIMH)
- World Health Organization (WHO)

Key Topics for Exam Preparation

Psychopharmacology

Understanding the medications used in psychiatric care is crucial. Focus on:

- Classes of psychiatric drugs (antidepressants, antipsychotics, mood stabilizers, anxiolytics)
- Mechanisms of action
- Common side effects and adverse reactions

- Patient teaching points

Legal and Ethical Issues

Be familiar with concepts such as:

- Involuntary commitment
- Patient confidentiality and HIPAA
- Informed consent
- Ethical dilemmas in mental health care

Crisis Intervention and Safety

Know how to handle:

- Suicidal ideation and behaviors
- Violent or aggressive patients
- De-escalation techniques
- Environment safety measures

Practical Skills in Psychiatric Nursing

Assessment Skills

Conduct comprehensive mental health assessments by evaluating:

- Psychosocial history
- Mental status examination
- Risk factors and safety concerns
- Patient strengths and support systems

Implementing Therapeutic Interventions

Apply interventions such as:

- Counseling and psychoeducation
- Medication administration and monitoring

- Facilitating support groups
- Developing coping strategies with patients

Documentation and Record Keeping

Accurate documentation ensures continuity of care and legal protection. Record:

- Patient observations
- Interventions performed
- Patient responses
- Any incidents or safety concerns

Resources for Further Learning

Enhance your study with reputable resources:

- **Textbooks:** "Psychiatric-Mental Health Nursing" by Ruth T. Woltjen
- **Online Courses:** Coursera, Khan Academy, or nursing-specific platforms
- **Professional Journals:** Journal of Psychosocial Nursing and Mental Health Services
- **Study Groups:** Join peer groups for discussion and shared learning

Conclusion

Mastering the essentials of psychiatric mental health nursing requires dedication, continuous learning, and practical application. A well-structured study guide serves as a roadmap to understand complex mental health concepts, develop clinical skills, and prepare effectively for exams and real-world practice. Remember to stay updated with current guidelines, utilize diverse learning resources, and engage actively in clinical experiences. With perseverance and strategic study habits, you can become a competent and compassionate psychiatric nurse, making a meaningful difference in patients' lives.

Keywords: psychiatric mental health nursing study guide, mental health disorders, psychiatric nursing exam prep, therapeutic communication, psychopharmacology, mental health assessment, crisis intervention, nursing resources

Psychiatric Mental Health Nursing Study Guide: A Comprehensive Breakdown for Aspiring Mental Health Nurses

Embarking on a career in psychiatric mental health nursing requires a solid foundation of

knowledge, clinical skills, and compassionate understanding. As a specialized branch of nursing, psychiatric mental health nursing focuses on the assessment, diagnosis, and treatment of individuals experiencing mental health disorders. Whether you're a nursing student preparing for exams or a practicing nurse seeking to deepen your understanding, this comprehensive study guide aims to clarify core concepts, essential skills, and key areas of focus within this vital field.

Understanding Psychiatric Mental Health Nursing

Psychiatric mental health nursing is a specialized area of nursing practice dedicated to caring for individuals with mental health conditions across the lifespan. It encompasses a broad scope from acute psychiatric crises to chronic mental health management and involves an integrated approach that combines biological, psychological, and social perspectives.

The Role of the Psychiatric Mental Health Nurse

The psychiatric mental health nurse acts as a therapeutic agent, educator, advocate, and supporter. Their responsibilities include:

- Conducting mental health assessments
- Developing individualized care plans
- Administering medications and therapies
- Providing psychoeducation to patients and families
- Monitoring patient progress
- Advocating for patient rights and reducing stigma

Core Concepts in Psychiatric Mental Health Nursing

Before diving into clinical practice, it's essential to understand foundational concepts that underpin psychiatric nursing.

- Mental Health vs. Mental Illness

- Mental health: A state of well-being where individuals realize their potential, cope with normal stresses, work productively, and contribute to their community.

- Mental illness: Conditions that affect mood, thinking, and behavior, such as depression, schizophrenia, or anxiety disorders.

- The Biopsychosocial Model

This model emphasizes that mental health disorders arise from a complex interplay of biological, psychological, and social factors:

- Biological: Genetics, neurochemical imbalances
- Psychological: Trauma, coping skills
- Social: Family dynamics, socioeconomic status

- Therapeutic Communication

Effective communication is vital in psychiatric nursing. It involves active listening, empathy, and establishing trust. Techniques include:

- Open-ended questions
- Reflective listening
- Silence and patience
- Clarification and validation

Key Mental Health Disorders and Nursing Interventions

Understanding common mental health disorders and appropriate nursing interventions forms the backbone of psychiatric nursing.

Common Psychiatric Disorders

- Major Depressive Disorder
- Anxiety Disorders (GAD, panic disorder, phobias)
- Schizophrenia Spectrum Disorders
- Bipolar Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Substance Use Disorders
- Personality Disorders

Nursing Interventions for Mental Health Disorders

- Assessment: Use standardized tools like the PHQ-9 for depression or GAD-7 for anxiety.
- Safety Measures: Implement suicide risk assessments and safety protocols.
- Medication Management: Administer psychotropic medications, monitor side effects, and educate patients.
- Therapeutic Techniques:
 - Cognitive Behavioral Therapy (CBT)
 - Milieu therapy
 - Psychoeducation
- Promoting Wellness: Encourage healthy lifestyle behaviors, socialization, and coping strategies.

Pharmacology in Psychiatric Nursing

Medications play a critical role in managing mental health disorders. A psychiatric nurse must understand:

Types of Psychotropic Medications

- Antidepressants (SSRIs, SNRIs, TCAs)
- Anxiolytics (benzodiazepines)
- Antipsychotics (typical and atypical)
- Mood stabilizers (lithium, valproic acid)
- Stimulants (for ADHD)

Key Nursing Considerations

- Monitoring therapeutic effects
- Recognizing adverse effects
- Educating patients on medication adherence
- Managing potential drug interactions

Legal and Ethical Considerations

Psychiatric mental health nursing involves unique legal and ethical challenges:

- Informed Consent: Ensuring patients understand treatment options.
- Confidentiality: Respecting patient privacy, with exceptions for safety.
- Involuntary Admission: Understanding criteria and procedures.
- Patient Rights: Advocacy against discrimination and promoting autonomy.

- Ethical Dilemmas: Balancing safety with individual freedoms.

Crisis Intervention and Special Situations

Nurses often encounter emergencies requiring immediate action:

Suicide Prevention

- Conduct thorough risk assessments
- Maintain a safe environment
- Implement safety contracts
- Engage in empathetic communication

Aggression and Violence

- Use de-escalation techniques
- Maintain personal safety
- Seek assistance when necessary

Substance Withdrawal

- Recognize withdrawal symptoms
- Monitor vital signs
- Provide supportive care
- Facilitate detoxification

Promoting Recovery and Resilience

A vital aspect of psychiatric mental health nursing is fostering hope, resilience, and recovery:

- Empower patients through education
- Encourage participation in therapy
- Support social integration
- Address stigma and promote community resources

Study Tips for Psychiatric Mental Health Nursing

To excel in psychiatric nursing studies, consider these strategies:

- Use mnemonics to remember disorder symptoms and medications
- Engage in case studies to apply theoretical knowledge
- Participate in simulation exercises for communication skills
- Review current guidelines from psychiatric nursing associations
- Practice critical thinking in clinical scenarios
- Form study groups for peer support and knowledge sharing

Conclusion

Mastering psychiatric mental health nursing is a rewarding journey that combines scientific knowledge with compassionate care. This study guide has outlined core concepts, common disorders, interventions, pharmacology, legal considerations, and practical tips to support your learning. As mental health awareness continues to grow, so does the importance of skilled psychiatric nurses equipped to make a meaningful difference in patients' lives. Dedicate yourself to continuous learning, empathy, and advocacy, and you'll be well on your way to becoming a competent and compassionate mental health professional.

Question What are the key components of a psychiatric mental health nursing assessment? A comprehensive psychiatric assessment includes evaluating the patient's mental status, mood, affect, thought processes, behavior, risk factors, social history, and current functioning to develop an effective care plan. How can psychiatric nurses effectively manage patient resistance during therapy? Effective management involves building rapport, practicing active listening, validating patient feelings, and employing motivational interviewing techniques to foster trust and encourage engagement. What are the common medications used in psychiatric mental health nursing, and their primary side effects? Common medications include antidepressants (e.g., SSRIs), antipsychotics (e.g., haloperidol), and mood stabilizers (e.g., lithium). Side effects may include weight gain, sedation, extrapyramidal symptoms, and metabolic changes, requiring careful monitoring. What are the best practices for crisis intervention in psychiatric nursing? Best practices involve ensuring safety, maintaining a calm environment, establishing rapport, assessing risk, employing de-escalation techniques, and collaborating with the healthcare team for immediate intervention. How does therapeutic communication enhance patient outcomes in psychiatric mental health nursing? Therapeutic communication fosters trust, reduces anxiety, promotes insight, and encourages patients to express feelings, leading to improved adherence to treatment and better overall outcomes. What are the ethical considerations unique to psychiatric mental health nursing? Ethical considerations include maintaining patient confidentiality, obtaining informed consent, respecting autonomy, managing involuntary treatment ethically, and addressing potential dual relationships with patients.

Related keywords: psychiatric nursing, mental health nursing, psychiatric nursing exam, mental health study tips, psychiatric nursing concepts, mental health assessment, psychiatric nursing practice, mental health interventions, psychiatric nursing care plan, psychiatric nursing textbooks

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