

## **Developing a Recovery Focused Nursing Care Plan**

## **Recovery Process 1**

### **Description of the chosen recovery process**

Mental health care that follows the recovery process is holistic and centered on the person. Generally, personal recovery refers to recovery from substance misuse and mental illness, that may coexist. The recovery process can be described in several ways in order to identify the condition of the patient and give a detailed inspection guideline for the same (Genç & Arslan, 2021, p.90). However, control over the problematic substance use and improvement in the global healthcare system can help in boosting the recovery process. In the present scenario, *Hope and optimism about the future* have been taken into consideration in order to identify the recovery process of the patient and suggest necessary steps to deal with the condition. As opined by Hirsch et al. (2020, p.226), the path to recovery differs from person to person and depends on the circumstances. Typically, it is a nonlinear, gradual, and multidimensional process made up of various phases or stages.

In the context of the present case of Angie, it can be mentioned that she needs much care and need to be more optimistic about her future. It has been determined from her case that the outbreak of the pandemic has impacted her and she has started getting negative vibes. As mentioned by Marchant et al. (2020, p.1060), the tendency to think negatively is often linked to problems such as anxiety, depression, low self-esteem, and many more. In these circumstances, it is important to make the patients more positive and give hope about the future. Positive thinking can be helpful in order to overcome negative vibes. In the present case, Angie needs to think positively about the situation. The outbreak of COVID has given them ample time to spend with their family and spent quality time with them this can be a positive outcome of the situation. Most important, recovery from mental illness is enabled by hope, since recovery is determined by the notion that a patient wants to get better.

### **MH Nursing interventions for the consumer**

As per the present case, it can be seen that Angie is diagnosed with Schizophrenia and she needs proper care and treatment in order to get rid of the situation. However, in this circumstance, the following Nursing interventions can be taken into consideration-

*MH Nursing Intervention 1:* As a critical part of multidisciplinary mental health services, mental health nurses are well equipped to conduct comprehensive assessments and come up with appropriate care plans, especially as care coordinators in care programs (Vrbova et al. 2018, p.12). However, **Brief Hope Intervention (BFI)** can be useful in the present scenario. It can be helpful in order to increase the hope level among mental health patients (Acharya & Agius, 2017, p.620). On the other hand, it can also be helpful in order to increase the level of self-esteem and be more optimistic about the future. Moreover, there is a need to collaborate with Angie and help in prioritizing her goals as she has the will to be recovered from the current situation.

*MH Nursing Intervention 2: Self-management and spiritual support* to the patient sometimes become helpful in order to treat Schizophrenic patients. This can be accommodating as proper behavioral theory can help them become more hopeful about the future and improve the follow-through treatment procedure (Buonocore et al. 2018, p.30). Angie needs to come out of the delusion with the spiritual support that she needs. Moreover, the capacity of the nurse in the capabilities of Angie can be helpful for her by giving her hope to get out of the situation.

*MH Nursing Intervention 3: Strong communication process* of the nurse can also be helpful in the present scenario. Nurses can give hope with their power of communication with the patients. It is important for the nurses that are taking care of the mental health patients to give hope and communicate positively with the patients to make them more optimistic about the future and make them believe that the tough situation will be over soon and the situation will be better than before.

### **Critical Discussion Linking Interventions with the recovery process**

Schizophrenia patients need maintenance treatment with antipsychotics and psychosocial therapy to remain symptomatic. In the present scenario, it can be seen that Angie is suffering from Schizophrenia and developing anxiety about the future and the outbreak of the pandemic. This can be due to the uncertainty of the future and the prolonged time of lockdown. However, as mentioned by O'Donoghue et al. (2021, p.215), the phrase of lockdown, deaths of close relatives, and isolation period have affected the mind of people all over the world and developed several acute mental illnesses in the past 2 years. The same has happened in the case of Angie. In this circumstance, it can be seen that she is suffering from hopelessness and helplessness. In this situation, I believe that proper nursing intervention that can make her feel safe about the future can be accommodating. Brief hope interventions by the nursing caregiver may seem accommodating in the present scenario as it makes her optimistic about the future and the situation that has been faced by the world.

Moreover, she needs to understand that she is not the only one who is suffering from the lockdown and isolation situation. Proper communication with her by the nurse is seen to be more powerful than anything to make her understand the situation. As mentioned by Morin & Franck (2017, p.100), mental health professionals and nurses can work together to improve client compliance and other outcomes by using shared decision-making techniques. Nonetheless, spiritual support and self-management process seem to be accommodating for the client to better understand her condition and take necessary decisions with the help of the caregiver to cope with the situation. Her paranoid ideas need to be shared with proper communication and understanding from the side of the nurse can help her to come over the delusion. On the other hand, it has been seen that Angie is unhappy with her diagnosis of Schizophrenia as she thinks she can never be the same as before. However, in my opinion, it can be the prime responsibility of the nurse to make her feel more positive with

communication and hope intervention that she could be like before with proper treatment and care.

## **Recovery Process 2**

### **Description of the chosen recovery process 300**

In the course of the study, it can be seen that another important recovery process for mental illness patients can be seen as *Empowerment*. Empowerment can be seen as the control, influence, and choice of the patients on the events of their life (Torous & Hsin, 2018, p.2). However, empowerment is an essential component of a person-centered, holistic approach to recovery. Empowerment has active participation in the process of decision-making and promotion of healthcare services. In order for empowerment to occur simultaneously, both the individual and the population must be empowered. Furthermore, empowerment can enhance human development on an individual basis (WHO, 2021). In the present scenario, it can be seen that the patient is suffering from schizophrenia as well as some of the paranoid delusion of the extinction of the world by the outbreak of the viruses that made her more helpless. In these circumstances, the empowerment intervention can be a helpful recovery process for the patient.

In most areas of life, people with schizophrenia face significant disabilities and cannot fulfill their life goals. However, the predominant reason in the present case is to choose the empowerment stigma for the betterment of the patient as she is feeling paranoid and hopeless about the future. In this scenario, it is important to make her more strong and feel empowered in the present situation. Empowerment is defined by Ping et al. (2020, p.51) as a multidimensional process that enables individuals and groups to gain a better grasp of and control over their life experiences. Empowerment can be helpful for Angie for getting over the paranoid thinking and she can feel that she can get over the tough situation and the world

become the same as it was before. It can help in enhancing self-reliance, dignity and give the strength in order to cope up with the situation.

### **MH Nursing interventions for the consumer**

*MH Nursing Intervention 1:* In order to make the client feel more empowered, it is the primary duty of the nurse to be **non-judgmental and respectful** towards the thoughts and thinking of the client. As opined by Luther et al. (2019, p.64), being non-judgmental towards the patients can make them feel empowered, and eventually, they will share their problems and thoughts with the nursing caregiver. This situation can go in favor of the nurse as well as the treatment procedure. In the present case of Angie, several unaccustomed thinking is recorded on her behalf. The nurse needs to listen to her carefully and respect her thinking and the situation she is facing.

*MH Nursing Intervention 2:* Another helpful intervention that can be taken care of by the Nurses is to focus on the **ability and strength** of the patient. In compliance with Lim, Wynaden, & Heslop (2019, p.240), empowering the strength and abilities of schizophrenic patients can be helpful in order to get a better outcome in the treatment procedure. Moreover, it can feel them more relaxed and encourage their decision-making skills. They have to believe the fact that they can cope up with the situation and can live a better life than now. Furthermore, in the present case, Angie needs to believe in her own ability that can cope up with the pandemic situation with the capability and ability. It can be helpful for her to identify her strength and use it to handle the situation.

*MH Nursing Intervention 3: **Building a good relationship*** can be helpful for the nurse to understand the underneath problem of the client. Building a good relationship intervention

is accommodating in the case of the present client as the nurse can identify her problem by clearly talking to her and observing. Moreover, it can be essential to recognize the past courses and incidents and the reason behind the happenings. This process on the other hand help in building trust between the nurse and the patient that is important for the mental health intervention process to understand the thoughts of the patient clearly.

### **Critical Discussion Linking Interventions with the recovery process**

As a result of an empowerment approach, the strengths, resources, and skills of the service user are recognized and developed. In the present scenario, it can be seen that empowerment can be presented as the means as well as a powerful tool in order to treat patients with acute mental health problems (Lobban et al. 2020, p.1). Furthermore, the situation of Angie is best described as helplessness and lack of confidence. In this scenario, it can be strongly recommended to make her more empowered and boost her self-esteem. As per the case file of Angie, it has seemed that she is devastated by the outbreak of the pandemic and feels that it is the only thing that is responsible for the memory loss. However, she needs to believe in herself and the ability she has to fight the disease and the pandemic situation. In this respect, the intervention that has been chosen for the recovery process can be seen as useful. There is a need to focus on the strength and ability of the patient to make her feel more confident about the situation that in turn helpful for recovering from the situation.

On the other hand, it has been seen that she is having unnatural and weird thoughts that need to be understood as a case manager. Moreover, being a non-judgmental caregiver, the nurse can be able to know the situation she is facing such as hearing the voice of Jesus to think of the pandemic as the Zysperepenion attack. As per the records of the case, it has been seen that she was very good in her social skills at the high school. However, there is a need to make her more confident about her skills and critically understand the

situation of the patients (Vita & Barlati, 2018, p.250). These are the helpful intervention to be taken in order to treat a patient with schizophrenia.



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