

## A Psychological Study into the Virtues that are Important for a Psychiatric Nurse

Nathiya K<sup>1</sup>, Dr. Charisma S. Ututalum<sup>2</sup>, Monika Devi NR<sup>3</sup>,  
Dr. M. R. Suchitra<sup>4</sup>, R. Bhuvana Sai<sup>5</sup>

Received: 15-May-2023

Revised: 13-June-2023

Accepted: 05-July-2023

<sup>1</sup> Associate Professor, Department of Mental Health Nursing, Narayana College of Nursing, Nellore, A. P., India

<sup>2</sup> College President, Sulu State College, Philippines

<sup>3</sup> Nursing Tutor, Medical Surgical Nursing, Govt Medical College and Hospital Jammu, Jammu and Kashmir, India

<sup>4</sup> Assistant Professor, Department of biosciences, SASTRA(SRC), Kumbakonam, Thanjavur, India

<sup>5</sup> Nursing Tutor, Child Health Nursing Speciality, Sree Vidyanikethan College of Nursing, Tirupathi, Andhrapradesh, India

<sup>1</sup>nathismily@gmail.com, <sup>2</sup>csututalum@gmail.com, <sup>3</sup>monikasyal98@gmail.com,

<sup>4</sup>dietviji@yahoo.com, <sup>5</sup>anushajagadeesh14@gmail.com

### Abstract

Psychiatric nurses have received the required training to take care of the psychological and physical well-being of mental patients. The main purpose of this article is to explore the virtues that are important for nurses in psychiatry. Virtues in psychiatry are all about doing the right thing by the patient, their loved ones and society in a broader sense. Nurses can save various challenges in psychiatric care and often might be subjected to a lot of stress. On the other hand, they also serve as support staff and source of information for doctors and specialists. Virtue holds a significant place in this entire endeavour to deliver the best patient experience. Hence, this paper has discussed all about the virtues that are important for nurses in psychiatry. The article has used secondary sources of information to present the results and provide a discussion into the matter. All the virtues and their importance for a psychiatric nurse has been discussed in detail in the study.

**Keywords:** Psychological, Mental Patients, Psychiatric Nurses, Virtues

### 1. Introduction

Psychiatric nurses have played a great role in taking care of the psychological and physical well-being of mental patients. This treatment and managing all mental patients are really a confidential job and much responsibility should be required for taking care of all patients. In this concern, all psychiatric nurses mandate proper training which can require a better degree of treating those mental patients. As mentioned by Rice, Stalling & Monasterio (2019), advanced practices in Psychiatric-mental health are the second largest group of behavior professionals within the health. Heat care is done with the help of some registered nurses which are especially granted nurses for managing perfect requirements in “psychiatric mental health” conditions. The comprehensive care to the individual families, community, and groups is that aspect for all the patients. Psychiatric nurses are the most vital in caring for those mental health-disordered patients. This type of therapy is provided in a variety of settings and mainly develops a strong therapeutic connection which creates a long lifespan.

This therapy creates a huge amount of oranges nursing, neurological and psychological expertise that ensures perfection in confidential care. From the viewpoint of Delaney & Vanderhoef (2019), “psychiatric mental health” (PMH) registered nurses and “Advanced Practice Registered nurses (APRN)”. The nurses in psychiatric mental health should follow some rules and that is the most vital in touch care. All the patients singing with individuals should achieve the main goal of recovering these patients. The virtues in treating all mental patients can require better action within the major creativity. In this concern, all the nurses should assure the best action by revealing honesty, loyalty, and most positive behavior in front of mental patients.

Support activity on the physical and mental health of those psychiatric patients is mainly possible with a reliable psychiatric nurse. This supportive action can be continued without the action of positions among the families

and community. This can recover all the states of that mental patient. Professional nurses require a particular training program that helps in specialization and standardization in the treatment system. This function leads to favorite mental health patients and their families. All the patients mainly manage all the areas processed with forming a team and Thai types of teamwork can meet perfection on the major development along with perfect requirements. All the users need to ensure all the psychiatric patients receive the good and right treatment and this subsequently creates an adjustment to stabilize formation with perfect medication. Most of the common care is required with performing safety management and risk assessment switch assists for grooming all mental patients.

## **2. Aim of the Study**

The main objective of this study is to evaluate a psychological study into the virtues that are important for a psychiatric nurse.

## **3. Materials And Methods**

The methodology in the study is much important which ensures the major framework and technique of the study which can form better action on the justification at the time of finalization. The researcher of this study should choose a qualitative method for conducting this study which can help in understanding the major beliefs, experiences, attitudes, and interactions of the study. From the viewpoint of Akter *et al.* (2019), the Integration of qualitative study assists in the strategic maintenance of the study. This increases the attention and provides guidelines regarding the main subject of the study. This type of method helps to clarify and perfectly justify virtues that are important for nurses in psychiatry. In this concern, the gathering of secondary data is based on perfect insights and investigation of major findings. As mentioned by Lemon & Hayes (2020), secondary data collection is done by gathering information from authentic books, peer-reviewed journals, and some magazines which belong to recent sources.

The researcher in this study has chosen indirect approaches, interpretivism research philosophy, and cross-sectional research design. All of these main strategies are helpful in maintaining the creation of a clear view and justifying the entire topic in-depth study. According to Van Daele *et al.* (2020), major action and investigating relevant insights from depth study create betterment in the study which specifies satisfaction in front of the readers. The reliability and validity of qualitative study mainly meet with the assurance of authentic insights in each section. Consistency and accuracy can form the best action within the fruitful consideration. The strategy of the study can be approved with the help of inclusion and exclusion criteria.

The researcher should include that all the information is secondarily gathered and should be taken from authentic peer-reviewed journals which are published after 2019. On the other hand, in the exclusion criteria, researchers should not take all the secondary information from irrelevant journals which are published before 2019. The information should be gathered based on the important role played by the psychiatric aspects. The researcher should not shift from the topic which may not be fruitful for justifying the subject. The reliability and validity approval can help in ensuring the ethical maintenance of this study.

## **4. Findings**

### **4.1 The importance of the role of psychiatric nurses in psychiatry**

Psychiatric disorders can be healed with the helpful perfect action of a psychologist, though after the treatment the patient needs perfect care for a few days. This personal care has been taken by that psychiatric nurse. Perfect training or mentoring facilities can create compatibility for treating the mental patient. There are many treatments that have been maintained by psychiatric nurses that are most similar to those of psychologists. As mentioned by Robiner, Tompkins & Hathaway (2020), psychological therapy and medication prescription also can be provided by those nurses as the course and training program leads to behaving like an assistant of psychologists. The primary care of the nurse is to assure patients about their reliable treatment and develop positive aspects in the mind of those mental patients.

Getting a specialized nurse job in a psychiatric unit, proper education, and turning should be required unless this cannot lead to better action during the taking care of those psychiatric patients. The emotional distribution of mental care of the patients can get huge amounts of emotional breakdown and is recovered with the perfect care of psychiatric nurses. From the viewpoint of Söderberg, Wallinius&Hörberg (2020), psychiatric nurses are built for perfect communication which is directed toward proper therapy and the development of relationships. The core professional health care can be accessed by increasingly vulnerable and general individuals. Primary mental health can be obtained from proper treatment facilities of those psychiatric nurses in the public and private sectors (Phoenix, 2019). The fundamental caring concept enables explaining reliable action among the patients.

#### **4.2 The Role of virtue ethics in psychiatric nursing**

Major virtues in the nursing profession consist of professional knowledge skills, morality, and ethical conduct along with trustworthiness within the practice of the main job. In the viewpoint of Sala Defilippis, Curtis& Gallagher (2019), virtue ethics for nursing jobs is mainly concerned with the characteristics of individual nurses who seek appropriate action that can enhance their well-being. The virtue of the conduction of major development can be done with the help of discussing the vitality of developing the habits of mind and character of all the types of issues of all patients. Engaging and resolving all the issues and problems of the patients is done with the application of ethical principles. In the viewpoint of DeSimone (2019), the ANA code of ethics speaks about the ethical obligations meaning all nurses. This is clarified with the care of a person and there should be dignity compression in all the stages of managing patients. The practice of psychiatric nurses should be loyal to a job that can be fruitful for the development of the main strategy.

There are some actions of psychiatric nursing that must work to create respect for maintaining the dignity of a person. As mentioned by Rushton, & Pappas (2020), nursing integrity can proceed with the help of individual opportunity by supporting all nurses. Individual opportunity should be experienced with experiencing trust, and the hope of achieving the highest ethical awareness which is respectful for those types of jobs. On the other hand, the ethical maintenance in certain creations leads to a huge negative effect on protecting the patient's health and major importance can be discussed with ethical competence. Ethical knowledge acts towards the management within the ethical consideration which is based on the appearance of all nurses with perfect behavior and loyalty within patients of mental patients.

In professions, nurses should be loyal to the job which can maintain better treatment among all patients. Patients should appear with certain actions and the highest approach among major developments in the recovery strategy. As mentioned by Mittelstadt(2019), there are many principles that are present with ethical knowledge that acts as behavioral development. The behavior and appearance depend upon the treatment process of psychiatric patients. These Patients are seeking good-behaving nurses and these types of nurses can perfectly behave with patients. Good behavior and developing trust along with growing a relationship is most of the better therapy to recover all mental patients.

The medical ethic showcases the doctors and ensures they should appear with better behavior which gets satisfactory measurements among all the professionals. This section of all patients advocates the proper touch of nursing practices that give better care among those patients in this action of the manor testing princesses. As mentioned by Epstein *et al.* (2019), medical ethics is the best for understanding the major characteristics of good medical activities. These ethical practices among nurses can meet the perfect care for psychiatric patients. A distinctive approach c medical ethics, virtue ethics can meet better action which forms enabling moral characters for promoting wellness among patients.

There are many methods that are adopted by the individuals who seek patients which are underlying scientific principles which remain the same for the major establishment. From the perspective of Tehranineshat *et al.* (2020), the nursing principles are maintaining privacy which is manageable for ethical maintenance which is maintained with the help of the perfect behavioral approach of nurses. The journey on the job can be the perfect way to recover all the metal patents. The major therapy on creating the best maintenance of those mental

patients. The action which is given by the psychometric treatment can proceed with the help of proper time management and material care for the patients. All the patients should maintain better action within the acceptance impact within the good feelings of the respective behavior among the individuals.

The actions of major nurses are the most effective in showcasing perfect loyalty and honesty within the major treatment. On the other hand, the positive behavior of nurses is the most effective in mental patient care in which all patients can get assured about the treatment process. On the other hand, the non-judgmental processes of nurses may appear aggressive among those nurses. As mentioned by Simillidou *et al.* (2020), actions with negative performance in front of mental patients, may create negativity in the treatment processes. The behavior of most patients should not be judgmental as mental disorders cannot appear like normal patients. In this way, nurses should appear like a host; so that patients can get assured about proper retirement pressures.

Those nurses should keep a sincere interest in front of the major mental patients and all the patients are all directly changing from separate rooms and indirect techniques which can be restricted. According to Lindström, Sturesson & Carlborg (2020), a nurse shows main responsibility which may not be rejected by the patients due to showcasing desire as the main expectation. The nurses should take care of the patient's main feelings and give priority to the maintained activities to understand different behavioral patterns for all the patients. This allows them to make their own choices and design on the patients as much as possible. The action and profitable development can develop with the perfect touch of avoiding sensitive appearance.

The communication between nurses and psychiatric patients should be based on the needs, interests, and wants of the main attention of all nurses which can maintain better action which can create the highest chance of focusing on points and reality which is the most vital for obvious issues. From the viewpoint of Johnstone (2021), listening is an active ethical practice in psychiatric practices which should be shown as a genuine move in treating those mental patients. Virtual ethics can be of four forms such as prudence, temperance, justice, and courage which are the most important for treating mental patients. The prudent is practical for revealing wisdom and they can be rational for perfect determination within the caring of mental patients.

Justice is simply reciprocity in which just certain judgment can be done with political justice and this is not becoming within the dealing with judgmental, action. In addition, courage can be fortified with the right feeling and confidence which is regulated with perfect emotion. This action may be revealed with much judgment as the feelings of the patient are more formed with less effective development. Excessive timidity can perform boldness within the courage within the striking balance. These virtue ethics can be maintained with the major action of certain treatment maintenance.

#### **4.3 Several challenges faced by nurses in practicing virtues of and their importance for a psychology**

Nurses face challenges regarding the treatment processes of maintaining mental patients. As mentioned by Liang *et al.* (2020), anxiety and depression are compared with the public which is the most occupational pressure in the workplace. On the other hand, professional skills sometimes meet the requirement. In this concern, certain virtues cannot be maintained. The anxiety is revealed mainly with the less effective conduction, and this may form less trust among increasing value within the clinical psychology. Mental patient management in a dangerous state cannot be possible for nurses in this condition. Those nurses are getting dissatisfied with their job. On the other hand, compression fatigue requires a huge amount of pressure on maintaining all mental patients. Mental disorder management requires many touches at the time treating high mental disorders.

Different types of psychological treatments are available in the health sector such as Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT). Nurses face several types of issues to provide proper treatments for mental patients. Sexual harassment, physical violence, administrative challenges, stigma, discrimination, and administrative challenges. These issues create a negative impact on the personality of nurses within the health sector.

## 5. Discussion

Psychiatric disorders mainly recover with the virtue of ethical treatment within mental patients. More effective training among those nurses can be effective in considering better effects on patients. The treating of all the mental patients with the toughest cases of mental disorders needs proper training and education within those among psychiatric nurses. These nurses are assured of a better job communicating and there should be perfect action among nurses for managing better carrying those patients. Medical science always appears with ethical maintenance and treatment. In this way, the perfection of treatment can appear with perfect action on medication procedure. Virtue ethics can be maintained with the perfect establishment of ethical practices among caring mental patients.

ANA code of ethics speaks about the stem of main ethics which helps in the development of perfect clarification for caring for patients. Caring for patients depends upon reliability and loyalty within the main job which is creating the best action for mental patient care. Perfect management can prepare for treating patients with mental disorders. The mental disorder can lead to managing the range of action among the patients and this may create a proper cure for the patient many negative appearances of the patients may not get better treatment facilities among the patients. Loyal and honest may perform the best action in treating all the patients which assures the best action among the psychological practices. The nurses mainly acted positively. The application of different components in virtues in the nature of the study can be depicted with the reliable treatment process. The loyalty to this type of treatment can be perfectly satisfying among psychiatric patients. On the other hand, many psychiatric nurses face many challenges during the practice of psychological treatment.

## 6. Conclusion

Promotion and maintenance are the most vital for creating better action in caring for mental patients. Intake screening, evaluation, and triage conduction are the major activities in managing those mental patients. On the other hand, these nurses should have the ability to feel the patients better in all situations and recover those individuals from minor disorders and negative thoughts. Treating for boosting the mental power of those patients, the self-care activity can be based on a training session.

Prosper music therapy can establish recreational advantages among mental patients and there should be a facility for teaching music and dance to mental patients. This treatment can assure the virtual importance of psychiatric nurses. In this concern, all the points get refreshed by feeling the music and this may cue the mind of those patients. Hospital authorities should take certain responsibility for recruiting nurses who have the ability to teach music to mental patients which can create better attraction to culture. Proper action can perfectly develop the relationship between patients and nurses.

Creative activities can bring happiness to psychological patients which can be an advantage for the nurse. The critical thinking ability of patients also can be explored through innovative creations such as puzzle solving. It can be considered a stress-removing activity.

Drawing practices also can be included in the treatment and led by nurses that increase the mental development of the patients. The psychological nurses can understand the thought process of the patient considering the drawing pattern of the patients.

Enhanced communication with patients helps to develop strong relationships with the patients that provide a comfort zone to the patients along with nurses also get an advantage to treat them more efficiently. Meditation is another way to treat psychiatric patients and also benefited the nurses to remove stress. The concentration ability of patients also has been increased through meditation activities. Proper medication and treatment simultaneously with proper monitoring and observation also have been highly recommended for psychiatric patients.

## 7. Acknowledgments

I desire to show my special thanks to my friends and family who provides me a chance of conducting a study on “A PSYCHOLOGICAL STUDY INTO THE VIRTUES THAT ARE IMPORTANT FOR A PSYCHIATRIC NURSE” I would also like to extend my gratitude to my senior and research fellow who have aided me throughout this article.

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