



## THE ROLE OF NURSES IN MENTAL HEALTH AND ADDICTION CARE

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**Abstract:** Mental health disorders and substance use disorders have become significant public health concerns worldwide. Nurses play a crucial role in the prevention, diagnosis, treatment, and rehabilitation of patients with psychiatric and addiction-related illnesses. They are responsible for providing comprehensive nursing care, supporting patients emotionally, monitoring treatment outcomes, and promoting healthy lifestyles. Psychiatric and addiction nurses also educate patients and their families, helping them understand the disease and improve treatment adherence. Effective communication, empathy, and professional competence are essential qualities for nurses working in mental health settings. This article discusses the importance of nursing care in psychiatry and narcology, current challenges, and practical recommendations for improving patient care.

**Keywords:** mental health, psychiatric nursing, addiction nursing, nursing care, substance abuse, rehabilitation.

### **Introduction**

Mental illnesses affect millions of people every year and remain one of the leading causes of disability worldwide. Depression, anxiety disorders, schizophrenia, bipolar disorder, and substance use disorders significantly reduce patients' quality of life. Early diagnosis and appropriate nursing care are essential for improving treatment outcomes.

Psychiatric nurses work closely with psychiatrists, psychologists, and other healthcare professionals to provide patient-centered care. In narcology, nurses support individuals suffering from alcohol, drug, and other substance addictions. Their responsibilities include monitoring patients' physical and psychological



conditions, administering medications, educating families, preventing relapse, and promoting rehabilitation.

The increasing prevalence of mental disorders highlights the growing importance of qualified nursing professionals. Nurses not only provide direct clinical care but also contribute to health promotion, disease prevention, and community mental health services. **The Role of Nurses in Mental Health and Addiction Care**

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### **The Role of Nurses in Mental Health Care**

Nurses are essential members of the multidisciplinary mental health team. Their primary responsibility is to provide safe, effective, and compassionate care for patients with psychiatric disorders.

The major responsibilities of psychiatric nurses include:

- Assessing patients' mental and physical health.
- Monitoring behavioral changes.
- Administering prescribed medications.
- Providing emotional support.
- Educating patients and their families.
- Preventing self-harm and aggressive behavior.
- Participating in rehabilitation programs.
- Maintaining therapeutic communication.



Therapeutic communication is one of the most important nursing skills in psychiatry. Active listening, empathy, respect, and confidentiality help establish trust between nurses and patients. This relationship encourages patients to participate actively in treatment and recovery.

Psychiatric nurses also play an important role in crisis intervention. They assess suicide risk, manage psychiatric emergencies, and collaborate with other healthcare professionals to ensure patient safety.

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