**EVIDENCE BASED PRACTICE IN PSYCHIATRIC NURSING**

**INTRODUCTION**

In all healthcare settings, evidence-based practise has grown in favour. To ensure better patient outcomes and to guide decisions, actions, and interactions with patients in order to provide the best care possible, nurses are urged to employ the most recent research information Providing high-quality, clearly measurable treatment that is evidence-based is becoming more and more difficult in the practise context. Nursing care must be guided by evidence-based practise. Using the greatest available evidence when making decisions about a patient's care is the goal of EBP. The majority of the finest evidence comes from research, but EBP goes beyond research utilisation and takes patient preferences and values into account as well as professional competence.

**Evidence based practice for mental health nursing**

Evidence-based care is a practise that has long been pioneered by the nursing profession. Clinical expertise, critical thinking, and research knowledge are essential to provide care that is evidence-based. Using this skill set, nurses can view patient outcomes and support decisions on patient care. Nurse practitioners who specialise in mental health may need to use evidence-based practise even more. As patients may have two or more diagnoses, mental and behavioural health illnesses are complicated. Treatment may be made much more challenging by the fact that patients may be homeless or in prison.

1. **Evidence based mental health services**

Evidence-based mental health services understand that patients may require more than just therapeutic care and may experience other basic needs, such as losing their homes and income. They can reside in high-crime regions and have a higher likelihood of being locked up. Evidence-based mental health services frequently integrate psychiatric and therapeutic care with support for patients in locating housing, work, and other resources.

1. **Assertive community treatment** **(ACT)**

Behavioral health services are offered in the community as part of assertive community treatment. Depression, bipolar illness, and schizophrenia are among the problems the framework treats. The goal of ACT services is to uphold continuing, routine outpatient therapies. Using the framework, a range of health care professionals offer services such help with daily living activities (ADL), assistance with handling family obligations, and assistance in meeting basic necessities like food and housing. The implementation of community mental health services employs the rigorous and highly integrated strategy known as assertive community therapy (ACT). The most severe kinds of mental disease, primarily but not only schizophrenia spectrum disorders, are treated by ACT teams. Patients who get ACT therapies might also have diagnostic profiles with traits that are frequently seen in patients who fall into other DSM-5 categories. Many of them have histories of drug abuse, victimisation and trauma, many stays in mental hospitals, arrests and incarcerations, homelessness, and other serious difficulties. Their ability to function in a variety of spheres of life, including as job, interpersonal relationships, maintaining their independence in their homes, managing their finances, and maintaining top physical and mental health, has shown to be quite difficult. It's likely that by the time they begin getting ACT services, they have already encountered stigma, prejudice, and rejection, and their prospects for the future are not as bright.

**Illness management and recovery (IMR)**

Patients with a serious mental disease, such as schizophrenia, can benefit from the evidence-based psychiatric therapy system known as illness management and recovery. It's intended to let patients take an active role in their own healing. Behavioral health professionals assist patients in creating treatment programmes and setting goals throughout ongoing weekly sessions. Teaching stress management approaches, behavioural health information, and recovery methodologies may fall under this category.

Practitioners also instruct patients on how to maintain social support systems, lessen the likelihood of resuming drug use, and properly take prescribed drugs. Additionally, motivational sessions and cognitive behavioural therapy may be used as teaching methods in this framework.

1. **The role of doctors of nursing practice (DNP’S) in evidence-based practice**

In order to address the predicted shortfall of healthcare professionals, additional Doctor of Nursing Practice (DNP) schools are rising in the United States. The country needs these specialists to close the service gaps that underprivileged groups experience in places like rural communities, schools, prisons, and urgent care centres.

Nurses with a DNP degree are in a good position to introduce evidence-based nursing practise to the communities they work in. They can take the lead in developing evidence-based policies and standards in hospitals, clinics, and governmental organisations thanks to their training in clinical practise and research.

1. **Screening for postpartum depression**

According to a study published in BMC psychiatry, postpartum depression affects 20% of moms and can have an adverse effect on both the mother's and the child's health. Pregnant women who are diagnosed with and treated for perinatal depression (depression while pregnant) may experience fewer postpartum depressive episodes and, in certain situations, have healthier physical and mental offspring**.**

1. **Cognitive behavioural therapy (CBT)**

Aaron Beck created cognitive therapy in early 1960 as a result of his studies on depression. His investigations of depressed individuals revealed that they had cognitive distortions because of a predisposition toward the negative in how they saw certain life events. Depression was the original target of CBT. Cognitive behavioural therapy is currently utilised to treat a wide range of illnesses, including mood disorders, anxiety disorders, tic disorders, eating disorders, addiction and dependency issues, personality disorders, and psychotic disorders. Cognitive behavioural therapy is a psycho-social intervention that aims to diminish the symptoms of a variety of mental health concerns, with a major focus on depression and anxiety disorders. Cognitive behavioural therapy focuses on confronting and correcting cognitive distortions (such as thoughts, beliefs, and attitudes) and their accompanying actions in order to enhance emotional regulation and develop distinctive coping mechanisms intended to overcome current challenges.Despite being originally created to treat depression, it is currently used to treat a variety of mental health conditions, including anxiety, substance use disorders, marital problems, and eating disorders. CBT is made up of several cognitive or behavioural psychotherapies that use techniques and methods that have been successfully used to treat various psychopathologies.

Behavioral and cognitive psychology's core ideas are combined in CBT, a popular type of talk therapy. It differs from traditional psychotherapeutic approaches, including the psychoanalytic approach, where the therapist initially creates a diagnosis before looking for the underlying, unspoken significance of the patient's behaviour. A therapeutic approach that is "problem-focused" and "action-oriented", CBT, on the other hand, is meant to address particular issues linked to a recognised mental disorder. In order to accomplish the goals set out and lessen disorder symptoms, the patient must be assisted by the therapist in learning and putting into practise useful strategies. The premise of cognitive behavioural therapy is that distorted thinking and harmful behaviours contribute to the emergence and maintenance of a variety of psychological disorders, and that symptoms and the distress they cause can be reduced by learning new information-processing strategies and coping mechanisms.

The majority of psychiatric illnesses affecting children and teenagers, including conduct disorder and aggression, are best treated in the first instance using CBT. Other legitimate treatment techniques, according to research, were as successful in addressing some adult disorders. The suggested psychosocial treatment of choice in treatment guidelines is CBT, along with interpersonal psychotherapy.

**Phases of Cognitive behavioural therapy**

Cognitive behavioural therapy can be divided into six phases:

1. Assessment or [psychological assessment](https://en.wikipedia.org/wiki/Psychological_assessment)
2. Reconceptualization
3. Skill development
4. Strengthening of skills and instruction in their application
5. [Generalization](https://en.wikipedia.org/wiki/Generalization) and upkeep
6. Post-treatment assessment follow-up.

The framework that Kanfer and Saslow created is the foundation for these procedures. The psychologist must determine whether the intervention was successful after identifying the behaviours that need to change, whether they are excessive or deficient. As an illustration, "If the objective was to reduce the behaviour, then there should be a drop relative to the baseline. If the critical behaviour continues to be present at or above the baseline, the intervention will have been ineffective.

Among the actions in the assessment phase are the following ones:

1. Recognize the essential conduct
2. Establish whether problematic behaviours are surpluses or deficits.
3. . Establish a baseline by evaluating essential behaviours for frequency, length, or severity.

**Protocols to provide Cognitive behavioural therapy.**

Although there are many different Cognitive behavioural therapy procedures, there are also many important similarities. The term Cognitive behavioural therapy is sometimes used to refer to a variety of interventions, including "self-instructions (e.g. distraction, imagery, motivational self-talk), relaxation and/or biofeedback, development of adaptive coping strategies (e.g. minimization of negative or self-defeating thoughts), changing maladaptive beliefs about pain, and goal setting."." For certain technique-driven individual psychiatric problems, treatment may occasionally be manualized and brief, direct, and time-limited. The Cognitive behavioural therapy techniques are utilised in both individual and group settings, and they are routinely modified for use in self-help applications.. Some medical professionals and academics focus on cognitive issues (such as cognitive restructuring), while others are more behaviorally focused (e.g. in vivo exposure therapy). Interventions combining both strategies include imaginal exposure therapy. Exposure therapy, stress inoculation, cognitive therapy, relaxation training, metacognitive therapy, and dialectical behaviour therapy are just a few of the various but related techniques that can be used in conjunction with Cognitive behavioural therapy. Some experts advocate a particular type of mindful cognitive therapy that places more of a focus on self-awareness as a component of the healing process.

**Methods and approach**

Therapist

A typical Cognitive Behavioral Therapy treatment entails face-to-face sessions between the patient and therapist, lasting 6 to 18 times, on average, an hour each, with a break of 1-3 weeks in between. Some booster sessions may be provided following this initial programme, for example, after one month and three months. CBT has also been shown to be beneficial when the patient and therapist communicate while typing in real time online.

The scientist-practitioner paradigm, in which clinical practise and research are guided by a scientific perspective, a precise operationalization of the issue, and an emphasis on measurement, including gauging changes in cognition and behaviour as well as goal attainment, is most closely linked to cognitive-behavioural therapy. These are commonly addressed via "homework" tasks that the patient and the therapist collaboratively develop and execute before the following appointment. The completion of these duties, which could be as simple as a depressed person attending a social event, demonstrates a commitment to treatment compliance and a wish to change. A therapeutic link between the healthcare provider and the patient in need of assistance is required for cognitive behavioural therapy to be successful. The extent to which the patient completes the task will then allow the therapists to rationally decide the next stage of treatment. In contrast to many other types of treatment, CBT involves the patient heavily. A nervous patient might be given the homework task of talking to a stranger, but if that proves to be too challenging, they can come up with something simpler first. Instead than taking on the role of an authority figure, the therapist must be adaptable and ready to listen to the patient.

### **Computerized or Internet-delivered**

In contrast to receiving therapy in-person from a therapist, NICE defines computerised cognitive behavioural therapy (CCBT) as a "generic term for delivering Cognitive behavioural therapy via an interactive computer interface supplied via a personal computer, internet, or interactive voice response system." Another name for it is ICBT, or internet-delivered cognitive behavioural therapy. Computerized cognitive behavioural therapy provides the promise to enhance access to evidence-based treatments while avoiding the high cost and restricted availability associated with working with a human therapist. In this context, it is crucial to differentiate Cognitive behavioural therapy from "computer-based training," which is now more commonly referred to as e-Learning.

In meta-studies, Computerized cognitive behavioural therapy has been shown to be more cost-effective and frequently less expensive than traditional therapy, particularly for anxiety. However, before promoting the broad use of CCBT, improvements in research quality and treatment adherence are needed. Studies have shown that persons with depression and social anxiety can both benefit from adopting online CBT-based therapies. According to an analysis of previous , Computerized cognitive behavioural therapy studies on the subject, this interface offers a lot of potential for treating obsessive compulsive disorder in children and adolescents. Additionally, cognitive behavioural therapy is a common component of online therapies for posttraumatic stress disorder . Another area where , Computerized cognitive behavioural therapy thrives is the treatment of mood disorders in non-heterosexual communities, as these groups may be unwilling to seek out in-person therapy owing to stigma. However, CCBT programmes no longer frequently serve these populations.

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**Utilising a smartphone app**

Utilizing a smartphone or mobile apps for self-help or guided cognitive behavioural therapy is another cutting-edge means of access. In order to give cognitive behavioural therapy as an early intervention to improve psychological resilience, boost mental health, and raise emotional wellness, technology companies are creating mobile-based artificial intelligence chatbot applications. Contextual, always-available assistance can be delivered safely and privately over smartphone devices using artificial intelligence text-based conversational applications with the potential for international expansion. The effectiveness and user engagement of text-based smartphone chatbot programmes for delivering cognitive behavioural therapy using a text-based conversational interface are currently being investigated, including through real-world data studies.

**Self-help books and articles to read**

Some studies have demonstrated the efficacy of allowing patients to read self-help CBT manuals. One meta-analysis discovered that the benefit was only substantial when the self-help was directed, and one study discovered a detrimental effect in patients who had a tendency to ruminate (e.g. by a medical professional).

**Group-based education**

Participating in group therapy sessions for patients has been shown to be effective. In a meta-analysis of evidence-based therapies for Obsessive compulsive disorder in children, individual Cognitive behavioural therapy was found to be more successful than group Cognitive behavioural therapy.

**Dialectical behaviour therapy**

American psychologist Marsha Linehan created dialectical behaviour therapy in the 1970s. DBT is particularly beneficial for those who struggle with emotion regulation and management. DBT has demonstrated efficacy in the management of a variety of mental health problems, including:

* [Borderline personality disorder](https://my.clevelandclinic.org/health/diseases/9762-borderline-personality-disorder-bpd)
* Self-harm
* [Suicidal behaviour](https://my.clevelandclinic.org/health/articles/11352-recognizing-suicidal-behavior)
* [Post-traumatic stress disorder](https://my.clevelandclinic.org/health/diseases/9545-post-traumatic-stress-disorder-ptsd)
* Substance use disorder
* Eating [disorders](https://my.clevelandclinic.org/health/diseases/4152-eating-disorders), specifically [binge eating disorder](https://my.clevelandclinic.org/health/diseases/17652-binge-eating-disorder) and [bulimia](https://my.clevelandclinic.org/health/diseases/9795-bulimia-nervosa)
* [Depression](https://my.clevelandclinic.org/health/diseases/9290-depression)
* [Anxiety](https://my.clevelandclinic.org/health/diseases/9536-anxiety-disorders)

1. **Social skill training**

Individuals who struggle with social interaction can learn a variety of interpersonal skills and relationship behaviours through social skills training (SST), a cognitive-behavioral method. This instruction covers conversational techniques, eye contact, social cue reading, nonverbal communication, problem solving, and self-management.

Young children who are starting school or other social interactions for the first time can benefit from SST. Additionally, it is used to treat people with schizophrenia, bipolar disorder, social phobias, attention deficit hyperactivity disorder, antisocial disorders, and other personality disorders. A person in alcohol addiction treatment may also benefit from SST because it teaches them how to navigate social settings soberly and successfully abstain from drinking. People who are mentally ill may lack certain social skills, such as the capacity to express their thoughts, feelings, and emotions in the right ways. Some people with mental illness (but not all) may experience such deficits in social skills as a result of their disease or as a result of the illness's early start, which may have limited their opportunity to acquire new social skills or put those skills to use. Anxiety is one characteristic of mental illness that might occasionally make it difficult to use the skill.

**Social skills include:**

* Verbal – such as the speech's shape, structure, substance, context, and volume.
* Nonverbal – Eye contact, facial expressions, posture and personal distance
* Paralinguistic – Volume, pace, tone and pitch
* Social perception – processing of social information to make appropriate decisions and responses
* Assertiveness—it is the ability to speak up for ourselves in a way that is honest and respectful.
* Conversational skills – such as starting and sustaining a conversation
* Empathy, tenderness, melancholy, and other acceptable expressions of emotion in accordance with social context and expectations
* Additional expertise in managing and stabilising one's sickness

1. **Electroconvulsive therapy (ECT)**

Electrical stimulation is used in electroconvulsive therapy , a type of psychiatric treatment that involves causing seizures in patients while they are under general anaesthesia. An estimated million people receive Electro convulsive therapy annually across the globe. In the United States, more than half of the mental health facilities by 1941 were using ECT, which was first discovered in 1938.

**Types of ECT**

1. **Bilateral ECT: the electrodes are positioned on either side of the head. The entire brain is intended to be impacted by this.**
2. **Unilateral ECT**: both electrodes are put on one temple, generally the right, with one on top of the skull. In this instance, only one side of the brain receives the current.

**Benefits of ECT**

ECT is frequently used when patients don't respond to other common therapies, like antidepressants and psychotherapy. Due to the severity of their ailment or their danger of suicide, persons who need a quick response to treatment have also found ECT to be useful.

**Following conditions are treated with ECT:**

* Dementia-related agitation and aggression, which may be caused by the condition or its psychological repercussions.
* Catatonia, a psychomotor condition that causes a person to appear motionless, rigid, or mute and is frequently brought on by psychiatric illnesses like schizophrenia or bipolar disorder.
* Parkinson's disease, especially sadness associated with it, "on-off" syndrome, neuroleptic malignant syndrome, and uncontrollable seizure disorders.
* Postpartum psychosis and severe depression among expectant or nursing mothers, as ECT may lessen the dangers of medication exposure to the foetus or nursing child..
* Schizophrenia, especially if antipsychotic medications or other treatments are not working for the patient. Clozapine and other antipsychotics can be supplemented with ECT.
* Severe depression, especially if a person also exhibits psychosis, suicide thoughts, or reluctance to eat in addition to the typical depressive symptoms.
* Depression that is resistant to treatment, also known as refractory depression, is a severe form of the illness that does not improve with therapy or medication. Some significant advantages that ECT may provide include:
* **Fast-acting**: ECT typically relieves psychiatric disorder symptoms extremely fast. When a person is having severe symptoms, this can be quite useful.
* **Effectiveness**: For several illnesses, ECT has demonstrated a high level of effectiveness. People who are very depressed, have psychosis, or have suicidal thoughts and behaviours may benefit the most from it.

ECT may be effective even when other treatments have failed, which is another advantage. Patients who have not benefited significantly from medicine and counselling may exhibit improvements after receiving ECT.

1. **Milieu therapy**

A patient can gain independence and effective coping mechanisms during milieu therapy, which is a regulated and structured social environment. People who get milieu treatment frequently struggle with poor coping mechanisms, loss of autonomy, or mental health issues. A person's autonomy is their capacity to live independently and make their own decisions. Patients who need assistance developing coping mechanisms for use in the home, workplace, or other settings can benefit from milieu therapy. Furthermore, milieu treatment can aid patients in acquiring abilities that will enable them to perform better in interpersonal interactions.

**Goals of Milieu Therapy:**

* Promotion of security
* Increase self-esteem
* Competence through learning skills
* Shelter clients physically from perceived, terrifying stressors
* Protect clients physically from discharges of their own and others' maladaptive behaviour
* Support the physiological existence of clients
* Provide pleasant, attractive sensory stimulation
* Teach clients and their families about adaptive coping strategies.

**Components of milieu therapy:**

1. **Open therapeutic communication** — By offering the patient support, staff members encourage patients to communicate openly. Each patient will advance at a different rate, therefore staff members should adopt a tailored approach and give the patient time to get used to the therapeutic procedure.
2. **Structured and consistent staff interactions** — Staff workers establish a consistent, predictable schedule for the patient. The patient will develop trust in the team via regular interactions, which may lead to open and honest dialogue. Additionally, at the start of treatment, staff members should establish expectations and boundaries and uphold them consistently.
3. **Distribution of power** -As they advance through therapy, the patient will work with the staff to make decisions and assume leadership roles. The patient will be in charge of their own self-governance, fostering autonomy.
4. **Work Therapy**- the patient will be given the chance throughout therapy to figure out what kind of work is best for them. The patient will be encouraged to apply for jobs by the staff so they can support themselves. The patient will receive assistance from staff members as they practise the abilities needed for the profession.
5. **Psychoeducation**

With the use of information and support, patients and their loved ones can better understand and manage their condition through the use of psychoeducation, an evidence-based therapeutic intervention. Psychoeducation is most frequently associated with serious mental illnesses like dementia, schizophrenia, clinical depression, anxiety disorders, psychotic illnesses, eating disorders, personality disorders, and autism, although it has also been used to describe programmes that address physical illnesses like cancer.Patients and family members who receive psychoeducation are taught problem-solving and communication techniques, and they are given information and tools in a sympathetic and encouraging setting.

Although it has also been used to describe programmes that address physical illnesses like cancer, psychoeducation is most frequently associated with serious mental illnesses like dementia, schizophrenia, clinical depression, anxiety disorders, psychotic illnesses, eating disorders, personality disorders, and autism.

**Conclusion.** Evidence-based practise is the application of the most well-known techniques while using a scientific approach in a therapeutic setting. There will therefore be a greater chance that consistent, secure, high-quality care will be given. Through evidence-based nursing care, we were able to achieve excellence in practise and a lifetime approach to clinical decision making. Since evidence-based nursing care is founded on scientific information, clinical expertise, and patient values, it can improve patient outcomes. It is a standard of care for nurses and healthcare organisations to use research evidence in clinical practise, but there are several obstacles that stand in the way of new knowledge being put into practise to improve patient care. Nurses can analyse research study quality, appraise its findings, and assess the evidence's potential for inclusion in best practise by using the levels of evidence .

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