

# Mental Health Nurse Job Description

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## **Duties and Responsibilities:**

- Assess patients by discussing with them regarding their mental health issues and draw up the best possible ways to care for them
- Build a robust and excellent relationship with patients and their families by building trust
- Listen to patients needs and interpret them accurately
- Provide treatment to patients and ensure medications are correctly administered
- Work to understand the source(s) of patients' disorders
- Assist patients to overcome their mental health problems
- Assist patients to cope or manage their emotions effectively
- Conduct one-on-one therapy sessions or group sessions with patients
- Prepare patients' records and also maintain the records efficiently
- Monitor patients progress with their families
- Ensure the coordination of all related mental health services
- Conduct risk assessment on patients
- Ensure that all legal requirements are complied with to the letter
- Recommend patients to psychiatrists and psychologists for further examination
- Assist patients to develop social skills.

## **Mental Health Nurse Requirements – Skills, Knowledge, and Abilities**

- A Bachelor's degree in Nursing or Mental Health
- Possess a 3-year cognate experience
- A Master's degree in Mental Health will be an added advantage
- Ability to show empathy with patients and the condition they find themselves
- Excellent communication skills to effectively and accurately interact with patients

- Accurate decision-making skills
- Excellent time and stress management skills
- Interpersonal skills in order to work harmoniously with other professionals
- Excellent relationship skills to build trust with patients and their families
- Ability to help patients overcome mental disorder stigmas
- Must possess great mental and emotional stability in order to be able to stabilize patients' emotions and mental states
- Attend conferences, workshops, and seminars to improve skills or knowledge
- Ability to pay attention to detail will be crucial
- Must possess problem-solving abilities
- Must be physically fit and have the stamina to work long hours
- Strong ability to work in a tense and challenging environment
- Possess excellent psychological skills
- Should be able to demonstrate excellent social skills
- Excellent observational skills to pick out changes in patients' behaviors
- Ability to be calm and patient during challenging moments
- Must be able to use a non-judgmental approach to patients' mental issues.