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Beyond Medication: The Human Side of Psychiatric Nursing in Outpatient Care

Ibtisam Dawood Rawass

Senior Nursing Specialist, MSc in Mental Health Nursing, High Diploma in Cognitive Behavioral Therapy (CBT), Psychiatric Outpatient Department, King Abdullah Medical City (KAMC), Makkah, Saudi Arabia

Abstract

Outpatient psychiatric nursing extends beyond medication administration. Patients often experience emotional, social, and psychological challenges that influence their engagement with treatment. Psychiatric nurses play a central role in providing therapeutic communication, emotional support, and person-centred care that promotes recovery and strengthens therapeutic relationships.

Aim:

This presentation aims to highlight the human side of psychiatric nursing by demonstrating how therapeutic communication, empathy, trust, and compassionate nursing interventions contribute to patient engagement, continuity of care, and recovery in outpatient mental health settings.

Content:

The presentation explores practical aspects of everyday psychiatric nursing practice, including therapeutic communication, active listening, building trust, patient education, emotional support, and recovery-oriented care. It also introduces the outpatient nursing encounter as a practical framework for establishing meaningful therapeutic relationships and improving patient experiences.

Conclusion:

Psychiatric nursing extends far beyond medication administration. Every outpatient encounter provides an opportunity to strengthen trust, preserve dignity, encourage hope, and support recovery through compassionate, patient-centred care.

Keywords: Psychiatric Nursing, Outpatient Care, Mental Health, Therapeutic Communication, Recovery, Person-Centred Care