

Introduction

Psychosis is a general term used to refer to the experience of pervasive mental changes such as manages inability to think clearly, perceive correctly and manage intense emotions. Individual with psychosis experiences delusions and hallucinations. Behavior and thinking both are disorganized. Psychosis can occur with any number of mental disorders representing for end of the continuum of symptoms in each disorder (*Fontaine, 2009*).

A psychosis is a mental illness in which a person cannot tell what is real from what is imagined. At times, people with psychotic illnesses lose touch with reality. During psychotic phases, the person may still understand parts of reality. He may lead a somewhat normal life, doing basic activities such as eating, working and getting around. In other cases, the person may be unable to function (*Becker and Kilian, 2006*).

The psychotic patient can present in many different ways. It is often very difficult to elicit and describe specific symptoms when a patient is speaking or behaving in a grossly disorganized or even frightening fashion. Therefore, it is important to approach the psychotic patient in a logical and systematic fashion as well as have a good understanding of the psychopathology involved (*Birnkranz and Carlsen, 2007*).

Psychiatric and mental health nursing interventions are nursing activities that promote mental health, prevent mental illness, assess dysfunction, assist clients to regain or improve their coping abilities and prevent further disabilities (*Canadian Federation of mental health nurses,2005*).

Psychiatric and mental health nurses care for patients who have psychiatric disorders involving underlying psychoses other than schizophrenia and mood disorders. Central to understanding the problems of these patients is the concept of psychosis, a term used to describe a state in which an individual experiences positive symptoms, also known as psychotic symptoms (hallucinations, delusions, or disorganized thoughts, speech or behavior). Other psychotic disorders are schizoaffective, delusional, brief psychotic and shared psychotic disorders. Other psychotic disorders may be included by drugs or alcohol (*Roberts et al., 2008*).

Nursing interventions are most effective when they focus on the needs of the patient to maximize his functioning. In order to accomplish this, you must attend to the issues that are important to the patient (*Kneisl, 2004*).

The most common obvious symptoms of psychotic disorders are hallucination and delusions. Schizophrenia is a major psychotic disorder. It is a combination of disordered thinking, perceptual disturbances, behavioral abnormalities, affective disruptions and impaired social competency (*Fontaine, 2009*). People with schizophrenia may have a number of psychotic symptoms. These symptoms can come and go in phases or they can happen only once or twice in a life time. When the illness begins psychotic symptoms are usually sudden and severe (*Becker and Kilian, 2006*).

Schizophrenia is one of the most complex and debilitating mental disorders. It is not a single disorder but a syndrome (group of diseases), with a wide range of severity and symptoms among individuals. It is a brain disease because symptoms occur from a number of factors that affect the brain's neurotransmitter system resulting in impaired thoughts, perceptions, cognitive functions, mood and motivation. Schizophrenia is a universal disorder that exists in all cultures and in all socioeconomic groups (*Fortinash and Worret, 2008*). It is estimated that 1.3% of the general population suffers from schizophrenia. People with schizophrenia occupy approximately 50% of the hospital beds for the mentally ill (*Boyed, 2008*).

From the experience at the psychiatric department at Benha University it was observed that the majority of nurses dealing with psychotic patients have problems in dealing with them. Therefore, there is a felt need to assess their knowledge and performance concerning their interaction with the psychotic patients, and accordingly develop and implement an intervention protocol to overcome the problems that will guide their interaction with the psychotic patients.