

ABSTRACT

Bipolar disorder is a very serious mental disorder defined by mood swing of pathological nature. It is a chronic disorder, which strongly affects daily life of the patient. Its negative effects can impinge personal relationships and ones performance at work. According to WHO the bipolar disorder is the sixth in the list of main causes leading to lifelong disability. Altering between manic and depressive periods is very difficult, not only for the patient, but for the attending staff as well.

In my thesis I will give a thorough characterization of the disorder. Theoretical findings on the topic were acquired via carefully done research in National Library of Medicine and via databases PubMed, Medline, Embase and Medvik. Theoretical part of the thesis is also enhanced with testimonies of actual patients with bipolar disorder. Their stories were acquired via books, research papers and internet discussion forums. I will proceed to refer about specific features of nursing practice based on particular case study of 65 years old patient with bipolar disorder. Medical staff has to aid the patient both during the manic and depressive periods while being greatly attentive. It is necessary to carefully observe behavior of the patient, their verbal and nonverbal communication in order to prevent unsolicited events. This thesis is methodologically based on a case study enriched with Peplau's model. Necessary information was acquired via medical records and interview with the patient, their family and regular attending staff. I also created an information leaflet about nuances of communication with family during manic periods, based on particular case study. Under creation of the study all the ethical aspects were abided.

keywords: psychiatric nursing care, bipolar disorder, psychiatric nurse, psychiatric treatment, communication in psychiatry