

NEWS

Handling Aggressive Patient



KUCHING: In a world where mental health knows no boundaries – transcending age, gender, social status, race, ethnicity, religion, background, and cultural identity – the impact of mental disorders is undeniable. From mild disruptions in daily life to debilitating conditions that necessitate hospitalization, mental health concerns touch the lives of individuals across the spectrum. Understanding and addressing these challenges is a vital aspect of modern healthcare.

As the sun sets on their academic journey, nursing students find themselves on the cusp of a transformative experience. The final semester of their education delves into the intricate realm of mental disorders, where theory and practice blend to equip them for the real world. Armed with knowledge and compassion, they prepare to embark on their practical training at Sentosa Hospital, with a primary focus on safe and effective patient care.

One critical aspect of this training is the management of aggressive patients. Before the student nurses venture into the dynamic environment of a healthcare setting, they undergo comprehensive training in techniques for safely handling aggressive patients and applying restraints when necessary. This not only safeguards the well-being of patients but also ensures the safety of the nursing staff, creating a therapeutic environment that promotes healing.

The training program is structured to provide students with a holistic understanding of the challenges they may face, both in theory and practice. A crucial component involves students taking turns assuming the

roles of both the aggressive patient and the nursing staff. They actively engage in these scenarios to gain firsthand experience and insights into the intricacies of managing challenging situations.



To enhance their practical skills, students are first introduced to a video demonstration outlining the steps for handling aggressive patients. This visual aid serves as a valuable resource, laying the foundation for their practical experience. The transition from theory to practice is seamless, fostering confidence and competence among the aspiring nurses.

As they immerse themselves in these training sessions, students not only gain essential skills but also develop a profound sense of empathy and understanding.



The practical sessions become a bridge connecting their academic knowledge to the real-world challenges of mental health care. It's a journey of growth, and the enthusiasm of the students is palpable as they eagerly anticipate the opportunity to delve deeper into the complexities of mental disorders, nurturing a desire to make a difference in the lives of those they will serve.

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