

MENTAL HEALTH



Mental Health Nursing Skills?

Safe & Skilled Nursing Practices: Managing Aggression and Use of Restraints

Nurses as Strong Advocates for Mental Health Care

Mental health is a vital component of overall healthcare, as mental health challenges can affect anyone—regardless of age, gender, or background. Unfortunately, many individuals do not seek or receive treatment until serious complications arise.

At I-Systems, nursing students' preparedness in challenging situations, such as mental health and nursing safety is important, as in clinical settings, nurses may encounter aggressive behaviour from patients, which can pose risks of physical injury or property damage. In such situations, the ability to manage aggression and, when necessary, apply physical restraints safely and ethically becomes essential.



**Safety Training:
Managing
Aggression and the
Use of Restraints**



The appropriate use of physical restraints is not only a protective measure for patients but also ensures the safety of nurses and other healthcare staff; thus, I-Systems nursing students undergo comprehensive training in mental health care, including the identification of mental health challenges, the application of effective interventions and strategies, and the use of preventive measures. This training equips them with the knowledge and skills required to provide safe, compassionate, and professional care in complex mental health situations.

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