

Nursing a Person with Psychosis

Nursing

Responding to experiences you do not share, without colluding or dismissing.

Psychosis describes an experience, not a person. Language and manner both matter.

Helpful responses

Acknowledge the distress as real

Be honest that you do not share the experience

Ask what would help right now

Keep language plain and sentences short

Reduce stimulation; offer a quieter space

Maintain routine, sleep, food and hydration

Avoid

Agreeing with content you do not believe

Arguing the belief away with evidence

Whispering or laughing within sight

Sudden approach from behind

Dismissive words such as imaginary

Assuming the person cannot make decisions

Educational reference. Most people experiencing psychosis are not violent and are more likely to be harmed than to harm. Local care plans