

Psychiatric - Mental Health Nursing

Course Title: Psychiatric - Mental Health Nursing

Course No.: NPM 307

No. of Credits: (1-0-3=3)

Course Prerequisites: None

Course Duration and Sequence:

Year	Semester
III	1 st and 2 nd

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1. Course Catalog

NPM 307 Psychiatric - Mental Health Nursing (1-0-3=3)

This course introduces the basic principles and concepts of mental health nursing. Emphasis will be on therapeutic interventions and nursing care for individuals and also who are taking care of their family set up. This also includes rehabilitative aspects of the patients with mental illness.

2. Scope and Course Objectives

2.1 General:

Students will be able to acquire knowledge regarding mental health and illness and its nursing management so that the students will be able to develop skills in rendering care to the psychiatric patients.

Specific:

2.2. Knowledge:

At the end of the course, the student shall be able to:

1. Explain psychiatric-mental health nursing and mental disorders.
2. Describe various nursing models and the nursing process to plan and implement nursing care in various healthcare settings for patients who demonstrate symptoms related to ineffective coping patterns, anxiety, mood disorders, psychotic disorders and crisis.
3. Describe socio-cultural considerations significant to mental health treatment.
4. Identify the legal issues associated with psychiatric nursing.
5. Recognize different roles of a psychiatric nurse.
6. Plan nursing interventions to support patients experiencing emotional responses to medical illness.
7. Construct a teaching plan to promote mental health and the safe use of psychiatric medications.

2.3. Skills:

1. Establish and maintain a therapeutic nurse-client relationship with a patient experiencing psychiatric symptoms.
2. Assess patient's mental health by utilizing interview and observation skills and performing a complete mental status examination.
3. Evaluate patient responses to psychotropic medications including effectiveness, side effects and compliance.
4. Develop, implement and evaluate nursing care to effectively support client experiencing psychiatric symptoms.

Competence:

On successful completion of this course, the students will be able to:

Autonomy and responsibility

- Demonstrate therapeutic communication with the clients.
- Maintain effective interpersonal relationship with clients, family and multidisciplinary team members.

Self-development

- Develop sound mental health habits and guides others.
- Update self with the recent advances in psychiatric nursing practice.

Role in context

- Demonstrate competency in establishing and maintaining a therapeutic nurse-patient relationship.
- Utilize effective therapeutic communication techniques while caring clients with mental health problems.
- Demonstrate efficiency in carrying out mental health status assessment of the clients.

Course Plan

Week	Topic	Content	Contact Hours	Teaching-Learning Methodology	Evaluation
Week 1	Concepts of mental Health	<ul style="list-style-type: none"> • Overview of Concepts of Mental Health, History of Mental Health, • Mental Health/Mental Illness Continuum • Cultural influences on attitude towards Mental Illness 	3	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 2	Nursing Process and the Roles of Psychiatric Nursing	<ul style="list-style-type: none"> • Communication: Therapeutic & Non-therapeutic • Relationship Development 	3	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 3	Essential Mental Health Skills	<ul style="list-style-type: none"> • Mental Status Exam • (Using Mental Health Assessment Tool) and other skills in psychiatric nursing 	3	Lecture Seminar SDL Group Discussion Clinical Learning	Quiz In-course assessment Comprehensive examination Clinical

		<ul style="list-style-type: none"> • Communication Techniques • Various Forms 		Experiences	Evaluation
Week 4	Essential Mental Health Skills	<ul style="list-style-type: none"> • Mental Status Exam • (Using Mental Health Assessment Tool) and other skills in psychiatric nursing • Communication Techniques • Various Forms 		Practice	OSCE
Week 5	Introduction to the Management of Mental Disorders	<ul style="list-style-type: none"> • Etiology of Mental Illness, Signs and symptoms of Common mental Illness 	3	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 6	Psychopharmacology	<ul style="list-style-type: none"> • Principles of Psychopharmacology • Psychotropic Drugs • Antipsychotic Drugs • Antidepressants • MAO Inhibitors • Selective Serotonin Reuptake Inhibitors (SSRI) • Mood Stabilizers • Anxiolytics • Nursing Responsibilities 	3	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 7	Crisis Intervention and Suicide	<ul style="list-style-type: none"> • Psychosocial and Biological Factors • Cultural factors • Risk and Protective Factors for Suicide • Special Milieu Therapy • Psychobiological Interventions • Counselling • Case Management • Health Education • Nursing Evaluation 	3	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation

		<ul style="list-style-type: none"> • Suicide Precaution • Risk Assessment for Suicide 			
Week 8	Schizophrenia and other Psychotic Disorders	<ul style="list-style-type: none"> • Definition of Important terms • History • Schizoaffective Disorders • Other Psychotic Disorders • Classification of Schizophrenia • Positive Symptoms • Negative Symptoms • Nursing Process 	3	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 9	Anxiety Disorders	<ul style="list-style-type: none"> • Definition of terms] • Fear and Anxiety response patterns • Anxiety as a normal and abnormal response • Phobic Disorders • Panic Disorder • Generalized Anxiety Disorder • OCD • PTSD • Trauma • Nursing Process 	3	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 10	Mood Disorders	<ul style="list-style-type: none"> • Classification of Mood Disorder • Mood Range • Epidemiology • Biological Factors • Psychological Factors • Cognitive Theories • Social and Environmental factors • Phases of Mood Disorders • Psychosocial Interventions • Psychotherapeutic Interventions 	3	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 11	ECT	<ul style="list-style-type: none"> • History of 	3	Lecture	Quiz

		<p>Convulsive Therapies</p> <ul style="list-style-type: none"> • Electrical Stimulus • Anticonvulsant theory of ECT • ECT induced seizure • Modern (Modified) ECT • Indications for ECT • Diagnostic Indications • Reasons to consider ECT first • Patient categories • Risks/Side Effects • Conditions of increased risk • Medications and ECT • Electrode Placement • ECT Instructions/Orders • Alternatives to ECT 		<p>Seminar SDL Group Discussion Clinical Learning Experiences</p>	<p>In-course assessment Comprehensive examination Clinical Evaluation</p>
Week 12	Personality Disorders	<ul style="list-style-type: none"> • Epidemiology • Clinical Features • Clinical Features • Cluster A Personality Disorders • Cluster B Personality Disorders • Cluster C Personality Disorders • Nursing Diagnoses for Personality Disorders 	3	<p>Lecture Seminar SDL Group Discussion Clinical Learning Experiences</p>	<p>Quiz In-course assessment Comprehensive examination Clinical Evaluation</p>
Week 13	Cognitive Impairment Disorders	<ul style="list-style-type: none"> • Dementia • Delirium • Caring for patients with Cognitive disorders • Risk Factors • Nursing assessment of 	3		

		<ul style="list-style-type: none"> physical needs Alzheimer's Disease 			
Week 14	Dissociative Disorders	<ul style="list-style-type: none"> Dissociative Identity Disorders Multiple Personality Disorders 	3	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 15	Somatoform Disorders	<ul style="list-style-type: none"> Amnesia Fugues 	3	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation

Grade Distribution

No	Components	Duration	Weightage	Final Mark
1	In-Course Assessments MCQ = 60 items RRE = 15 <i>(ME = 70 % + Clinical Marks = 30%)</i>	2 hrs	50	
2	Assignment	-	10	
3	PBL (2 per semester)	-	15	
4	Quizzes <i>(only 2 quizzes will be given at 12.5 Per cent each)</i>	30 minutes	25	
			100/100	70%
	Final Exam		-	30%
	TOTAL			100%

Recommended Text books

Author	Title	Published Year	Publisher
Shives, Louise Rebraca	Basic Concepts of Psychiatric-Mental Health Nursing	2012	Lippincot
Townsend, Mary C.	Psychiatric Mental Health Nursing Concepts of care in evidence based practice	2011 (8 th edition)	Mosby
Stuart, Gail W.	Principles and practice of psychiatric nursing	2008 (9 th edition)	Mosby

Reference Text books

Author	Title	Published Year	Publisher
Frisch, Noreen and Lawrence	Psychiatric Mental health Nursing	2010 (4 th edition)	Cengage
Townsend, Mary C.	Nursing diagnosis in psychiatric nursing: Care Plans and	2010 (18 th edition)	F.A. Davis