

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
I	1 st and 2 nd

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1. Course Catalog

NAC 124 Advance Nursing Concept - 2

(1-0-1=2)

Designed to provide the registered nurse student the opportunity to apply baccalaureate nursing strategies and the nursing process while assisting clients and families in maintaining and/or regaining an optimal level of wellness. Emphasis is given to the role of the nurse as a care provider, teacher, collaborator, and problem solver in client's care across the life span. It will include psychiatric-mental health components.

2. Scope and Course Objectives

2.1 General:

This course provides an opportunity for the registered diploma nurses to advance knowledge regarding mental health and mental illness and its nursing management. The course introduces the nursing process as a framework for professional nursing practice so that students develop skills in rendering care to psychiatric patients.

Specific:

2.2. Knowledge:

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

1. Review the basic concepts of Psychiatric Mental Health Nursing, Mental Health & Mental Illness.
2. Explain major theories related to Psychiatric Mental Health Nursing and its therapeutic approaches in rendering comprehensive care to clients in hospital and community settings.
3. Explain the basic processes of neurotransmission and its role in mental disorders.
4. Identify the components of a holistic assessment, including mental status examination.
5. Describe the application of the nursing process to psychiatric mental health nursing.
6. Identify legal and ethical issues that guide Psychiatric - Mental Health Nursing practice.
7. Describe etiological factors, psychopathology, clinical features, diagnostic criteria and treatment modalities used for mental disorders.

2.3. Skills:

1. Take psychiatric history and performs a comprehensive mental status Examination.
2. Establish and maintain therapeutic nurse - client relationship in working area.
3. Develop communication skills through interpersonal process recording.

4. Demonstrate skill in effective observation and recording of 'mentally sick clients in the psychiatric setting.
5. Assist and render care to mentally sick clients undergoing selected therapies (Recreational Therapy, somatic therapy (ECT) and Group therapy). Assess high risk clients with suicide or violent behaviors.

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

1. Demonstrate competency in establishing and maintaining a therapeutic nurse-patient relationship.
2. Utilize effective therapeutic communication techniques while caring clients with mental health problems.
3. 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	Electroconvulsive Therapy	<ul style="list-style-type: none"> • History of Convulsive Therapies • Electrical Stimulus • Anticonvulsant theory of ECT • ECT induced seizure • Modern (Modified) 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation

		<p>ECT</p> <ul style="list-style-type: none"> • 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 			
Week 2	Mood Disorder	<ul style="list-style-type: none"> • Mood Range • Biological Factors • Psychological Factors • Cognitive theories 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 3	Mood Disorder	<ul style="list-style-type: none"> • Nursing Assessment • Types of mood disorders • Nursing process 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 4	Personality Disorder	<ul style="list-style-type: none"> • Epidemiology • Clinical Features • Clinical Features • Cluster A Personality Disorders 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 5	Personality Disorder	<ul style="list-style-type: none"> • Cluster B Personality Disorders • Cluster C Personality Disorders • Nursing Process 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation

Week 6	Dissociative Disorders	<ul style="list-style-type: none"> • Dissociative Identity Disorders • Multiple Personality Disorders • Amnesia • Fugues 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehen sive examination Clinical Evaluation
Week 7	Cognitive Impairment Disorder	<ul style="list-style-type: none"> • Cognitive Impairment Disorder • Delirium • Risk Factors for Delirium • Nursing Assessment of Physical Needs • Nursing Diagnoses for a Confused/Delirious Client • Dementia 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehen sive examination Clinical Evaluation
Week 8	Community Mental Health	<ul style="list-style-type: none"> • Objectives of Community • Psychiatric Services • Types of Community Psychiatric Services • Roles and Functions of a Community Psychiatric Nurse • Nursing Intervention Strategies • Barriers to Treatment 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehen sive examination Clinical Evaluation
Week 9	Preventive and Promotive Mental Health	<ul style="list-style-type: none"> • Levels of Prevention • Primary prevention • Secondary prevention • Tertiary prevention • Future Issues 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehen sive examination Clinical Evaluation
Week 10	Psychological Therapies	<ul style="list-style-type: none"> • Psychotherapy • Counseling • Types of Psychotherapy 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehen sive examination Clinical Evaluation
Week 11	Family and	<ul style="list-style-type: none"> • Family Therapy 	1	Lecture	Quiz

	Group Therapy	<ul style="list-style-type: none"> • Group Therapy • Techniques 		Seminar SDL Group Discussion Clinical Learning Experiences	In-course assessment Comprehensive examination Clinical Evaluation
Week 12	Psychiatric Nursing Assessment	<ul style="list-style-type: none"> • Communication Techniques • Various Forms 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 13	Legal Issues	<ul style="list-style-type: none"> • Ethical Issues 	1	Lecture Seminar SDL Group Discussion	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 14	72 hours Legal Hold	<ul style="list-style-type: none"> • 72 hours Legal Hold 	1	Lecture Seminar SDL Group Discussion Clinical Learning Experiences	Quiz In-course assessment Comprehensive examination Clinical Evaluation
Week 15	Current Trends and Issues of Psychiatric nursing Practice	<ul style="list-style-type: none"> • Clinical Nurse Specialist • Issues and developments on Mental Health and Psychiatric Nursing 	1	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 Assessment MCQ = 20 items RRE = 6 <i>A total of 4 in-course assessments will be given to the students</i>	-	30	
2	Assignment (2 assignments)	-	20	
3	PBL (2 per semester)	-	-	
4	Quizzes <i>(only 3 quizzes will be given at 10 marks each)</i>	30 minutes	20	
			70	70%
5	Clinical Marks		30	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