

MENTAL HEALTH NURSING

Placement- SECOND YEAR

Time- 70 hours

Course Description:-

This course is designed to help students develop the concept of mental health and mental illness, its causes, symptoms, prevention, treatment modalities and nursing management of mentally ill for individual, family and community.

General Objective:-

Upon completion of this course, the students shall able to:

1. Describe the concept of mental health and mental illness and the emerging trends in psychiatric nursing.
2. Explain the causes and factors of mental illness, its prevention and control.
3. Identify the symptoms and dynamic of abnormal human behavior in comparison with normal human behavior.
4. Demonstration a desirable attitude and skills in rendering comprehensive nursing care to the mentally ill.

Total Hours - 70

Unit.	Learning Objectives	Content	Hr.	Teaching Learning Activities	Methods of Assessment
I	Describe the concept of mental health and mental illness in relation to providing comprehensive care to the patients.	Introduction a) Concept of mental health and mental illness b) Misconceptions related to mental illness c) Principles of Mental Health nursing d) Definition of terms used in psychiatry e) Review of defense mechanisms f) Mental Health Team	5	Lecture cum discussion Structured discussion Group interaction	Short answers Objective type
II	Narrate the historical development of Psychiatry and psychiatric nursing.	History of Psychiatry a) History of Psychiatric Nursing - India and at international level b) Trends in Psychiatric Nursing c) National mental health programme	4	Lecture cum discussion	Short answer Objective type
III	Describe mental health assessment	Mental Health Assessment a) Psychiatry history taking b) Mental status examination c) Interview technique	4	Lecture cum discussion Demonstration	Short answer Objective type Return Demonstration

Unit.	Learning Objectives	Content	Hr.	Teaching Learning Activites	Methods of Assessment
IV	Describe therapeutic relationship Demonstrate skills in process recording	Therapeutic nurse-patient relationship: a) Therapeutic nurse patient relationship: Definition, components and phases, Importance b) Communication skills Definition elements, types, factors influencing communication, barriers (therapeutic impasse)	5	Lecture cum discussions Role play Videos Demonstration of process recording	Short answers Return demonstration
V	List various mental disorders and describe their mental and psychiatric and nursing management.	Mental Disorders and Nursing Interventions a) Psycho-Pathophysiology of human behavior b) Etiological theories (genetics, biochemical, psychological etc) c) Classification of mental disorders. d) Disorders of thought, motor activity, perception, mood, speech, memory, concentration, judgment e) Prevalence, etiology, signs and symptoms, prognosis, medical and Nursing management f) Personality & types of personality related to psychiatric disorder g) Organic mental disorders: Delirium, Dementia f) Psychotic disorders: - Schizophrenic disorders - Mood (affective) disorders: Mania depression, Bipolar affective disorders(BPAD) h) Neurotic disorders: Phobia, anxiety disorders, obsessive compulsive disorders, depressive neurosis, conversion disorders, dissociative reaction, psychosomatic disorders, post traumatic stress disorder i) Substance use and de-addiction: alcohol, tobacco and other psychoactive substance j) Child and adolescent psychiatric disorder; - Sleep disorder - Eating disorders - Sexual disorders k) Nursing Management: Nursing process and process recording in caring for patients with various psychiatric disorders	25	Lecture cum discussions Case study Case Presentation Process recording Videos Role plays Field visits- De-addiction centers, Alcohol Anonyms group, Adolescent clinics, Child guidance centers etc	Short answers Essay types Case Study Case Presentation

Unit.	Learning Objectives	Content	Hr.	Teaching Learning Activites	Methods of Assessment
VI	Describe the Bio – psychosocial therapies and explain the role of the nurse	Bio – Psycho & Social Therapies <ul style="list-style-type: none"> a) Psychopharmacology – Definition, classification of drugs antipsychotic, Antidepressant, antimanic, antianxiety agents, anti parkinsons b) Psychosocial therapies – individual therapies, group therapy, behavior therapy, occupational therapy, family therapy, milieu therapy c) Role of nurse in these therapies. d) Somatic therapy – Electro Convulsive Therapy, insulin therapy, e) Role of nurse in these therapies. 	12	Lecture cum discussions Seminar Videos Demonstration Field visits- Rehabilitation centre, Day care centres Role plays	Short Answers Essay types Return demonstration Quiz Drug study
VII	Describe the concept of preventive community mental health services. Enumerate the nurse's role in National mental health programme	Community Mental Health <ul style="list-style-type: none"> a) Concept, importance, scope b) Attitudes , Stigma and discrimination related to the mentally ill c) Prevention of mental illness(Preventive Psychiatry) during childhood, adolescent, adult hood and old age. d) Community Mental Health Services. e) Role of Nurse in national mental health programme and Psychiatric care in Community 	5	Lecture cum discussion Role play Videos	Short answers Essay type Assignment
VIII	Explain different psychiatric emergencies and their management Demonstrate skills in crisis intervention	Psychiatric Emergencies and Crisis Intervention <ul style="list-style-type: none"> a) Types of Psychiatric emergencies: Over Active, under active patient, Violent behaviour, b) Suicide, adverse drug reactions, withdrawal symptoms, Acute psychosis etc c) Crisis and its intervention: AIDS, Adolescent Crisis 	5	Lecture cum discussion Videos Role plays Demonstration	Short answers Objective Type Essay type
IX	Describe the legal aspects to be kept in mind in the care of mentally ill patients.	Forensic Psychiatry / Legal Aspects <ul style="list-style-type: none"> a) India Lunatic Act 1912 b) Narcotic Drugs and psychotropic Act 1965, 1985 c) Mental Health Act 1987, 2014 d) Admission and discharge procedures e) Standards of psychiatric nursing practice. f) Rights of Mentally ill patients g) Legal responsibilities in the care of mentally ill patients. 	5	Lecture cum discussions Demonstration	Short answers Essay type Objective Quiz

MENTAL HEALTH NURSING- PRACTICAL

Placement- SECOND YEAR

Time – 320 hrs (8 weeks)
Internship 96 hrs (2 weeks)

Areas	Duration	Objectives	Skill	Assignments	Assessment methods
Psychiatric OPD	3 weeks	<ul style="list-style-type: none"> • Assess patients with mental health problems • Observe and assist in therapies • Counsel and educate patients, and families 	<ul style="list-style-type: none"> - History taking - Perform mental status examination - Assist in psychometric assessment - Observe and assist in therapies - Teach patients and family members 	<ul style="list-style-type: none"> • History taking-1 • Mental status examination-2 • Observation report of OPD-1 	<ul style="list-style-type: none"> • Assess performance with rating scale • Assess each skill with checklist • Assessment of observation report • Completion of activity record
Child guidance clinic	1 week	<ul style="list-style-type: none"> • Assessment of children with various mental health problem's • Counsel and provide health education for children, families and significant others 	<ul style="list-style-type: none"> - History taking - Perform mental status examination - Observe and assist in therapies - Health education of family members and significant others - Counsel family members and significant others 	<ul style="list-style-type: none"> • Observation report of child guidance clinic 	<ul style="list-style-type: none"> • Assess performance with rating scale • Assess each skill with checklist • Assessment of observation report
Inpatient ward	6 weeks	<ul style="list-style-type: none"> • Assess patients with mental health problems • Provide nursing care for patients with various mental health problems 	<ul style="list-style-type: none"> - History taking - Perform mental status examination - Observe and assist in therapies - Provide nursing care to the mentally ill patient - Health educate family members and significant others 	<ul style="list-style-type: none"> • Assess & give nursing care to 2-3 patients with various mental disorders • History taking-1 • Mental status examination-2 • Case study-1 • Care plan -1 • Case presentation-1 • Process recording-2 • Maintain drug book 	<ul style="list-style-type: none"> • Assess performance with rating scale • Assess each skill with checklist • Assessment of the case study, case presentation, process recording and care plan