

CLINICAL SPECIALITY
MENTAL HEALTH NURSING
(PSYCHIATRIC NURSING)

AIM:

- This course is designed for developing an understanding of the modern approach to mental health, identification, prevention, rehabilitation and nursing management of common mental health problems with special emphasis on therapeutic interventions for individuals, family and community.
- To assist students in developing expertise and in-depth understanding in the field of Psychiatric Nursing. It will help students to develop advanced skills for nursing intervention in various psychiatric conditions. It will enable the student to function as psychiatric nurse practitioner / specialist. It will further enable the student to function as educator, manager, and researcher in the field of Psychiatric nursing.

OBJECTIVES:

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

- Understand the historical development and current trends in mental health nursing.
- Comprehend and apply principles of psychiatric nursing in clinical practice.
- Understand the etiology, psychodynamics and management of psychiatric disorders.
- Develop competency in assessment, therapeutic communication and assisting with various treatment modalities.
- Understand and accept psychiatric patient as an individual and develop a deeper insight into His/her own attitudes and emotional reactions.
- Develop skill in providing comprehensive care to various kinds of psychiatric patients.
- Develop understanding regarding psychiatric emergencies and crisis interventions.
- Understand the importance of community health nursing in psychiatry.
- Apply the nursing process in the care of ill infants to pre adolescents in hospital and community.
- Demonstrate advanced skills/competence in nursing management of children with medical and surgical problems.

- Recognize and manage emergencies in children.
- Provide nursing care to critically ill children.
- Utilize the recent technology and various treatment modalities in the management of high risk children and Behavioral problems due to pandemics among children, preadolescence and adolescence.
- Prepare a design for layout and describe standards for management of pediatric units/hospitals.
- Identify areas of research in the field of pediatric nursing.
- Identify and manage psychiatric emergencies.
- Demonstrate skills in carrying out crisis intervention.
- Appreciate the legal and ethical issues pertaining to psychiatric nursing.
- Prepare a design for layout and management of psychiatric units.
- Teach psychiatric nursing to undergraduate students & in-service nurses.

Introduction:

- Mental Health and Mental Illness
- Historical perspectives
- Terminology in psychiatry
- Trends, issues and magnitude
- Contemporary practices
- Mental health laws/Acts
- National mental health program –National mental health authority, state mental health authority.
- Human rights of mentally ill.
- Mental Health/ Mental Illness continuum
- Classification of mental illnesses –ICD, DSM.
- Standards of psychiatric nursing
- Challenges and scope of psychiatric nursing
- Multi-Disciplinary team and role of nurse
- Role of psychiatric nurse –extended and expanded.

Concepts of psychobiology:

- The nervous system
 - An anatomical review

- The brain and limbic system
- Nerve tissue
- Autonomic nervous system
- Neurotransmitters
- Neuro endocrinology
 - Pituitary, Thyroid Gland
 - Circadian Rhythms
- Genetics.
- Neuro psychiatric disorders.
- Psycho immunology
 - Normal Immune response
 - Implications for psychiatric illness.
- Implications for Nursing.

Theories of personality development and relevance to nursing practice:

- Psychoanalytic Theory-Freud's.
- Interpersonal Theory-Sullivan's.
- Theory of Psychosocial Development-Erikson's.
- Theory of object relations.
- Cognitive Development Theory.
- Theory of Moral Development.
- A Nursing Model-Hildegard E. Peplau.

Stress and its management:

- An introduction to the concepts of stress.
- Psychological Adaptation to stress.
- Stress as a Biological Response.
- Stress as an environmental event.
- Stress as transaction between the individual and the environment
- Stress management.
- Crisis intervention

Therapeutic communication and interpersonal relationship:

- Review communication process, factors affecting communication.
- Communication with individuals and in groups.

- Techniques of therapeutic communication-touch therapy.
- Barrier of communication with specific reference to psychopathology.
- Therapeutic attitudes.
- Dynamics of a therapeutic Nurse-client relationship; Therapeutic use of self-Gaining self-awareness.
- Therapeutic nurse-patient relationship in phases; Conditions essential to development of a therapeutic relationship.
- Therapeutic impasse and its management.

Assertive training:

- Assertive Communication.
- Basic Human rights
- Response Patterns
 - Nonassertive Behavior
 - Assertive Behavior
 - Aggressive Behavior
 - Passive-Aggressive Behavior.
- Behavioral Components of Assertive Behavior.
- Techniques that promote Assertive Behavior.
- Thought-Stopping Techniques Method and Role of the Nurse.
- Factors affecting effective Communication of groups' members of health team & establish effective interpersonal relationship.

Promoting Self-Esteem:

- Components of Self-Concept.
- The Development of Self-Esteem.
- The Manifestations of Low-Self-Esteem.
- Boundaries
- Role of the Nurse.

Women and Mental Health

- Normal reaction to conception, pregnancy and puerperium
- Problems related to conception, pregnancy and puerperium and its management.
- Counseling- Premarital, marital and genetic
- Role of nurse in promoting self-esteem of women

The Nursing Process in psychiatric/mental Health Nursing:

- Mental health assessment-History taking, mental status examination.
- Physical and neurological examination.
- Psychometric assessment.
- Investigations, Diagnosis and Differential diagnosis.
- Interpretation of investigations.
- Nurse's Role.
- Nursing case management
 - Critical pathways of care
- Documentation:
 - Problem-oriented recording
 - Focus charting
 - The PIE method.

Psycho social and physical Therapies:

- Individual Therapy.
- Behavioral Therapy – Relaxation Therapy, cognitive therapy, positive - negative reinforcement, bio Feedback, guided imagery, abreaction therapy.
- Group Therapy
- Family Therapy
- Milieu Therapy (Therapeutic Community)
- Occupational Therapy
- Recreational Therapy
- Play Therapy
- Music Therapy
- Light therapy
- Color therapy
- Marital therapy
- Transactional analysis

Electroconvulsive therapy:

- Historical Perspectives
- Indications
- Contraindications

- Mechanisms of Actions
- Side Effects
- Risks Associated with Electroconvulsive Therapy
- The Role of the Nurse in Electroconvulsive Therapy
- Recent development of administering the ECT

Psychopharmacology:

- Historical Perspectives
- Role of a Nurse in Psychopharmacological Therapy
 - Anti- anxiety Agents
 - Antidepressant Agents
 - Mood stabilizers
 - Antipsychotic
 - Sedative-Hypnotics
 - Central Nervous System Stimulants
 - Antiparkinsonian agents.
 - Anti-craving drugs
 - Disulfiram
- Future developments.

Alternative systems of medicine in mental health:

- Types of therapies
 - Herbal Medicine
 - Unani
 - Siddha
 - Homeopathy
 - Acupressure and Acupuncture
 - Diet and Nutrition
 - Chiropractic Medicine
 - Therapeutic Touch and Massage
 - Yoga
 - Pet Therapy

- Color therapy
 - Aroma therapy
 - Sujok therapy
- Recent practices of Alternative System of Medicine in Mental Health.

Principles and Practice of Psychiatric Nursing:

- Review.

Crisis Intervention:

- Crisis, Definition
- Phases in the development of a crisis
- Types of Crisis; Dispositional , Anticipated Life Transitions, Traumatic Stress, Maturation/ Development , Reflecting Psychopathology
- Psychiatric Emergencies and their management
- Grief and grief reaction
- Crisis Intervention; Phases
- Post-traumatic stress disorder (PTSD)
- Role of the Nurse

Anger / Aggression Management:

- Anger and Aggression, Types, Predisposing Factors.
- Management
- Role of the Nurse

The Suicidal Client:

- Epidemiological Factors
- Risk Factors.
 - Predisposing Factors: Theories of Suicide- Psychological, Sociological, Biological.
- Nursing Management.

Disorders of Infancy, Childhood, and Adolescence:

- Mentally Challenged.
- Autistic Disorders.
- Attention-Deficit/Hyperactivity Disorder.
- Conduct Disorders, behavioral disorders.
- Oppositional Defiant Disorder.
- Tourette's Disorders
- Separation Anxiety Disorder.
- Juvenile delinquency and its reformations.
- Behavioral problems due to pandemics among children, preadolescence and adolescence.
- Psychopharmacological Intervention and Nursing Management.

Delirium, Dementia, and Amnesic Disorders:

- Delirium
- Dementia
- Amnesia
- Psychopharmacological Intervention and Nursing Management.
- Major Neurocognitive Disorder with Lewy Body Disease, Mild Neurocognitive Disorder, Disinhibited Social Engagement Disorder.

Substance – Related Disorders:

- Substance-Used Disorders.
- Substance-Induced Disorders.
- Classes of Psychoactive Substances.
- Predisposing Factors.
- The Dynamics of Substance-Related Disorders.
- The Impaired Nurse.
- Codependency.
- Treatment Modalities for Substance-Related Disorders and Nursing Management.

Schizophrenia and other Psychotic Disorders: (check ICD10)

- Nature of the Disorder
- Predisposing Factors
- Schizophrenia-Types

- Disorganized Schizophrenia.
- Catatonic Schizophrenia.
- Paranoid Schizophrenia.
- Undifferentiated Schizophrenia.
- Residual Schizophrenia.
- Other Psychotic disorders
 - Schizoaffective Disorder.
 - Brief Psychotic Disorder.
 - Schizophrenic form Disorder.
 - Psychotic Disorder Due to a General Medical Condition.
 - Substance-Induced Psychotic Disorder.
- Treatment and Nursing Management.

Mood Disorders:

- Historical Perspective
- Epidemiology
- The Grief Response
- Maladaptive Responses to Loss
- Types of Mood Disorders
- Depressive disorders.
- Bipolar disorders.
- Disruptive Mood Dysregulation Disorder.
- Treatment and Nursing Management.

Anxiety Disorders:

- Historical Aspects
- Epidemiological Statistics
- How much is too much?
- Types
 - Panic Disorder
 - Generalized Anxiety Disorder
 - Phobias
 - Obsessive-Compulsive Disorder

- Posttraumatic Stress Disorder
- Anxiety Disorder Due to a General Medical Condition
- Substance-Induced Anxiety Disorder
- Treatment Modalities
- Psycho pharmacology & Nursing Management
- Recent pharmacological and Nursing Management including complimentary therapy
- Practices induced psychiatric disorders due to COVID-19

Somatoform and Sleep Disorders:

- Somatoform Disorders
- Historical Aspects
- Epidemiological Statistics
 - Pain Disorder
 - Hypochondriasis
 - Conversion Disorder
 - Body Dysmorphic Disorder
- Sleep Disorder.
- Treatment Modalities and Nursing Management.
- Recent pharmacological and Nursing Management including complimentary Therapy
- Central sleep Apnea and sleep related Hypoventilation

Dissociative Disorders and Management:

- Historical Aspects
- Epidemiological Statistics
- Application of the Nursing Management.
- Treatment Modalities and Nursing Management.
- Recent pharmacological and Nursing Management including complimentary therapy

Sexual and Gender Identity Disorders:

- Development of Human Sexuality
- Sexual Disorders
- Variation in Sexual Orientation

- Nursing Management
- Recent pharmacological management

Eating Disorders:

- Epidemiological Factors.
- Predisposing Factors: Anorexia Nervosa and Bulimia Nervosa, obesity
- Psychopharmacology
- Treatment & Nursing Management.
- Recent pharmacological Management

Adjustment and ImpulseControl Disorders:

- Historical and Epidemiological Factors.
 - Adjustment Disorders
 - Impulse Control Disorders
 - Internet Addiction Disorder
- Treatment & Nursing Management.

Medical Conditions due to Psychological Factors:

- Asthma
- Cancer
- Coronary Heart Disease
- Peptic Ulcer
- Essential Hypertension
- Migraine Headache
- Rheumatoid Arthritis
- Ulcerative Colitis
- COVID19
- Treatment & Nursing Management

Personality Disorders:

- Historical perspectives

- Types of Personality Disorders
 - Paranoid Personality Disorder
 - Schizoid Personality Disorder
 - Antisocial Personality Disorder
 - Borderline Personality Disorder
 - Histrionic Personality Disorder
 - Narcissistic Personality Disorder
 - Avoidance Personality Disorder
 - Dependent Personality Disorder
 - Obsessive-Compulsive Personality Disorder
 - Passive-Aggressive Personality Disorders
- Identification, diagnostic, symptoms
- Psychopharmacology
- Treatment & Nursing Management

The Aging Individual:

- Epidemiological Statistics
- Biological Theories
- Biological Aspects of Aging
- Psychological Aspects of Aging
- Memory Functioning
- Socio-cultural aspects of aging
- Special Concerns of the elderly population
- Psychiatric problems among elderly population
- Treatment & Nursing Management

The person living with HIV Disease:

- Psychological problems of individual HIV / AIDS
- Counseling.
- Treatment & Nursing Management.

Problems Related to Abuse or Neglect:

- Vulnerable groups, Women, Children, elderly, psychiatric patients, under privileged, challenged

- Predisposing Factors.
- Treatment. Nursing management - Counseling.

Community Mental Health Nursing:

- National Mental Health Program- Community mental health program.
- The changing Focus of care.
- The Public Health Model.
- Case Management.
- The community as Client
 - Primary prevention
 - Populations at Risk.
 - Secondary prevention
 - Tertiary Prevention.
- Community based rehabilitation.
- Psychological impact of COVID-19 on vulnerable group.

Ethical and Legal Issues in Psychiatric / Mental Health Nursing:

- Ethical Considerations
- Legal Consideration
- Nurse Practice Acts
- Types of Law
- Classification within Statutory and Common Law
- Legal Issues in Psychiatric/Mental Health Nursing
- Nursing Liability

Psychosocial Rehabilitation:

- Principles of rehabilitation
- Disability assessment
- Day care centers
- Half way homes
- Reintegration into the community
- Training and support to care givers
- Sheltered workshops
- Correctional homes.

Counseling:

- Liaison psychiatric nursing.
- Terminal illnesses-Counseling
- Postpartum psychosis-treatment, care and counseling
- Death dying- Counseling
- Treatment, care and counseling
 - Unwed mothers
 - HIV and AIDS

Administration and Management of Psychiatric units including**Emergency units:**

- Design & layout
- Staffing
- Equipment, supplies
- Norms, policies and protocols
- Quality assurance
- Practice standards for psychiatric care unit
- Documentation
- Psychological adaptation in working environment during COVID 19.

Education and Training in Psychiatric Care:

- Staff orientation, training and development
- In-service education program
- Clinical teaching programs

Theme No	Themes	Specific objectives	Contents
I	<p>Introduction Concepts of psychobiology Theories of personality development and relevance to nursing practice Stress and its management Therapeutic communication and interpersonal relationship Assertive training</p>	<p>At the end of unit students are able to</p> <p>Knowledge: Understand and describe historical development and current trends in mental health nursing. Understand the importance of community mental health nursing. Understand and describe general structure and functions of the body. Understand the concept of personality and influence on behavior and developmental psychology. Understands and describe the concept of stress and its influence on individual. Understand importance of therapeutic communication and inter personnel relationship. Understand and describe effective communication process.</p> <p>Skill: Provide comprehensive</p>	<p>Introduction:</p> <ul style="list-style-type: none"> ▪ Mental Health and Mental Illness ▪ Historical perspectives ▪ Terminology in psychiatry ▪ Trends, issues and magnitude ▪ Contemporary practices ▪ Mental health laws/Acts ▪ National mental health program –National mental health authority, state mental health authority. ▪ Human rights of mentally ill. ▪ Mental Health/ Mental Illness continuum ▪ Classification of mental illnesses –ICD, DSM. ▪ Standards of psychiatric nursing ▪ Challenges and scope of psychiatric nursing ▪ Multi-Disciplinary team and role of nurse ▪ Role of psychiatric nurse –extended and expanded. <p>Concepts of psychobiology:</p> <ul style="list-style-type: none"> ▪ The nervous system <ul style="list-style-type: none"> • An anatomical review • The brain and limbic system • Nerve tissue

		<p>care to various kinds of psychiatric patients and appreciates human rights of mentally ill. Correlate with abnormalities of nervous system. Differentiate mentally healthy and mentally ill. Adobe stress. Acquire competency in assessment therapeutic communication and maintaining inter personnel relationship. Communicate effectively with individuals, groups members of health team & establishes effective interpersonal relationship.</p> <p>Attitude: Appreciates multi-disciplinary approach in providing comprehensive care to psychiatric patients. Apply this knowledge in the field of nursing practice. Apply this knowledge in nursing practice. Apply this knowledge stress management. Appreciates importance of inter personnel relationship. Appreciate importance of assertive communication.</p>	<ul style="list-style-type: none"> • Autonomic nervous system • Neurotransmitters ▪ Neuro endocrinology • Pituitary, Thyroid Gland • Circadian Rhythms ▪ Genetics. ▪ Neuro psychiatric disorders. ▪ Psycho immunology • Normal Immune response • Implications for psychiatric illness. ▪ Implications for Nursing. <p>Theories of personality development and relevance to nursing practice:</p> <ul style="list-style-type: none"> ▪ Psychoanalytic Theory-Freud’s. ▪ Interpersonal Theory-Sullivan’s. ▪ Theory of Psychosocial Development-Erikson’s. ▪ Theory of object relations. ▪ Cognitive Development Theory. ▪ Theory of Moral Development. ▪ A Nursing Model-Hildegard E. Peplau. <p>Stress and its management:</p> <ul style="list-style-type: none"> ▪ An introduction to the concepts of stress. ▪ Psychological Adaptation to stress. ▪ Stress as a Biological Response. ▪ Stress as an environmental event. ▪ Stress as transaction between the individual and the environment ▪ Stress management. ▪ Crisis intervention <p>Therapeutic communication and interpersonal</p>
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			<p>relationship:</p> <ul style="list-style-type: none"> ▪ Review communication process, factors affecting communication. ▪ Communication with individuals and in groups. ▪ Techniques of therapeutic communication-touch therapy. ▪ Barrier of communication with specific reference to psychopathology. ▪ Therapeutic attitudes. ▪ Dynamics of a therapeutic Nurse-client relationship; Therapeutic use of self-Gaining self-awareness. ▪ Therapeutic nurse-patient relationship in phases; Conditions essential to development of a therapeutic relationship. ▪ Therapeutic impasse and its management. <p>Assertive training:</p> <ul style="list-style-type: none"> ▪ Assertive Communication. ▪ Basic Human rights ▪ Response Patterns <ul style="list-style-type: none"> • Nonassertive Behavior • Assertive Behavior • Aggressive Behavior • Passive-Aggressive Behavior. ▪ Behavioral Components of Assertive Behavior. ▪ Techniques that promote Assertive Behavior. ▪ Thought-Stopping Techniques Method and Role of the Nurse. ▪ Factors affecting effective Communication of groups' members of health team & establish effective interpersonal relationship.
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<p>II</p>	<p>Promoting Self-Esteem Women and Mental Health The Nursing Process in psychiatric/mental Health Nursing Psycho social and physical Therapies</p>	<p>At the end of unit students are able to</p> <p>Knowledge: Develops understanding of self and others. Understand cognitive and affective process of human mind. Develops understanding Women and Mental Health Understand cognitive and affective process of women mind. Understand & describe nature purpose & process of assessment of mental health status. Understand and explain treatment modalities & therapies used in mental disorders.</p> <p>Skill: Can do effectivecounseling – Premarital, marital and genetic Assist in psychological assessment and test & Implement this knowledge in caring client. Apply the steps of therapies in mentally ill patients.</p> <p>Attitude: value importance of mental health of women Correlate with nursing care in clinical and community setting Develops interest in understanding treatment modalities and its use in practice.</p>	<p>Promoting Self-Esteem:</p> <ul style="list-style-type: none"> ▪ Components of Self-Concept. ▪ The Development of Self-Esteem. ▪ The Manifestations of Low-Self-Esteem. ▪ Boundaries ▪ Role of the Nurse. <p>Women and Mental Health</p> <ul style="list-style-type: none"> ▪ Normal reaction to conception, pregnancy and puerperium ▪ Problems related to conception, pregnancy and puerperium and its management. ▪ Counseling- Premarital, marital and genetic ▪ Role of nurse in promoting self-esteem of women <p>The Nursing Process in psychiatric/mental Health Nursing:</p> <ul style="list-style-type: none"> ▪ Mental health assessment-History taking, mental status examination. ▪ Physical and neurological examination. ▪ Psychometric assessment. ▪ Investigations, Diagnosis and Differential diagnosis. ▪ Interpretation of investigations. ▪ Nurse’s Role. ▪ Nursing case management <ul style="list-style-type: none"> • Critical pathways of care ▪ Documentation: <ul style="list-style-type: none"> • Problem-oriented recording • Focus charting • The PIE method. <p>Psycho social and physical Therapies:</p>
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			<ul style="list-style-type: none"> ▪ Individual Therapy. ▪ Behavioral Therapy – Relaxation Therapy, cognitive therapy, positive - negative reinforcement, bio Feedback, guided imagery, abreaction therapy. ▪ Group Therapy ▪ Family Therapy ▪ Milieu Therapy (Therapeutic Community) ▪ Occupational Therapy ▪ Recreational Therapy ▪ Play Therapy ▪ Music Therapy ▪ Light therapy ▪ Color therapy ▪ Marital therapy ▪ Transactional analysis
III	<p>Electroconvulsive therapy Psychopharmacology Alternative systems of medicine in mental health Principles and Practice of Psychiatric Nursing Crisis Intervention Anger/Aggression Management The Suicidal Client Disorders of Infancy, Childhood, and Adolescence Delirium, Dementia, and Amnesic Disorders</p>	<p>At the end of unit students are able to</p> <p>Knowledge: Importance of ECT in mental disorders and role of nurse.</p> <p>Understand and explain basic concepts psychopharmacology, drugs used and side effects of drugs.</p> <p>Understand & explain importance of alternative system of medicine in psychiatric nursing.</p> <p>Understands and explain the principles of psychiatric nursing.</p> <p>Understand the importance of crisis intervention. Understand the concept of anger and aggression and explain its</p>	<p>Electroconvulsive therapy:</p> <ul style="list-style-type: none"> ▪ Historical Perspectives ▪ Indications ▪ Contraindications ▪ Mechanisms of Actions ▪ Side Effects ▪ Risks Associated with Electroconvulsive Therapy ▪ The Role of the Nurse in Electroconvulsive Therapy ▪ Recent development of administering the ECT <p>Psychopharmacology:</p> <ul style="list-style-type: none"> ▪ Historical Perspectives ▪ Role of a Nurse in Psychopharmacological Therapy <ul style="list-style-type: none"> • Anti- anxiety Agents

		<p>influence on an individual. Understands and explains the etiology for suicide. Describe various psychiatric disorders of infancy, childhood and adolescence. Describe the behavioral problems due to pandemics among children, preadolescence and adolescence. Understand stages of dementia & explains the difference between dementia and delirium.</p> <p>Skill: Assist effectively while giving ECT. Recognize the effects and side effects of drugs. Practice principles of psychiatric nursing in clinical settings. Identify and recognize the crisis situations. Accept and recognize the anger/aggression clients and provide competent care. Render effective care to the suicidal client in acute and recovery stage. Identify and render comprehensive care to children suffering from various childhood and adolescent disorders. Identify the behavioral</p>	<ul style="list-style-type: none"> • Antidepressant Agents • Mood stabilizers • Antipsychotic • Sedative-Hypnotics • Central Nervous System Stimulants • Antiparkinsonian agents. • Anti-craving drugs • Disulfiram ▪ Future developments. <p>Alternative systems of medicine in mental health:</p> <ul style="list-style-type: none"> ▪ Types of therapies <ul style="list-style-type: none"> • Herbal Medicine • Unani • Siddha • Homeopathy • Acupressure and Acupuncture • Diet and Nutrition • Chiropractic Medicine • Therapeutic Touch and Massage • Yoga • Pet Therapy • Color therapy • Aroma therapy • Sujok therapy ▪ Recent practices of Alternative System of Medicine in Mental Health. <p>Principles and Practice of Psychiatric Nursing:</p> <ul style="list-style-type: none"> ▪ Review.
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		<p>problems due to pandemics among children, preadolescence and adolescence. Identify clients with memory disturbances & render them effective care.</p> <p>Attitude: Appreciate client's behavior under influence of drugs. Appreciate and incorporate alternative system of medicine. Appreciate importance of principles of psychiatric nursing in different clinical settings. Develop interest in understanding treatment modalities and its use in practice. Practices varied methods of managing anger and aggressive behavior of clients. Learns different ways of managing frustration and teaches to clients. Takes initiative in preconceptional counseling. Cultivate an empathetic view about clients & strive for making them independent.</p>	<p>Crisis Intervention:</p> <ul style="list-style-type: none"> ▪ Crisis, Definition ▪ Phases in the development of a crisis ▪ Types of Crisis; Dispositional , Anticipated Life Transitions, Traumatic Stress, Maturation/Development , Reflecting Psychopathology ▪ Psychiatric Emergencies and their management ▪ Grief and grief reaction ▪ Crisis Intervention; Phases ▪ Post-traumatic stress disorder (PTSD) ▪ Role of the Nurse <p>Anger / Aggression Management:</p> <ul style="list-style-type: none"> ▪ Anger and Aggression, Types, Predisposing Factors. ▪ Management ▪ Role of the Nurse <p>The Suicidal Client:</p> <ul style="list-style-type: none"> ▪ Epidemiological Factors ▪ Risk Factors. <ul style="list-style-type: none"> • Predisposing Factors: Theories of Suicide- Psychological, Sociological, Biological. ▪ Nursing Management. <p>Disorders of Infancy, Childhood, and Adolescence:</p> <ul style="list-style-type: none"> ▪ Mentally Challenged. ▪ Autistic Disorders. ▪ Attention-Deficit/Hyperactivity Disorder.
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			<ul style="list-style-type: none"> ▪ Conduct Disorders, behavioral disorders. ▪ Oppositional Defiant Disorder. ▪ Tourette's Disorders ▪ Separation Anxiety Disorder. ▪ Juvenile delinquency and its reformations. ▪ Behavioral problems due to pandemics among children, preadolescence and adolescence. ▪ Psychopharmacological Intervention and Nursing Management. <p>Delirium, Dementia, and Amnesic Disorders:</p> <ul style="list-style-type: none"> ▪ Delirium ▪ Dementia ▪ Amnesia ▪ Psychopharmacological Intervention and Nursing Management. ▪ Major Neurocognitive Disorder with Lewy Body Disease, Mild Neurocognitive Disorder, Disinhibited Social Engagement Disorder.
IV	<p>Substance–Related Disorders</p> <p>Schizophrenia and other Psychotic Disorders: (check ICD10)</p> <p>Mood Disorders</p> <p>Anxiety Disorders</p> <p>Somatoform and Sleep Disorders</p> <p>Dissociative Disorders</p>	<p>At the end of the course the students are able to</p> <p>Knowledge: Understand different categories of substances abused and their effects on individual, families and society. Understand and explain nature of schizophrenia and other psychotic disorders. Understand & explain normal & maladaptive grief</p>	<p>Substance – Related Disorders:</p> <ul style="list-style-type: none"> ▪ Substance-Used Disorders. ▪ Substance-Induced Disorders. ▪ Classes of Psychoactive Substances. ▪ Predisposing Factors. ▪ The Dynamics of Substance-Related Disorders. ▪ The Impaired Nurse. ▪ Codependency. ▪ Treatment Modalities for Substance-Related Disorders and Nursing

	<p>and Management: Sexual and Gender Identity Disorders Eating Disorders Adjustment and Impulse Control Disorders Medical Conditions due to Psychological Factors</p>	<p>responses. Develop an understanding of constructive and destructive anxiety and different anxiety disorders. Describe the practices induced psychiatric disorders due to COVID-19. Understands body-mind Relationship concept & various somatoform disorders that result. Understand; describe causes & psychodynamics of dissociative disorders. Define and explain various sexual and gender identity disorders. Describe diagnostic criteria for eating disorders it's management. Describe, illustrate different adjustment and impulse control disorders. Understand psychological bases of various medical conditions and their prognosis included COVID 19</p> <p>Skill: Identify substance related disorders among people and practices different treatment modalities to treat and prevent them. Develop competence in</p>	<p>Management. Schizophrenia and other Psychotic Disorders: (check ICD10)</p> <ul style="list-style-type: none"> ▪ Nature of the Disorder ▪ Predisposing Factors ▪ Schizophrenia-Types <ul style="list-style-type: none"> • Disorganized Schizophrenia. • Catatonic Schizophrenia. • Paranoid Schizophrenia. • Undifferentiated Schizophrenia. • Residual Schizophrenia. ▪ Other Psychotic disorders <ul style="list-style-type: none"> • Schizoaffective Disorder. • Brief Psychotic Disorder. • Schizophrenic form Disorder. • Psychotic Disorder Due to a General Medical Condition. • Substance-Induced Psychotic Disorder. ▪ Treatment and Nursing Management. <p>Mood Disorders:</p> <ul style="list-style-type: none"> ▪ Historical Perspective ▪ Epidemiology ▪ The Grief Response ▪ Maladaptive Responses to Loss ▪ Types of Mood Disorders ▪ Depressive disorders. ▪ Bipolar disorders. ▪ Disruptive Mood Dysregulation Disorder. Treatment and Nursing Management. <p>Anxiety Disorders:</p>
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	<p>diagnosing different types of schizophrenia and psychotic disorders and renders competent care to the clients. Recognize patients with mood disorders and render comprehensive care. Identify various anxiety disorders among clients. Identify the practices induced psychiatric disorders due to COVID-19. Develops skill in rendering comprehensive care to clients with somatoform disorders. Renders culturally congruent care to these clients. Diagnose sexual and gender identity disorders and take appropriate action to bring about behavioral changes. Identify & render care to these clients. Demonstrates competence in identifying and caring for clients. Develops skills in identifying psychological stressors for medical conditions including COVID 19 and renders care accordingly.</p> <p>Attitude: Participates in awareness campaigns of substance abuse prevention</p>	<ul style="list-style-type: none"> ▪ Historical Aspects ▪ Epidemiological Statistics ▪ How much is too much? ▪ Types <ul style="list-style-type: none"> • Panic Disorder • Generalized Anxiety Disorder • Phobias • Obsessive-Compulsive Disorder • Posttraumatic Stress Disorder • Anxiety Disorder Due to a General Medical Condition • Substance-Induced Anxiety Disorder ▪ Treatment Modalities ▪ Psycho pharmacology & Nursing Management ▪ Recent pharmacological and Nursing Management including complimentary therapy ▪ Practices induced psychiatric disorders due to COVID-19 <p>Somatoform and Sleep Disorders:</p> <ul style="list-style-type: none"> ▪ Somatoform Disorders ▪ Historical Aspects ▪ Epidemiological Statistics <ul style="list-style-type: none"> • Pain Disorder • Hypochondriasis • Conversion Disorder • Body Dysmorphic Disorder ▪ Sleep Disorder. ▪ Treatment Modalities and Nursing
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		<p>for adolescents and young adults. Considers long term financial burden and social stigma experienced by the clients and families while planning rehabilitation of the clients. Learns to correlate seasonality and grief with mood disorders. Incorporates innovative techniques to combat anxiety. Integrates psychological interventions for practices induced psychiatric disorders due to COVID-19. Learns to identify and prevent the development of somatoform disorders. Consider early life experiences of clients to manage stress. Establishes a fruitful relationship between normal sexuality and morality. Takes interest in practicing different treatment modalities and alternative therapies while rendering care to clients with eating disorders. Participates in community awareness campaigns for mental health and mental ill</p>	<p>Management.</p> <ul style="list-style-type: none"> ▪ Recent pharmacological and Nursing Management including complimentary Therapy ▪ Central sleep Apnea and sleep related Hypoventilation <p>Dissociative Disorders and Management:</p> <ul style="list-style-type: none"> ▪ Historical Aspects ▪ Epidemiological Statistics ▪ Application of the Nursing Management. ▪ Treatment Modalities and Nursing Management. ▪ Recent pharmacological and Nursing Management including complimentary therapy <p>Sexual and Gender Identity Disorders:</p> <ul style="list-style-type: none"> ▪ Development of Human Sexuality ▪ Sexual Disorders ▪ Variation in Sexual Orientation ▪ Nursing Management ▪ Recent pharmacological management <p>Eating Disorders:</p> <ul style="list-style-type: none"> ▪ Epidemiological Factors. ▪ Predisposing Factors: Anorexia Nervosa and Bulimia Nervosa, obesity ▪ Psychopharmacology ▪ Treatment & Nursing Management. ▪ Recent pharmacological Management
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		<p>health. Provide psycho-education to clients with medical conditions including COVID 19 and help them to identify psychological stressors for these conditions.</p>	<p>Adjustment and Impulse Control Disorders:</p> <ul style="list-style-type: none"> ▪ Historical and Epidemiological Factors. <ul style="list-style-type: none"> • Adjustment Disorders • Impulse Control Disorders • Internet Addiction Disorder ▪ Treatment & Nursing Management. <p>Medical Conditions due to Psychological Factors:</p> <ul style="list-style-type: none"> ▪ Asthma ▪ Cancer ▪ Coronary Heart Disease ▪ Peptic Ulcer ▪ Essential Hypertension ▪ Migraine Headache ▪ Rheumatoid Arthritis ▪ Ulcerative Colitis ▪ COVID19 ▪ Treatment & Nursing Management
V	<p>Personality Disorders The Aging Individual The person living with HIV Disease Problems Related to Abuse or Neglect Community Mental Health Nursing Ethical and legal issues in psychiatric/Mental Health Nursing Psychosocial</p>	<p>At the end of the course the students are able to</p> <p>Knowledge: Understand the concept of normal & abnormal personality, explain various personality disorders. Understand normal aging process & explain bio-psycho-social Problems of aging. Illustrate the patho-physiology and psychodynamics due to H</p>	<p>Personality Disorders:</p> <ul style="list-style-type: none"> ▪ Historical perspectives ▪ Types of Personality Disorders <ul style="list-style-type: none"> • Paranoid Personality Disorder • Schizoid Personality Disorder • Antisocial Personality Disorder • Borderline Personality Disorder • Histrionic Personality Disorder • Narcissistic Personality Disorder • Avoidance Personality Disorder • Dependent Personality Disorder

	<p>Rehabilitation Counseling Administration and management of psychiatric units including emergency units Education and Training in Psychiatric Care</p>	<p>Disease. Understand the vulnerability of certain groups for neglect and abuse. Understand and explain the concept of community mental health nursing and levels of prevention in community mental health. Describe the psychological impact of COVID-19 on vulnerable group. Explains legal and ethical Considerations in psychiatric nursing. Understand various aspects of psychosocial rehabilitation of clients with chronic mental illness. Understand and explain the importance of counseling in practice of psychiatric nursing while dealing with clients having terminal illness and other social problems. Understand various needs of the psychiatric units. Understand the psychological adaptation in working environment during COVID 19. Understand and explain the need for staff development.</p> <p>Skill: Demonstrates competence in identifying</p>	<ul style="list-style-type: none"> • Obsessive-Compulsive Personality Disorder • Passive-Aggressive Personality Disorders ▪ Identification, diagnostic, symptoms ▪ Psychopharmacology ▪ Treatment & Nursing Management <p>The Aging Individual:</p> <ul style="list-style-type: none"> ▪ Epidemiological Statistics ▪ Biological Theories ▪ Biological Aspects of Aging ▪ Psychological Aspects of Aging ▪ Memory Functioning ▪ Socio-cultural aspects of aging ▪ Special Concerns of the elderly population ▪ Psychiatric problems among elderly population ▪ Treatment & Nursing Management <p>The person living with HIV Disease:</p> <ul style="list-style-type: none"> ▪ Psychological problems of individual HIV / AIDS ▪ Counseling. ▪ Treatment & Nursing Management. <p>Problems Related to Abuse or Neglect:</p> <ul style="list-style-type: none"> ▪ Vulnerable groups, Women, Children, elderly, psychiatric patients, under privileged, challenged
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		<p>and rendering comprehensive culture care to clients with different personality disorders. Demonstrate competence in identifying bio-psycho-social problems of aging & take appropriate action to eliminate suffering. Demonstrate effective communication skills through counseling. Identify the signs of neglect and abuse among the patients encountered in different clinical settings and take appropriate action. Practice case management and applies public health model while rendering mental health care in community. Renders ethically & legally competent care. Assess disability and render rehabilitative services in different therapeutic milieu. Develops counseling skills for terminally ill clients. Psychiatric interventions for psychological adaptation in working environment during COVID 19. Manage psychiatric unit effectively and efficiently. Plan staff development</p>	<ul style="list-style-type: none"> ▪ Predisposing Factors. ▪ Treatment. Nursing management - Counseling. <p>Community Mental Health Nursing:</p> <ul style="list-style-type: none"> ▪ National Mental Health Program- Community mental health program. ▪ The changing Focus of care. ▪ The Public Health Model. ▪ Case Management. ▪ The community as Client <ul style="list-style-type: none"> ▪ Primary prevention ▪ Populations at Risk. ▪ Secondary prevention ▪ Tertiary Prevention. ▪ Community based rehabilitation. ▪ Psychological impact of COVID-19 on vulnerable group. <p>Ethical and Legal Issues in Psychiatric / Mental Health Nursing:</p> <ul style="list-style-type: none"> ▪ Ethical Considerations ▪ Legal Consideration ▪ Nurse Practice Acts ▪ Types of Law ▪ Classification within Statutory and Common Law ▪ Legal Issues in Psychiatric/Mental Health Nursing ▪ Nursing Liability <p>Psychosocial Rehabilitation:</p>
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		<p>Programme for staff nurses.</p> <p>Attitude: Take initiative to early diagnose abnormal personality traits in order to prevent them from progressing to personality disorder by prompt intervention.</p> <p>Attempt to minimize discomfort due to irreversible problems. Considers social stigma of the disease, takes initiative to prevent transmission of the disease.</p> <p>Effort to minimize the psychological impact of COVID-19 on vulnerable group.</p> <p>Indicates awareness of legal Implications of neglect and abuse.</p> <p>Participates in psycho-social and occupational rehabilitation of the chronic mentally ill clients.</p> <p>Appreciates the rights of mentally ill clients.</p> <p>Practice principles of rehabilitation.</p> <p>Considers social status and cultural background of the clients.</p> <p>Develops a quality assurance</p>	<ul style="list-style-type: none"> ▪ Principles of rehabilitation ▪ Disability assessment ▪ Day care centers ▪ Half way homes ▪ Reintegration into the community ▪ Training and support to care givers ▪ Sheltered workshops ▪ Correctional homes. <p>Counseling:</p> <ul style="list-style-type: none"> ▪ Liaison psychiatric nursing. ▪ Terminal illnesses-Counseling ▪ Postpartum psychosis-treatment, care and counseling ▪ Death dying- Counseling ▪ Treatment, care and counseling <ul style="list-style-type: none"> • Unwed mothers • HIV and AIDS <p>Administration and Management of Psychiatric units including</p> <p>Emergency units:</p> <ul style="list-style-type: none"> ▪ Design & layout ▪ Staffing ▪ Equipment, supplies ▪ Norms, policies and protocols ▪ Quality assurance ▪ Practice standards for psychiatric care unit • Documentation • Psychological adaptation in working
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		measurement for the psychiatric unit. Volunteers to provide clinical Teaching to students.	environment during COVID 19. Education and Training in Psychiatric Care: <ul style="list-style-type: none"> ▪ Staff orientation, training and development ▪ In-service education program ▪ Clinical teaching programs
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RECOMMENDED BOOKS:

- Frisch and Frich-Psychiatric Mental Health Nursing,.
- Stuart and Laria, Principles and Practice of Psychiatric Nursing.
- Mary C Townsend –“Psychiatric Mental Health Nursing”. Concept of care.
- The ICD 10, Classification of Mental Health and Behavioral disorders, WHO, A.I.T.B.S. Publishers, Delhi
- De Souza Alan ,De Souza A-“National Series –Child Psychiatry”
- Patricia Kennedy ,Ballard –“Psychiatric Nursing Integration of Theory and Practice “
- Shiela M. Sparks, Cynthia M. Jalor-Nursing Diagnosis reference Manual.
- Foundations Journal of Mental Health Nursing.
- Deborah AntaiOtoing. “Psychiatric Nursing “Biological and Behavioral Concepts.
- Mary Ann Boyd. “Psychiatric Nursing “Contemporary Practice.
- Kaplan and Sadocks –Synopsis of Psychiatry, 10th Edition, 2007.
- Jiv Vyas and Niraj Ahuja .Text book of Post graduate Psychiatric Volume I and II.
- Phil Barker, Psychiatric and mental health Nursing,.
- Kaplan and Sadock’s, Clinical Psychiatry concise textbook.