

Subject No.4
CLINICAL SPECIALITY- I
MENTAL HEALTH NURSING
(PSYCHIATRIC NURSING)

Total Hours: 810
: 660

Theory Hours: 150

Clinical Hours

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.

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.

COURSE CONTENT:

Unit I – 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.
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Unit II -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.

Unit III -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.

Unit IV -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

Unit V -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.

Unit VI -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.

Unit VII -Promoting Self-Esteem:

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

Unit VIII – 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

Unit IX -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.

Unit X –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

Unit XI -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

Unit XII -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.

Unit XIII -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.

**CLINICAL SPECIALITY- I
MENTAL HEALTH NURSING
(PSYCHIATRIC NURSING)**

Unit No. & total hours	Objectives	Contents with distributed hours						
		Must know 150% (100 hours)						
I (15 Hours)	At the end of unit students are able to Knowledge: Understand and describe historical development and current trends in mental health nursing. Understand the importance of community mental health nursing. Skill: Provide comprehensive care to various kinds of psychiatric patients and appreciates human rights of mentally ill. Attitude: Appreciates multi-disciplinary approach in providing comprehensive care to psychiatric patients.	Introduction: <ul style="list-style-type: none"> ▪ Mental Health and Mental Illness ▪ Historical perspectives. (1hour) ▪ Terminology in psychiatry. ▪ Trends, issues and magnitude. (1hour) ▪ Contemporary practices. (1 hour) ▪ Mental health laws/Acts (1 hour) ▪ National mental health program –National mental health authority, state mental health authority. (3 hours) ▪ Human rights of mentally ill. (1hour) ▪ Mental Health/ Mental Illness continuum. (1hour) ▪ Classification of mental illnesses –ICD, DSM. (3 hours) ▪ Standards of psychiatric nursing ▪ Challenges and scope of psychiatric nursing ▪ Multi-Disciplinary team and role of nurse. (1hour) ▪ Role of psychiatric nurse –extended and expanded. (2 hours) 						
Course Outcome		Program Outcome						
Unit I – Introduction		Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1: Describe Mental Health and Mental Illness		3	3	3	3	3	3	3
CO-2: Historical perspectives regarding mental health and mental illness.		3	3	1	2	2	3	3

CO-3: Describe the terminology in psychiatry.	3	3	3	3	3	3	2
CO-4: Explain the current trends of psychiatric nursing and issues of mental health nursing.	3	3	3	3	3	3	3
CO-5: Identify the magnitude and burdens of mental disorders.	3	3	3	3	3	3	3
CO- 6: Describe the contemporary practices.	3	3	3	3	3	3	3
CO- 7: Describe Mental Health Act, Indian Lunacy act. And Narcotic Drug and Psychotropic Substances act.	3	3	3	3	3	3	3
CO- 8: Explain National Mental Health Program (NMHP), National Mental Health Authority and State Mental Health Authority.	3	3	3	3	3	3	3
CO- 9: Explain the human rights of mentally ill.	3	3	3	3	3	3	3
CO- 10: Describe the Mental Health/Mental Illness continuum.	3	3	3	3	3	3	3
CO- 11: Classify mental illnesses according to ICD 10 and DSM IV and V.	3	3	3	3	3	3	3
CO- 12: Identify the standards, challenges and scope of psychiatric nursing.	3	3	3	3	3	3	3
CO- 13: Explain Multi-Disciplinary team and role of nurse in it.	3	3	3	3	3	3	3
CO- 14: Identify the extended and expanded role of psychiatric nurse.	3	3	3	3	3	3	3
II (10 Hours)	<p>At the end of unit students are able to</p> <p>Knowledge: Understand and describe general structure and functions of the body.</p> <p>Skill :Correlate with abnormalities of nervous system</p> <p>Attitude: Apply this knowledge in the field of nursing practice.</p>						
	<p>Concept 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 (2 Hours) • Autonomic nervous system. (1 Hour) • Neurotransmitters. (1 Hours) ▪ Neuro endocrinology 						

		<ul style="list-style-type: none"> • Pituitary, Thyroid Gland. (1 Hour) • Circadian Rhythms. (1 Hour) ▪ Genetics. ▪ Neuro psychiatric disorders. (1 Hour) ▪ Psycho immunology (2 Hour) <ul style="list-style-type: none"> • Normal Immune response • Implications for psychiatric illness. Implications for Nursing. (1 Hour) 					
Course Outcome		Program Outcome					
Unit II -Concepts of psychobiology	Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO- 1: Explain the nervous system.	3	3	3	3	3	3	3
CO- 2: Describe brain and limbic system.	3	3	3	3	3	3	3
CO- 3: Recognize nerve tissue.	3	3	3	3	3	3	3
CO- 4: Describe Autonomic nervous system.	3	3	3	3	3	3	3
CO-5: Explain neurotransmitters and its implications in mental illness.	3	3	3	3	3	3	3
CO-6: Describe neuro endocrinology and its implications in mental illness.	3	3	3	3	3	3	3
CO- 7: Describe Pituitary and Thyroid Gland and its implications in mental illness.	3	3	3	3	3	3	3
CO- 8: Explain the Circadian Rhythms and its implications in mental illness.	3	3	3	3	3	3	3

CO- 9: Describe the role of genetics in psychopathology.		3	3	3	3	3	3	3
CO- 10: Explain neuro psychiatric disorders.		3	3	3	3	3	3	3
CO- 11: Explain psycho immunology and its implications in mental illness.		3	3	3	3	3	3	3
CO- 12: Recognize normal immune response.		3	3	3	3	3	3	3
III (10 Hours)	At the end of unit students are able to Knowledge: Understand the concept of personality and influence on behavior and developmental psychology. Skill: Differentiate mentally healthy and mentally ill. Attitude: Apply this knowledge in nursing practice.	Theories of Personality Development and relevance to nursing practice: <ul style="list-style-type: none"> ▪ Psychoanalytic Theory-Freud's. (1 Hour) ▪ Interpersonal Theory-Sullivan's. (1 Hour) ▪ Theory of Psychosocial Development-Erikson's. (1 Hour) ▪ Theory of object relations. (1 Hour) ▪ Cognitive Development Theory. (2 Hours) ▪ Theory of Moral Development. (2 Hours) ▪ A Nursing Model-Hildegard E. Peplau. (2 Hours) 						
Course Outcome		Program Outcome						
Unit III -Theories of personality development and relevance to nursing practice		Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO- 1: Explain the Freud's psychoanalytic theory.		3	3	3	3	3	3	3
CO- 2: Describe the Sullivan's interpersonal theory.		3	3	3	3	3	3	3
CO- 3: Recognize the Erikson's psychosocial development theory.		3	3	3	3	3	3	3

CO- 4: Explain the theory of object relations.		3	3	3	3	3	3	3
CO- 5: Describe cognitive development theory.		3	3	3	3	3	3	3
CO- 6: Explain the theory of moral development.		3	3	3	3	3	3	3
CO- 7: Describe the nursing model-Hildegard E. Peplau theory.		3	3	3	3	3	3	3
IV (5 Hours)	At the end of unit students are able to Knowledge: Understands and describe the concept of stress and its influence on individual. Skill: Adobe stress. Attitude: Apply this knowledge stress management.	Stress and its Management: <ul style="list-style-type: none"> ▪ An introduction to the concepts of stress. (1 Hour) ▪ Psychological Adaptation to stress. (1Hour) ▪ Stress as a Biological Response. ▪ Stress as an environmental event. (1Hour) ▪ Stress as transaction between the individual and the environment. (1Hour) ▪ Stress management. (1Hour) Crisis intervention						
Course Outcome		Program Outcome						
Unit IV -Stress and its management		Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO- 1: Explain the concepts of stress.		3	3	3	3	3	3	3
CO- 2: Describe psychological adaptation to stress.		3	3	3	3	3	3	3
CO- 3: Explain stress as a biological response.		3	3	3	3	3	3	3
CO- 4: Explain stress as an environmental event.		3	3	3	3	3	3	3

CO- 5: Describe the stress as transaction between the individual and the environment.		3	3	3	3	3	3	3
CO- 6: Explain the stress management.		3	3	3	3	3	3	3
CO- 7: Explain the crisis and crisis intervention.		3	3	3	3	3	3	3
V (10 Hours)	At the end of unit students are able to Knowledge: Understand importance of therapeutic communication and inter personnel relationship. Skill: Acquire competency in assessment therapeutic communication and maintaining inter personnel relationship. Attitude: Appreciates importance of inter personnel relationship.	Therapeutic Communication and Interpersonal Relationship: <ul style="list-style-type: none"> ▪ Review communication process, factors affecting communication. (2 Hours) ▪ Communication with individuals and in groups. (2 Hours) ▪ Techniques of therapeutic communication-touch therapy. (1 Hour) ▪ Barrier of communication with specific reference to psychopathology. (1 Hour) ▪ Therapeutic attitudes. (1 Hour) ▪ Dynamics of a therapeutic Nurse-client relationship; Therapeutic use of self-Gaining self-awareness. (1 Hour) ▪ Therapeutic nurse-patient relationship in phases; Conditions essential to development of a therapeutic relationship. (1 Hour) ▪ Therapeutic impasse and its management. (1 Hour) 						
Course Outcome		Program Outcome						
Unit V- Therapeutic Communication and Interpersonal Relationship		Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO- 1: Describe the communication process, and factors affecting communication.		3	3	3	3	3	3	3
CO- 2: Explain the communication with individuals and in groups.		3	3	3	3	3	3	3
CO- 3: Explain the techniques of therapeutic communication and touch therapy.		3	3	3	3	3	3	3
CO- 4: Describe the barrier of communication		3	3	3	3	3	3	3

with specific reference to psychopathology.								
CO- 5: Describe therapeutic attitudes.		3	3	3	3	3	3	
CO- 6: Explain the dynamics of a therapeutic Nurse-client relationship		3	3	3	3	3	3	
CO- 7: Describe therapeutic nurse-patient relationship and conditions essential to development of a therapeutic relationship.		3	3	3	3	3	3	
CO- 8: Identify therapeutic impasse and its management.		3	3	3	3	3	3	
VI (10 Hours)	At the end of unit students are able to Knowledge: Understand and describe effective communication process. Skill: Communicate effectively with individuals, groups members of health team & establishes effective interpersonal relationship. Attitude: Appreciate importance of assertive communication.	Assertive Training: <ul style="list-style-type: none"> ▪ Assertive Communication. (1 Hour) ▪ Basic Human rights. (1 Hour) ▪ Response Patterns (2 Hours) <ul style="list-style-type: none"> • Nonassertive Behavior • Assertive Behavior • Aggressive Behavior • Passive-Aggressive Behavior. ▪ Behavioral Components of Assertive Behavior. (1 Hour) ▪ Techniques that promote Assertive Behavior. (1 Hour) ▪ Thought-Stopping Techniques Method and Role of the Nurse. (2 Hour) ▪ Factors affecting effective Communication of groups' members of health team & establish effective interpersonal relationship. (2 Hours) 						
Course Outcome		Program Outcome						
Unit VI- Assertive Training		Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7

CO-1: Explain the assertive communication.	3	3	3	3	3	3	3
CO-2: Describe the basic human rights.	3	3	3	3	3	3	3
CO-3: Explain the response patterns towards nonassertive behavior, assertive behavior, aggressive behavior and passive-aggressive behavior.	3	3	3	3	3	3	3
CO-4: Describe the behavioral components of assertive behavior.	3	3	3	3	3	3	3
CO-5: Identify the techniques that promote assertive behavior.	3	3	3	3	3	3	3
CO-6: Explain the Thought-Stopping techniques and role of the nurse in it.	3	3	3	3	3	3	3
CO-7: Explain the factors affecting effective communication of groups' members of health team & establish effective interpersonal relationship.	3	3	3	3	3	3	3
VII (10 Hours)	<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.</p> <p>Promoting Self Esteem:</p> <ul style="list-style-type: none"> ▪ Components of Self-Concept. (2 Hours) ▪ The Development of Self-Esteem. (2 Hours) ▪ The Manifestations of Low-Self-Esteem. (2 Hours) ▪ Boundaries (3 Hours) ▪ Role of the Nurse. (1 Hour) 						
Course Outcome	Program Outcome						
Unit VII- Promoting Self Esteem:	Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1: Explain the components of self-concept.	3	3	3	3	3	3	3

CO-2: Describe the development of self-esteem.	3	3	3	3	3	3	3		
CO-3: Identify the manifestations of low-self-esteem.	3	3	3	3	3	3	3		
CO-4: Explain the boundaries of self esteem of the role of nurse in it.	3	3	3	3	3	3	3		
CO-5: Explain the role of the nurse for promotion of self esteem.	3	3	3	3	3	3	3		
VIII (5 Hours)	At the end of unit students are able to Knowledge: Develops understanding Women and Mental Health Understand cognitive and affective process of women mind. Skill: Can do effective counseling – Premarital, marital and genetic Attitude: value importance of mental health of women		Women and Mental Health: <ul style="list-style-type: none"> • Normal reaction to conception, pregnancy and puerperium. (1 Hour) • Problems related to conception, pregnancy and puerperium and its management. (1 Hour) • Counseling – Premarital, marital and genetic (2 Hours) Role of nurse in promoting self-esteem of women (1 Hour) 						
Course Outcome			Program Outcome						
Unit VIII - Women and Mental Health			Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
			PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1: Explain the normal reaction to conception, pregnancy and puerperium.	3	3	3	3	3	3	3		
CO-2: Identify the problems related to conception, pregnancy and puerperium and its management.	3	3	3	3	3	3	3		
CO-3: Describe the premarital, marital and genetic counseling	3	3	3	3	3	3	3		
CO-4: Recognize the role of nurse in promoting self-esteem of women.	3	3	3	3	3	3	3		

IX (10 Hours)	At the end of unit students are able to Knowledge: Understand & describe nature purpose & process of assessment of mental health status. Skill: Assist in psychological assessment and test & Implement this knowledge in caring client. Attitude : Correlate with nursing care in clinical and community setting	The Nursing Process in psychiatric/mental health nursing: <ul style="list-style-type: none"> ▪ Mental health assessment-History taking, mental status examination. (2 Hours) ▪ Physical and neurological examination. ▪ Psychometric assessment. (1 Hour) ▪ Investigations, Diagnosis and Differential diagnosis. (2 Hours) ▪ Interpretation of investigations. (1 Hour) ▪ Nurse’s Role. ▪ Nursing case management (1 Hour) <ul style="list-style-type: none"> • Critical pathways of care ▪ Documentation (3Hours) <ul style="list-style-type: none"> • Problem-oriented recording • Focus charting • The PIE method. 						
Course Outcome		Program Outcome						
Unit IX - The Nursing Process in psychiatric/mental health nursing	Clinical /Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher	
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	
CO-1: Explain mental health assessment.	3	3	3	3	3	3	3	
CO-2: Describe physical and neurological examination.	3	3	3	3	3	3	3	
CO-3: Explain the psychometric assessment.	3	3	3	3	3	3	3	
CO-4: Explain the investigations, diagnosis and differential diagnosis of mental illness.	3	3	3	3	3	3	3	
CO-5: Explain the role of nurse in mental health assessment.	3	3	3	3	3	3	3	

CO-6: Explain the nursing process with its steps in psychiatry	3	3	3	3	3	3	3
CO-7: Explain the nursing case management.	3	3	3	3	3	3	3
CO-8: Describe critical pathways of care.	3	3	3	3	3	3	3
CO-8: Explain the concept mapping.	3	3	3	3	3	3	3
CO-9: Explain the documentation of the nursing process	3	3	3	3	3	3	3
X (35 hours)	<p>At the end of unit students are able to</p> <p>Knowledge: Understand and explain treatment modalities & therapies used in mental disorders.</p> <p>Skill: Apply the steps of therapies in mentally ill patients.</p> <p>Attitude: Develops interest in understanding treatment modalities and its use in practice.</p>						
	<p>Psycho social and physical Therapies:</p> <ul style="list-style-type: none"> ▪ Individual Therapy. (6 Hours) ▪ Behavioral Therapy – Relaxation Therapy, cognitive therapy, positive - negative reinforcement, bio Feedback, guided imagery, abreaction therapy. (12 Hours) ▪ Group Therapy (2 Hours) ▪ Family Therapy (2 Hours) ▪ Milieu Therapy (Therapeutic Community) (2 Hours) ▪ Occupational Therapy (2 Hours) ▪ Recreational Therapy (2 Hours) ▪ Play Therapy (1 Hour) ▪ Music Therapy (1 Hour) ▪ Light therapy (1 Hour) ▪ Marital therapy (2 Hours) ▪ Transactional analysis (2 Hours) 						
Course Outcome	Program Outcome						
Unit X - Psycho social and physical Therapies	Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7

CO-1: Explain the psycho social therapies.	3	3	3	3	3	3	3
CO-2: Describe the individual therapy and role of nurse in it.	3	3	3	3	3	3	3
CO-3: Explain the behavioral therapy and role of nurse in it.	3	3	3	3	3	3	3
CO-4: Explain the relaxation therapy and role of nurse in it.	3	3	3	3	3	3	3
CO-5: Describe the cognitive therapy and role of nurse in it.	3	3	3	3	3	3	3
CO-6: Explain the bio feedback, guided imagery, abreaction therapy.	3	3	3	3	3	3	3
CO-7: Describe the group therapy in detail and role of nurse in it	3	3	3	3	3	3	3
CO-8: Explain the family therapy in detail and role of nurse in it	3	3	3	3	3	3	3
CO-9: Recognize the milieu therapy (Therapeutic Community) in detail and role of nurse in it.	3	3	3	3	3	3	3
CO-10: Explain the occupational therapy in detail and role of nurse in it.	3	3	3	3	3	3	3
CO-11: Describe the recreational therapy and role of nurse in it.	3	3	3	3	3	3	3
CO-12: Explain the play therapy and role of nurse in it.	3	3	3	3	3	3	3
CO-13: Describe the music therapy and role of nurse in it.	3	3	3	3	3	3	3
CO-14: Explain the light therapy and role of nurse in it.	3	3	3	3	3	3	3
CO-15: Describe marital therapy and role of nurse in it.	3	3	3	3	3	3	3
CO-16: Explain the transactional analysis and role of nurse in it.	3	3	3	3	3	3	3

XI (5 Hours)	At the end of unit students are able to Knowledge: Importance of ECT in mental disorders and role of nurse. Skill: Assist effectively while giving ECT.	Electroconvulsive Therapy: <ul style="list-style-type: none"> ▪ Historical Perspectives (1 Hour) ▪ Indications ▪ Contraindications ▪ Mechanisms of Actions ▪ Side Effects. (1 Hour) ▪ Risks Associated with Electroconvulsive Therapy. (1 Hour) ▪ The Role of the Nurse in Electroconvulsive Therapy. (1 Hour) ▪ Recent development of administering the ECT. (1 Hour) 						
Course Outcome		Program Outcome						
Unit XI - Electroconvulsive Therapy		Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1: Explain the historical perspectives of electroconvulsive therapy.		3	3	2	3	3	3	3
CO-2: Describe electroconvulsive therapy in detail.		3	3	3	3	3	3	3
CO-3: Identify the risks associated with electroconvulsive therapy.		3	3	3	3	3	3	3
CO-4: Explain the role of the nurse in electroconvulsive therapy.		3	3	3	3	3	3	3
CO-5: Identify the recent development of administering the ECT		3	3	3	3	3	3	3
XII (10 Hours)	At the end of unit students are able to Knowledge: Understand and explain basic concepts psychopharmacology, drugs used and side effects of drugs. Skill: Recognize the effects and side	Psychopharmacology: <ul style="list-style-type: none"> ▪ Historical Perspectives. ▪ Role of a Nurse in Psychopharmacological Therapy (1 Hour) <ul style="list-style-type: none"> • Anti- anxiety Agents. (1 Hour) 						

	<p>effects of drugs. Attitude: Appreciate client's behavior under influence of drugs.</p>	<ul style="list-style-type: none"> • Antidepressant Agents. (1 Hour) • Mood stabilizers. (1 Hour) • Antipsychotic. (1 Hour) • Sedative-Hypnotics. • Central Nervous System Stimulants (1 Hour) • Antiparkinsonian agents. (1 Hour) • Anti-craving drugs (1 Hour) • Disulfiram (1 Hour) ▪ Future developments. (1 Hour) 					
Course Outcome		Program Outcome					
Unit XII - Psychopharmacology	Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1: Describe psychopharmacology and role of nurse in psychopharmacology therapy.	3	3	3	3	3	3	3
CO-2: Describe anti- anxiety agents with nurse's responsibilities for a patient receiving anti-anxiety agents.	3	3	3	3	3	3	3
CO-3: Explain the antidepressant agents with nurse's responsibilities for a patient receiving antidepressant agents.	3	3	3	3	3	3	3
CO-4: Describe the mood stabilizers with nurse's responsibilities for a patient receiving mood stabilizers.	3	3	3	3	3	3	3
Co-5: Explain the antipsychotic agent with nurse's responsibilities for a patient receiving antipsychotics.	3	3	3	3	3	3	3

CO-6: Explain the sedative and hypnotics.	3	3	3	3	3	3	3
CO-7: Describe the central nervous system stimulants.	3	3	3	3	3	3	3
CO-8: Explain the antiparkinsonian agents with nurse's responsibilities for a patient receiving antiparkinsonian agents.	3	3	3	3	3	3	3
CO-9: Explain the Anti-craving drugs	3	3	3	3	3	3	3
CO-10: Describe the disulfiram with nurse's responsibilities for a patient receiving disulfiram drug.	3	3	3	3	3	3	3
XIII (15 Hours)	<p>At the end of unit students are able to</p> <p>Knowledge: Understand & explain importance of alternative system of medicine in psychiatric nursing.</p> <p>Attitude: Appreciate and incorporate alternative system of medicine.</p> <p>Alternative System of medicine in Mental Health:</p> <ul style="list-style-type: none"> ▪ Types of therapies <ul style="list-style-type: none"> • Herbal Medicine (2 Hours) • Unani (1 Hour) • Siddha (1 Hour) • Homeopathy (1 Hour) • Acupressure and Acupuncture (1 Hour) • Diet and Nutrition (1 Hour) • Chiropractic Medicine. (1 Hour) • Therapeutic Touch and Massage (1 Hour) • Yoga (1 Hour) • Pet Therapy (1 Hour) • Color therapy (1 Hour) • Aroma therapy (1 Hour) • Sujok therapy (1 Hour) ▪ Recent practices of Alternative System of Medicine in Mental Health. (1 Hour) 						

Course Outcome	Program Outcome						
	Clinical / Nurse Educator	Professional	Communicator	Leader & member of the health care team & system	Lifelong learner	Critical Thinker	Researcher
Unit XIII - Alternative System of medicine in Mental Health	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1: Describe Alternative systems of medicine in mental health.	3	3	3	3	3	3	3
CO-2: Describe herbal medicine in psychiatry.	3	3	3	3	3	3	3
CO-3: Explain the role of Unani therapy in psychiatry.	3	3	3	3	3	3	3
CO-4: Recognize the role of Siddha therapy in psychiatry.	3	3	3	3	3	3	3
CO-5: Explain the homeopathy in psychiatry.	3	3	3	3	3	3	3
CO-6: Describe the acupressure and acupuncture.	3	3	3	3	3	3	3
CO-7: Explain the role of diet and nutrition in psychiatry	3	3	3	3	3	3	3
CO-8: Describe chiropractic medicine.	3	3	3	3	3	3	3
CO-9: Explain the therapeutic touch and massage therapy.	3	3	3	3	3	3	3
CO-10: Describe Yoga therapy in detail.	3	3	3	3	3	3	3
CO-11: Explain the Pet therapy in detail	3	3	3	3	3	3	3
CO-12: Explain the Color therapy in detail.	3	3	3	3	3	3	3
CO-13: Explain the Aroma therapy in detail.	3	3	3	3	3	3	3

CO-14: Describe the Sujok therapy in detail.	3						
CO-15: Explain the recent practices of alternative system of medicine in mental health.	3						

AREA AND DISTRIBUTION OF CLINICAL EXPERIENCE HOURS:

Sr. No	Area of Clinical Posting	No. of Weeks - posting	Total Clinical Hours
1.	Acute Psychiatric Ward	4	120 Hours
2.	Chronic Psychiatric Ward	4	120 Hours
3.	Psychiatric Emergency Unit	2	60 Hours
4.	O.P. D	2	60 Hours
5.	Family Psychiatric Unit	2	60 Hours
6.	Community Mental Health Unit	4	120 Hours
7.	Rehabilitation /Occupational therapy Unit/Half way home /Day care Centre	4	120 Hours
Total		22 weeks	660 Hours

TEACHING STRATEGY:

Total Hours: 810

Theory Hrs. 150

Clinical Hrs.660

TEACHING METHODS: -

- Lecture, Seminar, Laboratory Demonstration, Group Discussion, Clinical Observation, Bed Side clinic, Clinical Presentations, Workshops, Symposium, Field visits, Interdepartmental Case Discussion (ICDC), Symbiotic Interdepartmental Scientific Activity (SISA) and syndicate journal club

A.V. AIDS: -

- Overhead Projector, L.C.D, Computer Assisted Instruction, Flip charts, Posters, Black Board, Simulation models.

ASSIGNMENTS:**Theory:**

Sr. No.	Assignment	No./Quantity	Marks per Assignment	Total Marks
1	Seminar	Four	1X50	200
2	Panel Discussion (Group Work)	One	1X25	25
3	Specialty Related Journal Presentation	Five	1X10	50
Total Marks				275

Practical:

Sr. No.	Assignment	No./Quantity	Marks per Assignment	Total Marks
1	Case Study	One	1X25	25
2	Case Presentation	One	1X50	50
3	Nursing Care Plan	Two	1X25	50
4	Mental Status Examination	Two	1X25	50
5	Psychiatric History Taking	Two	1X25	50
6	Process Recording in Psychiatric Unit	Two	1X25	50
7	Clinical performance Evaluation	One	1X100	100
8	Drug Study (Minimum 20 drugs)	One	1X100	100
9	Psychometric Assessment	One	1X15	15
10	Personality Assessment	One	1X10	10
11	Field Visit report	One	1X50	50

12	Mini-CEX (Mini-Clinical Evaluation Exercise)	Three	1X10	30
13	DOPS (Direct Observation of Procedural Skills)	Three	1X10	30
Total Marks				610

RECOMMENDED BOOKS:

- Gail Wiscars Stuart.Michele T. Laraia- “Principles and practice of psychiatric nursing”
- Michael Gelder, Richard Mayou, Philip Cowen-Shorter oxford text book of psychiatry
- M.S. Bhatia- A concised text Book of Psychiatric Nursing
- M.S. Bhatia-Essentials of Psychiatry
- Mary C Townsend-“Psychiatric Mental Health Nursing”. Concept of care
- Bimla Kapoor-Psychiatric nursing - Vol. I & II
- Niraj Ahuja- A short textbook of psychiatry
- The ICD10, Classification of mental and behavioral disorders, WHO, A.I.T.B.S. publishers, Delhi,2002
- De Souza Alan, De Souza Dhanlaxmi, De Souza A-“National series – Child psychiatry”
- Patricia, Kennedy, Ballard-“Psychiatric Nursing Integration of Theory and Practice”
- Kathernic M. Fort in ash-Psychiatric Nursing Care plans
- Sheila M. Sparks, CynthiaM. Jalor- Nursing Diagnosis reference manual
- R. Sreevani-A guide to mental health & psychiatric nursing
- R. Baby-Psychiatric Nursing
- Varghese Mary-Essential of psychiatric & mental health nursing,
- Foundations Journals of mental health nursing
- American Journal of Psychiatry
- Deborah Antai Otoing. “Psychiatric Nursing” Biological and behavioral concepts. 2003
- Mary Ann Boyd. “Psychiatric Nursing”. Contemporary practice