

Subject No. 3
MENTAL HEALTH NURSING

Total Hours: 300

Theory Hours: 60

Clinical Hours: 240

AIM:

This course enables the students to recognize and appreciate the causes, symptoms and process of abnormal human behaviour. It also introduces the student to the present day treatment modalities in the light of psychological, social and cultural factors affecting human behaviour. This course helps the student to learn principles of mental health and psychiatric nursing and to develop beginning skills in the management of the mentally ill in the hospital and in the community.

OBJECTIVES:

At the end course the students are able to:

1. Identify and describe the philosophy and principles of mental health nursing.
2. Describe the historical development of mental health and psychiatric nursing.
3. Classify mental disorders.
4. Develop skill in history taking and performing mental status examination.
5. Describe etiological factors, psycho-pathology, clinical features, diagnostic criteria and treatment methods used for mental disorders.
6. Manage the patients with various mental disorders.
7. Communicate therapeutically with patients and their relatives.
8. Identify role of the nurse in preventive psychiatry.
9. Identify the legal aspects in practice of mental health and psychiatric nursing.

CONTENTS:

Unit I - Introduction and Historical development:

- History of psychiatry
- Historical development of mental health nursing.
- Philosophy, principles of mental health and psychiatric nursing.
- Concepts of normal and abnormal behavior.
- Role and qualities of mental health and psychiatric nurse.
- Mental health team and functions of team members.
- Legal aspects in psychiatry and mental health services.

Unit II - Classification and assessment of mental disorders:

- Terminology used in psychiatry.
- Classification of mental disorders.
- Etiological factors and psychopathology of mental disorders.
- History taking and assessment methods for mental disorders, Psychometric measurement.

Unit III - Therapeutic communication:

- Communication process
- Interview skills, therapeutic communication technique, nurse patient relationship, therapeutic impasses and its management, process recording.

Unit IV - Management of mental disorders:

- Etiological factors, psychopathology, types, clinical features, diagnostic criteria, treatment and nursing management. Nursing management of patient with following disorders: **Neurotic Disorders:** Anxiety neurosis, Depressive neurosis and Obsessive Compulsive Neurosis, Phobic Neurosis and hypochondriacally neurosis, stress related and somatoform disorders. **Psychotic Disorders:** Schizophrenic form, affective and organic psychosis. Organic brain syndrome, psychosomatic disorders. Personality disorders, Disorders of childhood and adolescence.

Unit V - Management of patient with substance use disorders:

- Substance use and misuses.
- Dependence, intoxication and withdrawal. Classification of psychoactive substances. Etiology and contributory factors. Psychopathology, clinical features, diagnostic criteria.
- Treatment and nursing management of patient with substance abuse disorders.
- Preventive and rehabilitative aspect of substance abuse.

Unit VI - Management of mental sub normality:

- Classification of mental sub normality.
- Etiological factors, psychopathology, psychometric assessment, diagnostic criteria and management of sub normality. Rehabilitative aspect of mental sub normality

Unit VII - Psychiatric emergencies:

- Types of emergencies, psychopathology, clinical features, assessment and diagnosis, treatment and nursing management of patient with psychiatric emergencies.
- Crisis intervention therapy, Role of a nurse in psychiatric emergencies.

Unit VIII - Therapeutic modalities:

- Principles, indications, contraindications and role of nurse in various treatment methods: Therapeutic community and Milieu therapy. Occupational therapy, Psychotherapy, Behavior therapy, Group therapy, Family therapy. Pharmacotherapy, Electro convulsive therapy, other miscellaneous therapies.

Unit IX - Preventive psychiatry:

- Models of prevention.
- Role of nurse in preventive psychiatry.
- Psychiatric social work.
- Community mental health nursing.
- Community mental health agencies.
- National mental health programmes. Community mental health facilities.

CLINICAL WORK:

The student will be provided the opportunity to:

- Observe record and report the behavior of their selected patients.
- Record the process of interaction.
- Assess the nursing needs of their selected patients, plan and implement the nursing intervention.
- Counsel the attendant and family members of patient.
- Participate in the activities of psychiatric team.
- Write observation report after a field visit to the following places –
 - Child guidance clinic.
 - School/special schools for mentally subnormal.
 - Mental hospital, Community mental health canthers and De addiction canthers.

Mental Health Nursing

Unit No. & Hrs.	Objectives	Contents with distributed hours						
		Must Know (60%)		Desirable to Know (30%)		Nice to Know(10%)		
I (5 Hrs)	At the end of unit students are able to: Knowledge: Understand the historical development of mental health nursing. Skill: Apply this knowledge in patient care. Attitude: Incorporate this knowledge for better patient care.	Introduction and historical development: <ul style="list-style-type: none"> Philosophy, principles of mental health and psychiatric nursing. Role and qualities of mental health and psychiatric nurse. Mental health team and functions of team members (2 hrs) Legal aspects in psychiatry and mental health services. (1 hrs) 		<ul style="list-style-type: none"> Concepts of normal and abnormal behaviour (1 hour) Introduction and Historical development. History of psychiatry Historical development of mental health nursing. (1 hr) 		<ul style="list-style-type: none"> 		
Unit I - Introduction and Historical development								
Course outcome		Program outcome						
		Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1 Explain the philosophy, principles of mental health, and psychiatric nursing		3	3	3	3	3	3	3
CO-2 Describe the role of mental health nurse, Qualities of mental health nurse and the concept of normal and abnormal behaviour		3	3	2	2	2	2	2
CO-3 Explain mental health team, functions of team members, and legal aspects in psychiatry and mental health services		3	3	2	3	3	2	3
CO-4 Explain the historical development of Psychiatry and mental health nursing		3	3	2	2	2	2	2
II (5Hrs.)	Knowledge: Understand and describe classification and	Classification and Assessment of mental disorders: <ul style="list-style-type: none"> Etiological factors and psychopathology of 		<ul style="list-style-type: none"> Classification of mental disorders. (1 hr) 		<ul style="list-style-type: none"> Terminology used in psychiatry. (1 hr) Psychometric tests and their 		

terminology used in mental health nursing and Know the etiology & pathophysiology of mental disorders. Skill: Apply this knowledge in clinical practice. Attitude: Incorporate with care.	<ul style="list-style-type: none"> mental disorders. History taking and assessment methods for mental disorders (3 hrs) 	<ul style="list-style-type: none"> Psychometric measurements Theory and assessment of emotional intelligence (1 hr) 	reports to include assessment of emotional intelligence					
Unit II - Classification and assessment of mental disorders:								
Course outcome		Program outcome						
		Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1 Describe the etiological factors and psychopathology of mental disorders		3	3	3	3	3	3	3
CO-2 Explain the classification of mental disorders and psychometric measurements		3	3	3	3	3	3	3
CO-3 Demonstrate the history taking and assessment methods for mental disorders		3	3	3	3	3	3	3
CO-4 Interpret the meaning of terminology used in psychiatry		3	3	3	2	3	3	3
CO-5 Illustrate Psychometric test, theory and assessment of emotional intelligence		3	3	2	2	3	3	3
III (4 Hrs.)	Knowledge: Understand the process of therapeutic communication. Skill: Conduct interview of patient and family members effectively. Attitude: Incorporate this knowledge in nursing practice.	Therapeutic communication: <ul style="list-style-type: none"> therapeutic communication technique, nurse patient relationship, therapeutic impasses and its management, Process recording (2 hrs) 		<ul style="list-style-type: none"> Communication process. (1 Hr) Interview skills. (1hour) 				
Unit III - Therapeutic communication:								
Course outcome		Program outcome						

		Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1 Describe communication process, therapeutic communication techniques, therapeutic impasses, and its management		3	3	3	3	3	3	3
CO-2 Explain Nurse-Patient relationship, process recording, and interview skills		3	3	3	3	3	3	3
IV 20 Hrs.	<p>Knowledge: Understand and describe etiology, treatment and nursing management of various mental disorders.</p> <p>Skill: Prepare nursing care plan as per disease condition.</p> <p>Attitude: Incorporate this knowledge in various types of setting.</p>	<p>Management of mental disorders:</p> <ul style="list-style-type: none"> Etiological factors, psychopathology, types, clinical features, diagnostic criteria, treatment and nursing management. (2 hrs) <p>Nursing management of patient with following disorders:</p> <ul style="list-style-type: none"> Neurotic Disorders: Anxiety neurosis, Depressive neurosis, Obsessive Compulsive Neurosis, Phobic and Somatoform disorders. (5 hrs) Psychotic Disorders: Schizophrenic form, affective and organic psychosis. Organic brain syndrome, psychosomatic disorders. Personality disorders. (5 Hrs) 			<ul style="list-style-type: none"> Disorders of childhood.(6 hour) 		Disorder of adolescence (2 hour)	
Unit IV - Management of mental disorders:								
Course outcome		Program outcome						
		Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1 Describe etiological factors and psychopathology of mental disorders		3	3	2	3	3	3	3
CO-2 Explain types, clinical features, and diagnostic criteria of mental disorders		3	3	3	3	3	3	3
CO-3 Identify treatment and nursing management of mental disorders		3	3	2	3	3	3	3
CO-4 Define neurotic disorders and explain anxiety neurosis, depressive neurosis, obsessive compulsive neurosis, phobic and		3	3	3	3	3	3	3

somatoform disorders								
CO-5 Illustrate the nursing management of anxiety neurosis, depressive neurosis, obsessive compulsive neurosis, phobic and somatoform disorders		3	3	2	3	3	3	3
CO-5 Define Psychotic disorders and explain schizophrenic form, affective and organic psychosis, organic brain syndrome, psychosomatic disorders, and personality disorders		3	3	3	3	3	3	3
CO-6 Identify the nursing management of schizophrenic form, affective and organic psychosis, organic brain syndrome, psychosomatic disorders, and personality disorders		3	3	2	2	2	3	3
V (3 Hrs.)	Knowledge: Understand and explain the substance use disorder. Skill: Differentiate substance use disorders from other mental health disorders. Attitude: Contribute effectively in management of substance abuse disorder.	Management of patient with substance use disorders: <ul style="list-style-type: none"> Substance use and misuses. Dependence, intoxication and withdrawal. Psychopathology – clinical features, diagnostic criteria. Treatment and nursing management of patient with substance abuse disorders. Preventive and rehabilitative aspect of substance abuse (2 hrs) 			<ul style="list-style-type: none"> Classification of psychoactive substances. Etiology and contributory factors. (1 hr) 			
Unit V - Management of patient with substance use disorders:								
Course outcome		Program outcome						
		Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1 Interpret the meaning of substance use and misuses, dependence, intoxication and withdrawal		3	3	3	3	3	3	3
CO-2 Describe the pathophysiology, clinical features and diagnostic criteria of substance use disorders		3	3	3	3	3	3	3
CO-3 Identify the treatment and nursing management of patient with substance abuse disorders		3	3	2	3	3	3	3
CO-4 Describe the preventive and rehabilitative aspect of substance abuse		3	3	3	3	3	3	3
CO-5 Classify the psychoactive substances		3	3	2	2	2	3	3

CO-6 Explain the etiology and contributory factors of psychoactive substances Addicts.		3	3	2	2	3	2	3
VI (2 Hrs.)	Knowledge: Know and explain the classification, etiology, psychopathology and management of mental sub normality. Skill: Identify the mental sub normality. Attitude: Provide effective nursing care.	Management of mental sub normality: • Classification of mental sub normality. (1hour)		• Etiological factors, psychopathology, psychometric assessment, diagnostic criteria and management of mental sub normality. (1 Hr)		• Rehabilitative aspect of mental sub normality		
Unit VI - Management of mental sub normality:								
Course outcome		Program outcome						
		Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1 Define and classify mental sub normality		3	3	3	3	2	2	3
CO-2 Explain etiological factors of mental sub normality		3	3	3	3	3	3	3
CO-3 Describe psychopathology of mental sub normality		3	3	2	3	3	3	3
CO-4 Explain psychometric assessment, diagnostic criteria and management of mental sub normality		3	2	2	2	3	3	3
CO-5 Illustrate rehabilitative aspect of mental sub normality		3	3	3	3	3	3	3
VII (4 Hrs.)	Knowledge: Understand and explain the psychiatric emergencies and its management. Skill: Manage psychiatric emergencies effectively. Attitude: Motivate community to cooperate in dealing with psychiatric emergencies.	Psychiatric emergencies: • Types of emergencies, psychopathology, clinical features, assessment and diagnosis, treatment and nursing management of patient with psychiatric emergencies. (2 Hrs)		• Crisis intervention therapy (1Hr), • Role of a nurse in psychiatric emergencies.		• Management of psychiatric emergencies (1 hour)		
Unit VII - Psychiatric emergencies:								
Course outcome		Program outcome						
		Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher

	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1 Define psychiatric emergencies and explain types of emergencies, psychopathology, clinical features, assessment and diagnosis of psychiatric emergencies	3	3	3	3	3	3	3
CO-2 Identify the treatment and nursing management of patient with psychiatric emergencies	3	3	3	3	3	3	3
CO-3 Define crisis and explain crisis intervention and role of nurse in psychiatric emergencies	3	3	3	3	3	3	3
VIII 12 Hrs.	Knowledge: Understand and explain different therapeutic modalities in psychiatric nursing. Skill: Practice different therapies. Attitude: Develops positive attitude towards AYUSH.			Therapeutic modalities: <ul style="list-style-type: none"> Principles, indications, contraindications and role of nurse in various treatment methods. (2 Hrs) Therapeutic community and Milieu therapy. Occupational therapy. Psychotherapy. Behaviour therapy. Group therapy. Family therapy. Pharmacotherapy. Electro convulsive therapy (6 Hr) 		<ul style="list-style-type: none"> Other miscellaneous therapies. (3 Hr) 	Development of psychotherapy (1 hour)
Unit VIII - Therapeutic modalities:							
Course outcome	Program outcome						
	Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1 Explain principles, indications, contraindications and role of nurse in various treatment methods	3	3	2	2	2	2	3
CO-2 Define and describe therapeutic community, milieu therapy, occupational therapy, psychotherapy, behaviour therapy, group therapy, and family therapy	3	3	3	3	3	3	3
CO-3 Describe pharmacotherapy	3	3	3	3	3	3	3
CO-4 Define and explain Electro convulsive therapy (ECT)	3	3	3	3	3	3	3

CO-5 Explain development of psychotherapy and other miscellaneous therapies		3	3	3	2	2	2	3
IX (5 Hrs.)	Knowledge: Understand and describe preventive psychiatric measurement. Skill: Recognizes early signs and symptoms of mental disorder. Attitude: Contribute effectively in National Mental Health Programme.	Preventive psychiatry: <ul style="list-style-type: none"> Models of prevention. Role of nurse in preventive psychiatry. Community mental health nursing. National mental health programmes. (3 Hr) 			<ul style="list-style-type: none"> Community mental health agencies. (1 Hr) Community mental health facilities. 		<ul style="list-style-type: none"> Psychiatric social work. (1 Hr) 	
Unit IX - Preventive psychiatry:								
Course outcome		Program outcome						
		Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team and system	Lifelong learner	Critical thinker	Researcher
		PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO-1 Identify Community mental health agencies and Community mental health facilities		3	3	3	3	3	3	3
CO-2 Define and explain Community mental health nursing		3	3	3	3	2	2	3
CO-3 Explain models of prevention and role of nurse in preventive psychiatry		3	3	3	3	3	3	3
CO-4 Define and describe national mental health programmes and psychiatric social worker		3	3	2	3	3	3	3

