

Subject no. 3
MENTAL HEALTH NURSING

Total Hours: 360

Theory: 90

Clinical: 270

AIM:

- The course is designed for an understanding of the modern approach to mental health, identification, prevention and nursing management of common mental health problems with special emphasis on therapeutic interventions for individuals, family and community.

OBJECTIVES:

At the end of course students are able to:

- Describe the historical development and current trends in mental health nursing.
- Describe the epidemiology of mental health problems.
- Describe the National Mental Act, programmers' and mental health policy.
- Discuss the scope of mental health nursing.
- Describe the concept of normal and abnormal behavior.
- Define the various terms used in mental health nursing.
- Explain the classification of mental health disorders.
- Explain the psycho dynamics of maladaptive behavior.
- Discuss the etiological factors, psychopathology of mental disorders.
- Explain the principles and standards of mental health nursing.
- Describe the conceptual models of mental health nursing.
- Describe the nature, purpose and process of assessment of mental health status.
- Identify the therapeutic communication techniques and describe the therapeutic relationship, impasses and its intervention.
- Explain the treatment modalities and therapies used in mental disorders and role of nurse.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with Schizophrenia and other psychotic disorders.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with mood disorders.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with neurotic, stress related and somatization disorders.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with substance use disorders.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with personality, sexual and eating disorders.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with childhood and adolescent disorders including mental deficiency.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients of organic brain disorders.
- Identify the psychiatric emergencies and carryout crisis intervention.
- Explain the legal aspects applied in mental health settings and role of the nurse.
- Describe the model of preventive psychiatry.
- Describe the community mental health services and role of the nurse.

COURSE CONTENTS:

Unit I – Introduction:

- Perspectives of Mental Health and Mental Health Nursing, Evaluation of Mental Health services, treatment and nursing practice. Prevalence and incidence of mental health problems and disorders. Mental Health Act. National Mental Health Policy vis a vis National Health Policy. National Mental health Programme. Mental health team. Nature and Scope of mental health nursing. Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice. Concepts of normal and abnormal behavior. Misconception of mental illness

Unit II - Principles and Concepts of Mental Health Nursing:

- Definition of Mental Health Nursing and terminology used in Mental Health Nursing. ICD Classification of mental disorders. Causes of mental illness, Signs and symptoms of mental illness, Review of personality development, defense mechanism. Maladaptive behavior of individuals and groups, stress, crisis and disaster(s) psychosocial management of Disaster. Psychopathology of mental health disorders. DSM IV TR, DSM V, Difference between psychosis and neurosis .Psychopathology of mental health disorders: Review of structures and functions of brain, limbic system and abnormal neurotransmission. Principles of mental health nursing. Standards of mental health nursing practice. Conceptual models and role of nurse: Existential Model, Psychoanalytical Model, Behavioral Model, Interpersonal Model.

Unit III - Assessment of Mental Health Status:

History taking. Mental Status Examination. Mini Mental Status Examination. Neurological Examination. Psychometric Measurements ,Assessment of suicide Investigations: Related Blood Chemistry, EEG, CT scan and MRI, Psychological tests. Role of Nurse

Unit IV - Therapeutic Communication and Nurse Patient Relationship:

- Therapeutic communication: types, techniques and characteristics. Types of relationship. Ethics and responsibilities. Elements of nurse patient contracts. Review of techniques of OPR – Johari Window. Goals, phases, tasks, therapeutic techniques. Therapeutic impasse and its intervention.

Unit V - Treatment Modalities and Therapies Used In Mental Disorders:

- Psycho pharmacology. Psychological therapies: Therapeutic community. Psychotherapy- Individual: psycho analytical, cognitive and supportive, family, group, behavioral, play, psycho drama, music, dance, recreational and light therapy. Relaxation therapies: Yoga, meditation, biofeedback. Alternative system of medicine. Occupational therapy. Physical therapy: Electro convulsive therapy. Geriatric considerations. Role of nurse in above therapies.

Unit VI - Nursing Management of Patient with Schizophrenia and Other Psychotic Disorders:

- Classification: ICD. Etiology, psycho pathophysiology, types, clinical manifestations and diagnosis. Nursing Assessment – History, physical and mental assessment. Treatment modalities and nursing management of patient with schizophrenia and other psychotic disorders. Geriatric considerations. Follow up, home care and rehabilitation.

Unit VII - Nursing Management of Patient with Mood Disorders:

- Mood Disorders: Bipolar affective disorder, Mania, Depression and Dysthymia, etc. Etiology, Psycho pathophysiology, clinical manifestations and diagnosis. Nursing Assessment- History, physical and mental assessment. Treatment modalities and nursing management of patient with mood disorders. Geriatric considerations. Follow up, home care and rehabilitation.

Unit VIII - Nursing Management of Patients with Neurotic, Stress Related and Somatization Disorders:

- Anxiety disorders, Phobias, Dissociation and Conversion disorder, Obsessive Compulsive disorder, Somatoform disorder, Post traumatic stress disorder. Etiology, Psycho pathophysiology, clinical manifestations and diagnosis. Nursing Assessment- History, physical and mental assessment. Treatment

modalities and nursing management of patients with neurotic, stress related and somatization disorders.
Follow up, home care and rehabilitation

Unit IX - Nursing Management of Patient With Substance Use Disorders:

- Commonly used psychotropic substance: Classification, forms, routes, action, intoxication and withdrawal. Etiology of dependence: tolerance, psychological and physical dependence, withdrawal syndrome, diagnosis. Nursing Assessment- History, physical and mental assessment and drug assay. Treatment: (Detoxification antabuse and narcotic antagonist therapy and harm reduction) and nursing management of patient with substance use disorders, Deaddiction. Geriatric considerations. Follow up, home care and rehabilitation.

Unit X - Nursing Management of Patient with Personality, Sexual and Eating Disorders:

- Classification of disorders. Etiology, psycho pathology, characteristics and diagnosis. Nursing Assessment- History, mental and physical assessment. Treatment Modalities and nursing management of patient with personality, Sexuality and eating disorders. Geriatric Considerations. Follow up, home care and rehabilitation.

Unit XI - Nursing Management of Childhood and Adolescent Disorders Including Mental Deficiency:

- Classification. Psycho-pathophysiology, characteristics and diagnosis. Nursing Assessment- History, physical, mental and IQ assessment. Treatment Modalities and nursing management of Childhood disorders including mental deficiency. Follow up, home care and rehabilitation.

Unit XII - Nursing Management of Organic Brain Disorders:

- Classification: ICD. Etiology, psychopathology, clinical features, diagnosis and differential diagnosis (Parkinson and Alzheimer). Nursing Assessment- History, physical, mental and neurological assessment. Treatment modalities and nursing management of organic brain disorders. Geriatric Considerations. Follow up, home care and rehabilitation.

Unit XIII - Psychiatric Emergencies and Crisis Interventions:

- Types of psychiatric emergencies and their management. Stress adaptation model: Stress and stressors, coping, resources and mechanism. Grief: Theories of grieving process, principles, techniques of counseling. Types of crisis. Crisis intervention: Principles, technique and process. Geriatric consideration. Role and responsibilities of nurse.

Unit XIV - Legal Issues in Mental Health Nursing:

- The Mental Health Act 1987: The Act, Sections, Articles and their implications, etc. Indian Lunacy Act 1912. Rights of mentally ill clients. Forensic psychiatry. Acts related to narcotic and psychotropic substances and illegal drug trafficking. Admission and Discharge procedures. Role and responsibilities of nurse. Criminal responsibility, Civil responsibility

Unit XV - Community Mental Health Nursing:

- Development of community mental health services. National Mental health programme. Institutionalization Vs Deinstitutionalization. Model of preventive psychiatry: Levels of prevention. Mental Health Services- Availability at primary, secondary and tertiary levels including rehabilitation. Community Mental health facilities Role of nurse. Mental Health Agencies: Government and voluntary, National and International. Mental Health Nursing Issues for special populations: Children, Adolescence, women, Elderly, Victims of violence and abuse, handicapped, HIV and AIDS, Psychosocial Rehabilitation, Community mental health services etc

MENTAL HEALTH NURSING

Unit No. & Hrs.	Objectives	Contents						
		Must know 60%			Desirable to know 30%	Nice to know 10%		
I (5 Hrs)	<p>At the end of unit students are able to</p> <p>Knowledge: Understand historical development & current trend in mental health nursing.</p> <p>Understand the Act of mental health</p> <p>Skill: Provide comprehensive care to mentally ill clients in various settings.</p> <p>Attitude: Work effectively as a member of mental health team.</p>	<p>Introduction:</p> <ul style="list-style-type: none"> • Mental Health Act. National Mental Health Policy vis a vis National Health Policy. National Mental health Programme. (1Hr) • Mental health team. Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice. (1Hr) • Concepts of normal and abnormal behavior. Misconception of mental illness (1Hr) 			<ul style="list-style-type: none"> • Perspectives of Mental Health and Mental Health Nursing. Evaluation of Mental Health services, treatment and nursing practice. Prevalence and incidence of mental health problems and disorders. (1Hr) 	<ul style="list-style-type: none"> • Nature and Scope of mental health nursing. (1Hr) 		
Unit:1 Introduction								
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
CO1: Understand historical development and current trend in mental health nursing.		3	3	1	2	2	3	3
CO2: Review the Act of mental health, National mental health programme and National mental health policy		3	3	3	3	3	3	3

CO3: Describe comprehensive care to mentally ill clients in various settings, nature and scope of mental health nursing.	3	3	3	3	3	3	3
CO4: Enumerate mental health team	3	3	2	2	2	2	3
CO5: Differentiate between the concepts of normal and abnormal behavior	3	3	3	2	3	3	3
CO6: Explain role and functions of mental health nurse in various settings and factors affecting the level of nursing practice	3	3	3	3	3	3	3
CO7: Review perspectives of mental health and mental health nursing	3	3	2	2	3	3	3
CO8: Describe the prevalence and incidence of mental health problems and disorders	3	3	2	2	3	3	3

II (5 Hrs)	<p>At the end of unit students are able to:</p> <p>Knowledge: Understand and describe definition, terminology, psychopathology & classification of psychiatric disorders.</p> <p>Skill: Identify crisis conditions and deal efficiently and effectively in crisis conditions.</p> <p>Attitude: Apply the principles of psychiatric nursing in clinical practice.</p>	<p>Principles and Concepts of Mental Health Nursing:</p> <ul style="list-style-type: none"> • Definition of Mental Health Nursing and terminology used in Mental Health Nursing. ICD Classification of mental disorders. (1hr) Causes of mental illness, Signs and symptoms of mental illness, • Review of personality development, defense mechanism. Review of structures and functions of brain, limbic system and abnormal neurotransmission. Principles of mental health nursing. (1hr) • Standards of mental health nursing practice. (1Hr) 	<ul style="list-style-type: none"> • Maladaptive behavior of individuals and groups, stress, crisis and disaster(s) psychosocial management of disaster. Psychopathology of mental health disorders. DSM IV TR, DSM V, Difference between psychosis and neurosis (1Hr) 	<ul style="list-style-type: none"> • Conceptual models and role of nurse: Existential Model, Psychoanalytical Model, Behavioral Model, Interpersonal Model. (1Hr)
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UNIT II Principles and Concepts of Mental Health Nursing:

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
CO1: Define mental health nursing and terminology used in mental health nursing	3	3	3	3	3	3	2
CO2: Classify psychiatric disorders according to ICD 10 and DSM IV TR	3	3	3	3	3	3	3
CO3: Identify the causes, signs and symptoms of mental illness	3	3	3	3	3	3	3
CO5: Describe the structures, functions of limbic system and abnormal neurotransmission	3	3	3	3	3	3	3
CO6: Enumerate principles of mental health nursing and standards of mental health nursing practice	3	3	3	3	3	3	3
CO7: Explain psychopathology of mental health disorders and various models used in mental	3	3	3	3	3	3	3

health nursing								
CO8: Differentiate between psychosis and neurosis	3	3	3	3	3	3	3	
UNIT III Assessment of Mental Health Status:								
III (7 Hrs)	At the end of unit students are able to: Knowledge: Understand and explain mental status examination. Skill: Conduct mental status examination correctly. Attitude: Incorporate this knowledge in clinical practice.		Assessment of Mental Health Status: <ul style="list-style-type: none">• History taking. Mental Status Examination. Mini Mental Status Examination. (3 Hrs)• Neurological Examination. Role of Nurse.• Psychometric measurement, Assessment of suicide (3 Hr)	• Investigations: Related Blood Chemistry, EEG, CT scan and MRI, Psychological tests. (1Hr)				
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
CO1: Enumerate various assessment in psychiatric nursing	3	3	3	3	3	3	3	
CO2: Describe the ways of taking history from the psychiatric clients	3	3	3	3	3	3	3	
CO3: Review mental status examination	3	3	3	3	3	3	3	

CO4: State the steps of mini mental status examination	3	3	3	3	3	3	3
CO5: Explain various aspects of neurological examination and the role of a nurse	3	3	3	3	3	3	3
CO6: Enumerate psychometric measurements and assessments of suicide	3	3	3	3	3	3	3
CO7: List the various investigations required in psychiatry	3	3	3	3	3	3	3
UNIT IV Therapeutic Communication and Nurse patient Relationship:							
IV (8 Hrs)	At the end of unit students are able to: Knowledge: Understand the therapeutic communication. Skill: Communicate effectively. Attitude: Recognizes importance of effective therapeutic communication.	Therapeutic Communication and Nurse patient Relationship: <ul style="list-style-type: none"> • Therapeutic communication: types, techniques and characteristics. Types of relationship.(2 hrs) • Elements of nurse patient contracts. (1 Hr) • Goals, phases, tasks, therapeutic techniques. (2Hrs) 	<ul style="list-style-type: none"> • Review of techniques of OPR – Johari Windo(1Hr) • Therapeutic impasse and its intervention. (1Hr) 	<ul style="list-style-type: none"> •Ethics and responsibilities. (1 Hr) 			
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
CO1: Define therapeutic communication and nurse patient relationship	3	3	3	3	3	3	3

CO2: Classify types of therapeutic communication and types of relationship	3	3	3	3	3	3	3
CO3: Identify the techniques, characteristics of therapeutic communication and its ethics and responsibilities	3	3	3	3	3	3	3
CO4: Review the elements of nurse patient contracts	3	3	3	3	3	3	3
CO5: Explain the goals, phases and tasks of therapeutic communication	3	3	3	3	3	3	3
CO6: Enumerate techniques of therapeutic communication	3	3	3	3	3	3	3
CO7: Describe Johari window and the techniques	3	3	3	3	3	3	3
CO8: Review therapeutic impasse and its intervention	3	3	3	3	3	3	3

UNIT V Treatment Modalities and Therapies used in Mental Disorders:

V (13 Hrs)	<p>At the end of unit students are able to:</p> <p>Knowledge: Understand and explain different treatment modalities in mental health disorders.</p> <p>Know and use pharmacotherapy effectively.</p> <p>Skill: Observe, report and record actions and adverse actions of drugs used in mental health nursing practice.</p> <p>Attitude: Appreciate importance and use of AYUSH in mental health nursing practice.</p>	<p>Treatment Modalities and Therapies used in Mental Disorders:</p> <ul style="list-style-type: none"> • Psycho pharmacology. Psychological therapies: Therapeutic community. Psychotherapy- Individual: psycho analytical, cognitive and supportive, family, group, behavioral, play, psycho drama, music, dance, recreational and light therapy. (6 Hrs) • Occupational therapy. Physical therapy: 	<ul style="list-style-type: none"> • Geriatric considerations. (1Hrs) • Alternative system of medicine. (1Hr) 	<ul style="list-style-type: none"> • Relaxation therapies: Yoga, meditation, biofeedback. (1Hr)
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		Electro convulsive therapy. Role of nurse in above therapies. (4 Hr)					
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
CO1: Classify various psychotropic drugs, psychological therapies and its techniques.	3	3	3	3	3	3	3
CO2: Describe the significance of therapeutic community	3	3	3	3	3	3	3
CO3: Identify the techniques of individual psychotherapy	3	3	3	3	3	3	3
CO4: Review the applications of psychoanalytical, cognitive and supportive psychotherapy	3	3	3	3	3	3	3
CO5: Explain the principles of family therapy and group therapy	3	3	3	3	3	3	3
CO6: Enumerate the techniques of behavior therapy, play therapy and alternative system of medicine	3	3	3	3	3	3	3
CO7: Overview psychodrama, music, dance, recreational, yoga, meditation, biofeedback and light therapy	3	3	3	3	3	3	3
CO8: Describe the principles of occupational therapy	3	3	3	3	3	3	3

CO9: Explain the electroconvulsive therapy and the role of a nurse	3	3	3	3	3	3	3	
CO10: Review antipsychotic drugs, mood stabilizers, antidepressants and its side effects and the nursing responsibilities	3	3	3	3	3	3	3	
UNIT VI Nursing Management of patient with Schizophrenia and other psychotic disorders:								
VI (5 Hrs)	At the end of unit students are able to: Knowledge: Understand and describe Schizophrenia and its management. Skill: Provide comprehensive nursing care to schizophrenic client. Attitude: Motivate family members for participation in treatment and rehabilitation of schizophrenic client.	Nursing Management of patient with Schizophrenia and other psychotic disorders: • Classification: ICD Etiology, psycho pathophysiology, types, clinical manifestation. Nursing Assessment – History, physical and mental assessment. Treatment modalities and nursing management of patient with schizophrenia and other psychotic disorders. (4 Hrs)		<ul style="list-style-type: none"> • Geriatric considerations. • Follow up, home care and rehabilitation. (1 Hr) 		<ul style="list-style-type: none"> • Diagnosis of Schizophrenia and other psychotic disorders. (1 Hr) 		
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
CO1: Classify the types of schizophrenia according to ICD 10	3	3	3	3	3	3	3	
CO2: Enumerate the etiology and clinical	3	3	3	3	3	3	3	

manifestation of schizophrenia								
CO3: Identify the psychopathology of schizophrenia	3	3	3	2	3	3	3	
CO4: Review the assessments of schizophrenia and other psychotic disorders	3	3	3	2	3	3	3	
CO5: Explain the treatment modalities of schizophrenia	3	3	3	3	3	3	3	
CO6: Develop a nursing care plan for patient with schizophrenia	3	3	3	3	3	3	3	
CO7: Describe follow up, home care and rehabilitation of schizophrenia	3	3	3	2	3	3	3	
UNITVII Nursing Management of Patient with Mood Disorders:								
VII (5 Hrs)	At the end of unit students are able to: Knowledge: Understand and explain various types of mood disorders. Skill: Identify client with mood disorder and deal effectively with such client. Attitude: Incorporate this knowledge in day to day activities.		Nursing Management of Patient with Mood Disorders: • Mood Disorders: Bipolar affective disorder, Mania, Depression and Dysphasia, etc. • Etiology, Psycho pathophysiology, clinical manifestations and diagnosis. (2 Hrs) • Nursing Assessment- History, physical and mental assessment. Nursing management of patient with mood disorders. (2 Hrs)		• Treatment modalities, Follow up, home care and rehabilitation. (1 Hr)		• Geriatric considerations.	
Course outcome		Program outcome						
		Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team	Lifelong learner	Critical thinker	Researcher

				and system			
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1: Classify the types of mood disorders according to ICD 10	3	3	2	2	3	3	3
CO2: Enumerate the etiology and clinical manifestation of mania and depression	3	3	2	2	3	3	3
CO3: Identify the psychopathology of mania and depression	3	3	2	2	3	3	3
CO4: Review the assessments of mood disorders	3	3	2	2	3	3	3
CO5: Explain the treatment modalities of mania and depression	3	3	2	2	3	3	3
CO6: Develop a nursing care plan for client with mania and depression	3	3	3	2	3	3	3
CO7: Describe follow up, home care and rehabilitation of depression	3	3	2	2	3	3	3
CO8: Explain about bipolar affective disorders	3	3	3	2	3	3	3
UNITVIII Nursing management of patients with neurotic, stress related and somatization disorders:							
VIII (7 Hrs)	At the end of unit students are able to Knowledge: Understand the neurotic, stress related disorders. Skill: Provide comprehensive	Nursing management of patients with neurotic, stress related and somatization disorders: • Anxiety disorders, Phobias, Dissociation and Conversion disorder, Obsessive Compulsive disorder,	• Follow up, home care (1 Hr)	• Treatment modalities. (1 Hr)			

	nursing care to neurotic and stress related disorders. Attitude: Develops considerate attitude towards client with neurotic and stress related disorder and his family members.	Somatoform disorder, Post traumatic stress disorder. (1 Hr) • Etiology, Psycho pathophysiology, clinical manifestations and diagnosis. • Nursing Assessment- History, physical and mental assessment. (2 Hrs) • Nursing management of patients with neurotic, stress related and somatization disorders. (2 hrs)						
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
CO1: Classify the types of somatoform disorders according to ICD 10		3	3	3	2	2	3	3
CO2: Enumerate the etiology and clinical manifestation of anxiety disorders		3	3	3	2	2	3	3
CO3: Enumerate the etiology and clinical manifestation of phobias		3	3	3	2	2	3	3
CO4: Enumerate the etiology and clinical manifestation of obsessive-compulsive disorders		3	3	3	2	2	3	3
CO5: Identify the psychopathology of anxiety disorders, phobias and obsessive-compulsive disorders		3	3	3	2	2	3	3

CO6: Review the post-traumatic stress disorder and dissociative disorders	3	3	3	2	2	3	3
CO7: Explain the treatment modalities of anxiety disorders, phobias and obsessive-compulsive disorders	3	3	3	2	2	3	3
CO8: Develop a nursing care plan for patient with obsessive-compulsive disorders	3	3	3	2	2	3	3
CO9: Describe follow up and home care of neurotic disorders	3	3	3	2	2	3	3
CO10: Explain about conversion disorders	3	3	3	2	2	3	3

UNITV IX Nursing Management of patient with Substance use disorders:

IX (5 Hrs)	<p>At the end of unit students are able to</p> <p>Knowledge: Know and understand the medical and nursing management of client with substance abuse.</p> <p>Skill: Identify the problems of the client and provide effective nursing care to such clients'</p> <p>Attitude: Understand the importance of team approach in management of substance abuse client. Motivates family members and community to participate in management of substance abuse clients.</p>	<p>Nursing Management of patient with Substance use disorders:</p> <ul style="list-style-type: none"> • Commonly used psychotropic substance: Classification, forms, routes, action, intoxication and withdrawal. Etiology of dependence: tolerance, psychological and physical dependence, withdrawal syndrome, diagnosis. (2 Hrs) • Nursing Assessment- History, physical and mental assessment and drug assay. Nursing management of patient with substance use disorders. (1 Hr) 	<ul style="list-style-type: none"> • Geriatric considerations. • Follow up, home care and rehabilitation. (1Hr) 	<ul style="list-style-type: none"> • Treatment: (Detoxification antabuse and narcotic antagonist therapy and harm reduction) • (Deaddiction 1 Hr)
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Course outcome		Program outcome					
	Clinician/Nurse educator	Professional	Communicator	Leader and member of the health care team	Lifelong learner	Critical thinker	Researcher

				and system			
	PO1	PO2	PO3	PO4	PO5	PO6	PO7
CO1: Classify the types of commonly used psychotropic substance	3	3	3	2	3	3	3
CO2: Enumerate the etiology of dependence of alcohol and opioid	3	3	3	3	3	3	3
CO3: Describe the complications of alcohol intoxication	3	3	3	2	3	3	3
CO4: Explain the treatment modalities of alcohol dependence	3	3	3	3	3	3	3
CO5: Review the treatment modalities of opioid	3	3	3	3	3	3	3
CO6: Identify detoxification Antabuse and narcotic antagonist therapy	3	3	3	2	2	3	3
CO7: Describe the principles of deaddiction of alcohol	3	3	3	2	3	3	3
CO8: Develop a nursing care plan for patient with alcoholic intoxication	3	3	3	3	3	3	3
CO9: Describe follow up, home care and rehabilitation of substance abuse	3	3	3	3	3	3	3
UNIT X Nursing Management of Patient with Personality, Sexual and Eating Disorders:							
X (4 Hrs)	At the end of unit students are able to: Knowledge: Understand and describe the sexual, personality and eating	Nursing Management of Patient with Personality, Sexual and Eating Disorders: • Classification of disorders.			• Treatment Modalities (1 Hr)		

	disorders. Skill: Provide comprehensive care to client with such disorders.	Etiology, psycho pathology, characteristics and diagnosis. Nursing Assessment- History, mental and physical assessment.(2 Hrs) • Nursing management of patient with personality, Sexuality and Eating disorders. Geriatric Considerations.(1 Hr)						
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
CO1: Classify the types of personality disorders	3	3	3	2	3	3	3	3
CO2: Review the management of eating disorders	3	3	3	2	3	3	3	3
CO3: Describe about sexual disorders	3	3	3	2	3	3	3	3
CO4: Explain the treatment modalities of personality disorders	3	3	3	2	3	3	3	3
CO5: Identify the geriatric considerations of personality disorders	3	3	3	2	3	3	3	3
UNIT XI Nursing management of childhood and adolescent disorders including mental deficiency:								
XI (5 Hrs)	At the end of unit students are able to: Knowledge: Understand and describe the childhood mental health problems.	Nursing management of childhood and adolescent disorders including mental deficiency:	• Mental and IQ assessment.(1Hr) • Follow up, home care and rehabilitation.	• Treatment Modalities. (1 Hr)				

	<p>Skill: Provide comprehensive care to children having mental health problems.</p> <p>Attitude: Help parents to learn about such children.</p>	<ul style="list-style-type: none"> • Classification, Psycho - pathophysiology, characteristics and diagnosis. Nursing Assessment- History, physical, nursing management of Childhood disorders including mental deficiency. (2 Hrs) 	(1 Hr)					
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
CO1: Describe about Autism in children	3	3	3	3	3	3	3	3
CO2: Review the attention deficit hyperactivity disorder	3	3	3	3	3	3	3	3
CO3: Explain about mental deficiency	3	3	3	3	3	3	3	3
CO4: Enumerate various learning and speech disorders	3	3	3	3	3	3	3	3
CO5: Identify the follow up, home care and rehabilitation of mental deficiency	3	3	3	3	3	3	3	3
UNIT XII Nursing Management of Organic Brain Disorders:								
XII (6 Hrs)	<p>At the end of unit students are able to:</p> <p>Knowledge: Understand and describe organic brain disorders.</p> <p>Skill: Provide comprehensive nursing care</p>	<p>Nursing Management of Organic Brain Disorders:</p> <ul style="list-style-type: none"> • Classification: ICD • Etiology, psychopathology, clinical features, 	<ul style="list-style-type: none"> • Geriatric Considerations. • Follow up, home care and rehabilitation. (1Hr) 	<ul style="list-style-type: none"> • Diagnosis and differential diagnosis (Parkinson's and Alzheimer's). • (1 Hr) 				

	to client having organic brain disorders. Attitude: Incorporate this knowledge in nursing practice.	Nursing Assessment- History, physical, mental and neurological assessment. (2 Hrs) • Treatment modalities and nursing management of organic brain disorders. (2 Hrs)						
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
CO1: Classify the types of organic brain disorders according to ICD 10	3	3	3	2	3	3	3	
CO2: Enumerate the etiology and clinical manifestation of dementia and delirium	3	3	3	2	3	3	3	
CO3: Identify the psychopathology of dementia and Parkinson's disease	3	3	3	2	3	3	3	
CO4: Review the assessments of organic brain disorders	3	3	3	2	3	3	3	
CO5: Explain the treatment modalities of dementia and delirium	3	3	3	2	3	3	3	
CO6: Develop a nursing care plan for patient with dementia	3	3	3	3	3	3	3	
CO7: Describe follow up, home care and rehabilitation of dementia and Alzheimer's	3	3	3	2	3	3	3	

UNIT XIII Psychiatric Emergencies and Crisis Interventions:							
XIII (7 Hrs)	At the end of unit students are able to: Knowledge: Understand and discuss psychiatric emergencies. Skill: Handle psychiatric emergencies efficiently. Attitude: Work as efficient team member in handling psychiatric emergencies.	Psychiatric Emergencies and Crisis Interventions: • Types of psychiatric emergencies and their management. (2 Hrs) • Principles, techniques of counseling. (1 Hr) • Types of crisis, Crisis intervention: Principles, technique and process. (1 Hr) • Role and responsibilities of nurse. (1 Hr)	• Stress adaptation model: Stress and stressors, coping, resources and mechanism. • Geriatric consideration. (1 Hr)	• Grief: Theories of grieving process. (1 Hr)			
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
CO1: Classify the types of psychiatric emergencies	3	3	3	3	3	3	3
CO2: Enumerate the etiology and clinical manifestation of suicide	3	3	3	3	3	3	3
CO3: Identify the principles and techniques of counseling	3	3	3	2	3	3	3
CO4: Review the principles, types, techniques and process of crisis intervention	3	3	3	2	3	3	3
CO5: Explain the theory of grief and its process	3	3	3	3	3	3	3

CO6: Develop a model of stress adaptation	3	3	2	2	3	3	3
CO7: Describe the types of stressors, coping resources and mechanism	3	3	3	2	3	3	3
UNIT XIV Legal Issues in Mental Health Nursing:							
XIV (4 Hrs)	At the end of unit students are able to: Knowledge: Know the Mental health laws and follow admission and discharge procedures. Attitude: Follow laws and contribute in controlling illegal drug trafficking.	Legal Issues in Mental Health Nursing: <ul style="list-style-type: none"> • The Mental Health Act 1987: The Act, Sections, Articles and their implications, etc. • Indian Lunacy Act 1912. • Admission and Discharge procedures. • Role and responsibilities of nurse. . Criminal responsibility, Civil responsibility • (2 Hrs) 	<ul style="list-style-type: none"> • Rights of mentally ill clients. (1 Hr) • Forensic psychiatry. 	<ul style="list-style-type: none"> • Acts related to narcotic and psychotropic substances and illegal drug trafficking. (1 hr) 			
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
CO1: Classify the chapters of The Mental Health Act and Indian Lunacy Act	3	3	3	3	3	3	3
CO2: Enumerate the types of admissions and discharges in psychiatry	3	3	3	3	3	3	3
CO3: Identify the various types of criminal responsibilities and the role of a nurse	3	3	3	3	3	3	3

CO4: Review the civil responsibilities and the role of a nurse	3	3	3	3	3	3	3	
CO5: Explain the rights of mentally ill patients in psychiatry	3	3	3	3	3	3	3	
CO6: Describe about forensic psychiatry, Acts related to narcotic and psychotropic substances and illegal trafficking	3	3	3	3	3	3	3	
UNITXV Community Mental Health Nursing:								
XV (4 Hrs)	At the end of unit students are able to: Knowledge: Know the importance of community mental health nursing. Skill: Create awareness among individuals and community about prevention of mental health problems. Attitude: Contribute effectively in mental health problem prevention drive.	Community Mental Health Nursing: <ul style="list-style-type: none"> National Mental health programme. Institutionalization Vs Deinstitutionalization. Model of preventive psychiatry: Levels of prevention. Mental Health Services- Availability at primary, secondary and tertiary levels including rehabilitation. Community mental health facilities Role of nurse. Psychosocial Rehabilitation, Community mental health services (2 Hrs) 		<ul style="list-style-type: none"> Development of community mental health services. Mental Health Agencies: Government and voluntary, National and International. (1 Hr) 	<ul style="list-style-type: none"> Mental Health Nursing Issues for :Children, Adolescence, women, Elderly, Victims of violence and abuse, handicapped, HIV and AIDS, etc. (1 hr) 			
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
CO1: Review National Mental Health Programme	3	3	3	3	3	3	3
CO2: Enumerate the significance of Institutionalization Vs Deinstitutionalization	3	3	3	3	3	3	3
CO3: Identify the Model of preventive psychiatry	3	3	3	3	3	3	3
CO4: Review the Community mental health services, facilities and psychosocial rehabilitation	3	3	3	3	3	3	3
CO5: Explain the Mental Health Agencies at Government, voluntary, National and International	3	3	3	3	3	3	3
CO6: Describe about Mental Health Nursing Issues among Children, Adolescence, women, Elderly, Victims of violence and abuse, handicapped, HIV and AIDS	3	3	3	3	3	3	3

TEACHING STRATEGY:

Total Hours: 360

Theory Hours: 090

Clinical Hours: 270

ASSIGNMENTS: Theory:

Theory:

Sr. No	Assignments	No./Quantity	Marks Per Assignment	Total Marks
1	Home assignment	Three	20	60
Total Marks				60

Practical:

Sr. No	Assignments	No./Quantity	Marks Per Assignment	Total Marks
1	Clinical Performance Evaluation	One	50	50
2	Case Presentation	One	25	25
3	Case study	One	25	25
4	Nursing Care Plan	Two	20	40
5	Psychiatric History Taking	Two	20	40
6	Mental Status Examination	Two	20	40
7	Process Recording	Two	20	40
8	Psychometric Testing	Two	20	40
Total Marks				300

TEACHING METHODS

- Lectures, Seminars, Demonstration, Group Discussion, Clinical Observation, Case Presentation, Workshop, Integrated teaching program, PBL and Tutorial

A.V. AIDS:

- Over head projector, L.C.D. Computer Assisted Instruction, Flip Chart, Posters, Black Board, Case Observation & presentation,

LIST OF RECOMMENDED BOOKS:

- Gail Wiscars Stuart, Michele T. Laraia – ‘Principles and practice of psychiatric nursing’.
- Micheal Gelder, Richard Mayou, Philip Cowen – ‘Shorter Oxford Text Book of Psychiatry’
- M.S. Bhatia – ‘A concise Text Book of Psychiatric Nursing’.
- M.S. Bhatia – ‘Essentials of Psychiatry’.
- Mary C Townsend- ‘Psychiatric Mental Health Nursing’.

- Bimla Kapoor- 'Psychiatric Nursing'. Volume I and II.
- Niraj Ahuja-'A Short Text Book of Psychiatry'.
- The ICD 10, Classification of Mental and Behavioral Disorders'.- WHO, A.I.T.B.S. Publishers.
- 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, Cynthia M. Jalor –'Nursing Diagnosis Reference Manual'.
- R. Sreevani –'A Guide to Mental Health and Psychiatric Nursing'.
- R. Baby-'Psychiatric Nursing'
- Varghese Mary-'Essentials of Psychiatric and Mental Health Nursing'

