

## **MENTAL HEALTH NURSING -I**

**PLACEMENT:** V SEMESTER

**THEORY:** 3 Credits (60hours)

**PRACTICUM:** Clinical: 1 Credit (80hours)

**DESCRIPTION:** This course is designed to develop basic understanding of the principles and standards of mental health nursing and skill in application of nursing process in assessment and care of patients with mental health disorders.

**COMPETENCIES:** On completion of the course, the students will be competent to

1. Trace the historical development of mental health nursing and discuss its scope.
2. Identify the classification of the mental disorders.
3. Develop basic understanding of the principles and concepts of mental health nursing.
4. Apply the Indian Nursing Council practice standards for psychiatric mental health nursing in supervised clinical settings.
5. Conduct mental health assessment.
6. Identify and maintain therapeutic communication and nurse-patient relationship.
7. Demonstrate knowledge of the various treatment modalities and therapies used in mental disorders.
8. Apply nursing process in delivering care to patients with mental disorders.
9. Provide nursing care to patients with schizophrenia and other psychotic disorders based on assessment findings and treatment/therapies used.
10. Provide nursing care to patients with mood disorders based on assessment findings and treatment/therapies used.
11. Provide nursing care to patients with neurotic disorders based on assessment findings and treatment/therapies used.

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
I	6(T)	Describe the historical development & current trends in mental health nursing Discuss the scope of mental health nursing Describe the concept of normal & abnormal behaviour	<b>Introduction</b> <ul style="list-style-type: none"> <li>Perspectives of Mental Health and Mental Health Nursing, evolution of mental health services, treatments and nursing practices</li> <li>Mental health team</li> <li>Nature &amp; scope of mental health nursing</li> <li>Role &amp; functions of mental health nurse in various settings and factors affecting the level of nursing practice</li> <li>Concepts of normal and abnormal behaviour</li> </ul>	<ul style="list-style-type: none"> <li>Lecture cum Discussion</li> </ul>	<ul style="list-style-type: none"> <li>Essay</li> <li>Short answer</li> </ul>
II	10(T)	Define the various terms used in mental health Nursing Explain the classification of mental disorders Explain the psychodynamics of maladaptive behaviour 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	<b>Principles and Concepts of Mental Health Nursing</b> <ul style="list-style-type: none"> <li>Definition: mental health nursing and terminology used</li> <li>Classification of mental disorders: ICD11, DSM5, Geropsychiatry manual classification</li> <li>Review of personality development, defense mechanisms</li> <li>Etiology bio-psycho-social factors</li> <li>Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neurotransmission</li> <li>Principles of Mental health Nursing</li> <li>Ethics and responsibilities</li> <li>Practice Standards for Psychiatric Mental Health Nursing (INC practice standards)</li> <li>Conceptual models and the role of nurse: <ul style="list-style-type: none"> <li>Existential model</li> <li>Psychoanalytical models</li> <li>Behavioural model</li> <li>Interpersonal model</li> </ul> </li> <li>Preventive psychiatry and rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>Lecture cum Discussion</li> <li>Explain using Charts</li> <li>Review of personality development</li> </ul>	<ul style="list-style-type: none"> <li>Essay</li> <li>Short answer</li> </ul>

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
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III	6(T)	Describe nature, purpose and process of assessment of mental health status	<b>Mental Health Assessment</b> <ul style="list-style-type: none"> <li>• History taking</li> <li>• Mental status examination</li> <li>• Minimal status examination</li> <li>• Neurological examination</li> <li>• Investigations: Related Blood chemistry, EEG, CT &amp; MRI</li> <li>• Psychological tests</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture cum Discussion</li> <li>• Demonstration</li> <li>• Practisesession</li> <li>• Clinicalpractice</li> </ul>	<ul style="list-style-type: none"> <li>• Essay</li> <li>• Shortanswer</li> <li>• Assessmentof mental healthstatus</li> </ul>
IV	6(T)	Identify therapeutic communication & techniques  Describe therapeutic relationship  Describe therapeutic impasses and its interventions	<b>Therapeutic Communication and Nurse-Patient Relationship</b> <ul style="list-style-type: none"> <li>• Therapeutic communication: Types, techniques, characteristics and barriers</li> <li>• Therapeutic nurse-patient relationship</li> <li>• Interpersonal relationship-</li> <li>• Elements of nurse-patient contract,</li> <li>• Review of technique of IPR- Johari window</li> <li>• Therapeutic impasse and its management</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture cum Discussion</li> <li>• Demonstration</li> <li>• Role Play</li> <li>• Process recording</li> <li>• Simulation (video)</li> </ul>	<ul style="list-style-type: none"> <li>• Essay</li> <li>• Shortanswer</li> <li>• OSCE</li> </ul>
V	10(T)	Explain treatment modalities and therapies used in mental disorders and role of the nurse	<b>Treatment modalities and therapies used in mental disorders</b> <ul style="list-style-type: none"> <li>• <b>Physical therapies:</b> Psychopharmacology,</li> <li>• Electro Convulsive therapy</li> <li>• <b>Psychological Therapies:</b> Psychotherapy, Behaviour therapy, CBT</li> <li>• <b>Psychosocial:</b> Group therapy, Family therapy, Therapeutic Community, Recreational therapy, Art therapy (Dance, Music etc), Occupational therapy</li> <li>• <b>Alternative &amp; Complementary:</b> Yoga, Meditation, Relaxation</li> <li>• <b>Consideration for special populations</b></li> </ul>	<ul style="list-style-type: none"> <li>• Lecture cum Discussion</li> <li>• Demonstration</li> <li>• Groupwork</li> <li>• Practisesession</li> <li>• Clinicalpractice</li> </ul>	<ul style="list-style-type: none"> <li>• Essay</li> <li>• Shortanswer</li> <li>• Objectivetype</li> </ul>

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
VI	8(T)	Describe the etiology, psychodynamics/pathology, clinical manifestations, diagnostic criteria and management of patients with Schizophrenia, and other psychotic disorders	<p><b>Nursing management of patient with Schizophrenia, and other psychotic disorders</b></p> <ul style="list-style-type: none"> <li>• Prevalence and incidence</li> <li>• Classification</li> </ul> <p>Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations</p> <p><b>Nursing process</b></p> <ul style="list-style-type: none"> <li>• Nursing Assessment: History, Physical and mental assessment</li> <li>• Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders</li> <li>• Geriatric considerations and considerations for special populations</li> <li>• Follow up and home care and rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture and Discussion</li> <li>• Case discussion</li> <li>• Case presentation</li> </ul> <p>Clinical practice</p>	<ul style="list-style-type: none"> <li>• Essay</li> <li>• Short answer Assessment of patient management problems</li> </ul>
VII	6(T)	Describe the etiology, psychodynamics, clinical manifestations, diagnostic criteria and management of patients with mood disorders	<p><b>Nursing management of patient with mood disorders</b></p> <ul style="list-style-type: none"> <li>• Prevalence and incidence</li> <li>• Mood disorders: Bipolar affective disorder, mania depression and dysthymia etc.</li> <li>• Etiology, psychodynamics, clinical manifestation, diagnosis</li> <li>• Nursing Assessment History, Physical and mental assessment</li> <li>• Treatment modalities and nursing management of patients with mood disorders</li> <li>• Geriatric considerations/ considerations for special populations</li> <li>• Follow-up and home care and rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture and Discussion</li> <li>• Case discussion</li> <li>• Case presentation</li> <li>• Clinical practice</li> </ul>	<ul style="list-style-type: none"> <li>• Essay</li> <li>• Short answer</li> <li>• Assessment of patient management problems</li> </ul>
Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods

VIII	8(T)	Describe the etiology, psychodynamics, clinical manifestations, diagnostic criteria and management of patients with neurotic, stress related and somatization disorders	<p><b>Nursing management of patient with neurotic, stress related and somatization disorders</b></p> <ul style="list-style-type: none"> <li>• Prevalence and incidence</li> <li>• classifications</li> <li>• Anxiety disorders – OCD, PTSD, Somatoform disorders, Phobias, Disassociative and Conversion disorders</li> <li>• Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations</li> <li>• Nursing Assessment: History, Physical and mental assessment</li> <li>• Treatment modalities and nursing management of patients with neurotic and stress related disorders</li> <li>• Geriatric considerations/ considerations for special populations</li> <li>• Follow-up and home care and rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture and Discussion</li> <li>• Case discussion</li> <li>• Case presentation</li> <li>• Clinical practice</li> </ul>	<ul style="list-style-type: none"> <li>• Essay</li> <li>• Short answer</li> <li>• Assessment of patient management problems</li> </ul>
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### Distribution of teaching hours in Mental Health Nursing

STRATEGY		Teaching hours	
<b>Didactic</b>	<b>Lectures</b>	<b>60 H</b>	
<b>Non- didactic</b>	<b>Clinical posting</b>	64	<b>80 H</b>
	<b>Tutorials</b>	10	
	<b>Integrated learning/ PBL</b>	6 )	
<b>Total</b>			<b>140 H</b>

### Topics & outcomes in biochemistry

Subjects	Number of Themes*	Number of outcomes**
Mental Health Nursing	08*	44

**Distribution of theory hours (60)**

<b>SR NO</b>	<b>Theme</b>	<b>Topics</b>	<b>Teaching hrs</b>
1	Introduction	Introduction	6 Hours
2	Principles and Concepts of Mental Health Nursing	Principles and Concepts of Mental Health Nursing	10 Hours
3	Mental Health Assessment	Mental Health Assessment	6 Hours
4	Therapeutic Communication and Nurse- Patient Relationship	Therapeutic Communication and Nurse- Patient Relationship	6 Hours
5	Treatment modalities and therapies used in mental disorders	Treatment modalities and therapies used in mental disorders	10 Hours
6	Nursing management of patient with Schizophrenia, and other psychotic disorders	Nursing management of patient with Schizophrenia, and other psychotic disorders	8 Hours
7	Nursing management of patient with mood disorders	Nursing management of patient with mood disorders	6 Hours
8	Nursing management of patient with neurotic, stress related and somatization disorders	Nursing management of patient with neurotic, stress related and somatization disorders	8 Hours
<b>TOTAL</b>			60

### MENTAL HEALTH NURSING- I

Sr. No.	Theme and total hours allotted	Topic	No	Competency	Core competency		Non Core competency	Hours
					Must know	Desirable to know	Nice to know	
1	Introduction  (6 Hours)	At the end of unit students are able <b>to:Knowledge:</b> Describe the historical development & current trends in mental health nursing, scope of mental health nursingand the concept of normal & abnormal behavior  <b>Skill:</b> Apply this knowledge in patient care.  <b>Attitude:</b> Incorporate this knowledge for better patient care.	N-MHN(I) 305:VSEM1.1	Explain the mental health team and identify the nature & scope of mental health nursing.	Mental health team  Nature & scope of mental health nursing.			2 Hours
			N-MHN(I) 305:VSEM1.2	Role & functions of mental health nurse in various settings and factors affecting the level of nursing practice.	Role & functions of mental health nurse in various settings and factors affecting the level of nursing practice			2 Hours
			N-MHN(I) 305:VSEM1.3	Describe the concepts of normal and abnormal behavior and recognize the perspectives of mental health and mental health nursing, evolution of mental health services, treatments and nursing practices.		Concepts of normal and abnormal behavior  Perspectives of Mental Health and Mental Health Nursing, evolution of mental health services, treatments and nursing practices		2 Hours

2	Principles and Concepts of Mental Health Nursing (10 Hours)	At the end of unit students are able to:  <b>Knowledge:</b> Understand and describe mental health nursing, terminology, classification, etiology, psychopathology, principles, preventive psychiatry and rehabilitation  <b>Skill:</b> Apply the principles of psychiatric nursing in clinical practice and identify the level of psychiatric prevention and provide rehabilitation.  <b>Attitude:</b> Incorporate this knowledge for	N-MHN(I) 305:VSEM2.1	Define mental health nursing and explain terminology used in it and classify mental disorders: ICD11, DSM5, Geropsychiatry manual classification,	Definition: mental health nursing and terminology used  Classification of mental disorders: ICD11, DSM5, Geropsychiatry manual classification			2 Hours
			N-MHN(I) 305:VSEM2.2	Illustrate the etiology and bio-psycho-social factors of mental illness and recognize the psychopathology of mental disorders and explain the structure and function of brain, limbic system and abnormal neurotransmission.	Etiology bio-psycho-social factors  Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neurotransmission.			2 Hours
			N-MHN(I) 305:VSEM2.3	Identify the principles of mental health nursing and recognize the preventive psychiatry and rehabilitation.	Principles of Mental health Nursing Preventive psychiatry and rehabilitation			2 Hours
			N-MHN(I) 305:VSEM2.4	Explain the review of personality development and defense mechanisms.		Review of personality development,  Defense mechanisms		2 Hours

		better patient care.	N-MHN(I) 305:VSEM2.5	Describe the practice standards for psychiatric mental health nursing (INC practice standards) and ethics and responsibilities.		Practice Standards for Psychiatric Mental Health Nursing (INC practice standards)  Ethics and responsibilities		1 Hour
			N-MHN(I) 305:VSEM2.6	Explain the conceptual models of Psychoanalytical models, Existential model, Behavioral model, Interpersonal model and the role of nurse in these models.			Conceptual models and the role of nurse:  Psychoanalytical models  Existential model  Behavioral model  Interpersonal model	1 Hour
3	Mental Health Assessment  (6 Hours)	At the end of unit students are able to:  <b>Knowledge:</b> Understand and describe the nature, purpose and process of assessment of mental health	N-MHN(I) 305:VSEM3.1	Explain the psychiatric history taking.	History taking			1 Hour
			N-MHN(I) 305:VSEM3.2	Describe the mental status examination.	Mental status examination			2 Hours
			N-MHN(I) 305:VSEM3.3	Describe the mini mental status examination and neurological examination.	Mini mental status examination and Neurological examination			1 Hour

		status. <b>Skill:</b> collect psychiatric history and conduct mental status examination correctly. <b>Attitude:</b> Incorporate this knowledge in clinical practice.	N-MHN(I) 305:VSEM3.4	Explain the investigations done in mental disorders: related Blood chemistry, EEG, CT & MRI and psychological tests.		Investigations: Related Blood chemistry, EEG, CT & MRI  Psychological tests		2 Hours
4	Therapeutic Communication and Nurse-Patient Relationship (6 Hours)	At the end of unit students are able to:  <b>Knowledge:</b> Understand the process of therapeutic communication and therapeutic nurse-patient relationship  <b>Skill:</b> Conduct interview of patient and family members effectively.  <b>Attitude:</b> Incorp	N-MHN(I) 305:VSEM4.1	Explain the therapeutic nurse-patient relationship.	Therapeutic nurse-patient relationship			1 Hour
			N-MHN(I) 305:VSEM4.2	Describe the interpersonal relationship and elements of nurse patient contract.	Interpersonal relationship- Elements of nurse patient contract			1 Hour
			N-MHN(I) 305:VSEM4.3	Identify the therapeutic impasse and its management.	Therapeutic impasse and its management			1 Hour
			N-MHN(I) 305:VSEM4.4	Explain the therapeutic communication with respect to definition, Types, techniques, characteristics and barriers.		Therapeutic communication: Types, techniques, characteristics and barriers		2 Hours

		orate this knowledge in nursing practice.	N-MHN(I) 305:VSEM4.5	Recognize the technique of IPR- Johari window.			Review of technique of IPR- Johari window	1 hour
5	Treatment modalities and therapies used in mental disorders  ( 10 Hours)	At the end of unit students are able to:  <b>Knowledge:</b> Understand and explain different therapeutic modalities in psychiatric nursing.  <b>Skill:</b> Practice different therapies.  <b>Attitude:</b> Develops positive attitude towards Alternative & Complementary.	N-MHN(I) 305:VSEM5.1	Explain the psychopharmacology in psychiatry.	Physical therapies: Psychopharmacology			1Hour
			N-MHN(I) 305:VSEM5.2	Describe the Electro Convulsive therapy.	Electro Convulsive therapy			1 Hour
			N-MHN(I) 305:VSEM5.3	Explain the Psychotherapy along with its types.	Psychological Therapies: Psychotherapy,			1 Hour
			N-MHN(I) 305:VSEM5.4	Describe the Behaviour therapy and Cognitive behavioral Therapy (CBT) in detail.	Psychological Therapies: Behaviour therapy, CBT			1 Hour
			N-MHN(I) 305:VSEM5.5	Describe the Group therapy and Family therapy in detail.	Psychosocial: Group therapy, Family therapy,			1 Hour
			N-MHN(I) 305:VSEM5.6	Describe the therapeutic Community, Recreational therapy and Occupational therapy in detail.	Psychosocial: Therapeutic Community, Recreational therapy, Occupational therapy			1 Hour

			N-MHN(I) 305:VSEM5.7	Recognize the Alternative & Complementary therapy i.e. Yoga, Meditation and Relaxation.		Alternative & Complementary: Yoga, Meditation, Relaxation		3 Hours
			N-MHN(I) 305:VSEM5.8	Explain the consideration for special populations in the treatment modalities and therapies used in mental disorders and describe the psychosocial therapies i.e. Art therapy (Dance, Music etc.)			Consideration for special populations  Psychosocial: Art therapy (Dance, Music etc.),	1 Hour
6	Nursing management of patient with Schizophrenia, and other psychotic disorders  ( 8 Hours)	At the end of unit students are able to:  <b>Knowledge:</b> Understand and describe Schizophrenia and its management.  <b>Skill:</b> Provide comprehensive nursing care to schizophrenic client.  <b>Attitude:</b> Motivate family members for participation in treatment and	N-MHN(I) 305:VSEM6.1	Explain the schizophrenia with respect to definition, prevalence, incidence, classification, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and nursing management.	Prevalence and incidence Classification Etiology,  psychodynamics, clinical manifestation, diagnostic criteria/formulations Nursing process Nursing Assessment: History, Physical and mental assessment Treatment modalities and nursing management of patients with Schizophrenia.			

		rehabilitation of schizophrenic client.	N-MHN(I) 305:VSEM6.2	Explain the paranoid schizophrenia with respect to definition, prevalence, incidence, classification, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and nursing management.	Prevalence and incidence Classification Etiology,  psychodynamics, clinical manifestation, diagnostic criteria/formulations Nursing process Nursing Assessment: History, Physical and mental assessment Treatment modalities and nursing management of patients with Schizophrenia.			
			N-MHN(I) 305:VSEM6.3	Explain the catatonic schizophrenia with respect to definition, prevalence, incidence, classification, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and nursing management.	Prevalence and incidence Classification Etiology,  psychodynamics, clinical manifestation, diagnostic criteria/formulations Nursing process Nursing Assessment: History, Physical and mental assessment Treatment modalities and			

					nursing management of patients with Schizophrenia.			
			N-MHN(I) 305:VSEM6.4	Explain the hebephrenic schizophrenia with respect to definition, prevalence, incidence, classification, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and nursing management.	Prevalence and incidence Classification Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations Nursing process Nursing Assessment: History, Physical and mental assessment Treatment modalities and nursing management of patients with Schizophrenia.			
			N-MHN(I) 305:VSEM6.5	Explain the geriatric and special populations consideration with schizophrenia and identify the other psychotic disorders.		Geriatric considerations and considerations for special populations  Other psychotic disorders		2 Hours
			N-MHN(I) 305:VSEM6.6	Recognize the follow up, home care and rehabilitation			Follow up and home care and	1 hour

				for schizophrenia.			rehabilitation	
7	Nursing management of patient with mood disorders ( 6 Hours)	At the end of unit students are able to:  <b>Knowledge:</b> Understand and explain various types of mood disorders.  <b>Skill:</b> Identify client with mood disorder and deal effectively with such client and prepare nursing care plan on mood disorders.  <b>Attitude:</b> Incorporate this knowledge in various setting.	N-MHN(I) 305:VSEM7.1	Explain the bipolar affective disorder with regards to definition, prevalence, incidence, classification, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and nursing	Prevalence and incidence Mood disorders: Bipolar affective disorder. Etiology, psychodynamics, clinical manifestation, diagnosis Nursing Assessment History, Physical and mental assessment Treatment modalities and nursing management of patients with mood disorders			1Hour
			N-MHN(I) 305:VSEM7.2	Explain the mania with regards to definition, prevalence, incidence, classification, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and nursing management.	Prevalence and incidence Mood disorders: mania Etiology, psychodynamics, clinical manifestation, diagnosis Nursing Assessment History, Physical and mental assessment Treatment modalities and nursing			1Hour

					management of patients with mood disorders			
			N-MHN(I) 305:VSEM7.3	Explain the depression with regards to definition, prevalence, incidence, classification, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and nursing.	Prevalence and incidence  Mood disorders: depression  Etiology, psychodynamics, clinical manifestation, diagnosis  Nursing Assessment History, Physical and mental assessment  Treatment modalities and nursing management of patients with mood disorders			1 Hour
			N-MHN(I) 305:VSEM7.4	Explain the dysthymia and recognize the geriatric and special population's consideration with mood disorders.		Dysthymia  Geriatric considerations/ considerations for special populations		2 Hours
			N-MHN(I) 305:VSEM7.5	Recognize the follow up, home care and rehabilitation for mood disorders.			Follow-up and home care and rehabilitation	1 Hour

8	Nursing management of patient with neurotic, stress related and somatization disorders ( 08 Hours)	At the end of unit students are able to:  <b>Knowledge:</b> Understand and describe prevalence and incidence, classification, etiology, psychodynamics , clinical manifestation, diagnostic criteria/formulations and nursing management of neurotic, stress related and somatization disorders	N-MHN(I) 305:VSEM8.1	Explain the Obsessive Compulsive Disorder (OCD) with reference to definition, prevalence, incidence, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and its nursing management.	Prevalence and incidence classifications Anxiety disorders – OCD Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations Nursing Assessment: History, Physical and mental assessment Treatment modalities and nursing management of patients with neurotic and stress related disorders			1 Hour
		<b>Skill:</b> Prepare nursing care plan on neurotic, stress related and somatization disorders  <b>Attitude:</b> Incorporate this knowledge in various types of	N-MHN(I) 305:VSEM8.2	Explain the Post traumatic Stress disorder (PTSD) with regards to definition, prevalence, incidence, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and its nursing management.	Prevalence and incidence classifications Anxiety disorders –PTSD Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations Nursing Assessment: History, Physical and mental assessment Treatment modalities and nursing			1 Hour

		setting.			management of patients with neurotic and stress related disorders			
			N-MHN(I) 305:VSEM8.3	Explain the Somatoform disorders with regards to definition, prevalence, incidence, classification, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and its nursing management.	Prevalence and incidence classifications Anxiety disorders – Somatoform disorders, Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations Nursing Assessment: History, Physical and mental assessment Treatment modalities and nursing management of patients with neurotic and stress related disorders			1 Hour
			N-MHN(I) 305:VSEM8.4	Explain the phobic disorder with regards to definition, prevalence, incidence, classification, etiology, psychodynamics, clinical manifestation, diagnostic criteria, treatment modalities and its nursing management.	Prevalence and incidence classifications Anxiety disorders – Phobias Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations Nursing Assessment:			1 Hour

					History, Physical and mental assessment Treatment modalities and nursing management of patients with neurotic and stress related disorders			
			N-MHN(I) 305:VSEM8.5	Explain the Dissociative disorder.		Dissociative disorder		1 Hour
			N-MHN(I) 305:VSEM8.6	Describe the conversion disorder and identify the geriatric and special populations considerations for neurotic disorders.		Conversion disorders  Geriatric considerations/ considerations for special populations		2 Hours
			N-MHN(I) 305:VSEM8.7	Recognize the follow up, home care and rehabilitation for neurotic, stress related and somatization disorders.			Follow-up and home care and rehabilitation	1 Hour

**CLINICAL PRACTICUM  
MENTALHEALTHNURSING -I**

**PLACEMENT: SEMESTER V**

**MENTALHEALTHNURSING-I—1Credit (80hours)**

**PRACTICECOMPETENCIES:** On completion of the course, the students will be able to:

1. Assess patients with mental health problems/disorders
2. Observe and assist in various treatment modalities or therapies
3. Counsel and educate patients and families
4. Perform individual and group psychoeducation
5. Provide nursing care to patients with mental health problems/disorders
6. Motivate patients in the community for early treatment and followup
7. Observe the assessment and care of patients with substance abused disorders in the addiction centre.

**CLINICAL POSTINGS**  
(3 weeks × 30 hours per week = 90 Hours (80 hours))

<b>Clinical Area/Unit</b>	<b>Duration (Weeks)</b>	<b>Learning Outcomes</b>	<b>Skills/Procedural Competencies</b>	<b>Clinical Requirements</b>	<b>Assessment Methods</b>
Psychiatric OPD	2 Weeks	<ul style="list-style-type: none"> <li>• Assess patients with mental health problems</li> <li>• Observe and assist in therapies</li> <li>• Counsel and educate patients, and families</li> </ul>	<ul style="list-style-type: none"> <li>• History taking</li> <li>• Perform mental status examination (MSE)</li> <li>• Observe/practice Psychometric assessment</li> <li>• Perform Neurologic examination</li> <li>• Observing and assisting in therapies</li> <li>• Individual and group psycho-education               <ul style="list-style-type: none"> <li>▪ Mental hygiene practice education</li> <li>▪ Family psycho-education</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• History taking and Mental status examination – 2</li> <li>• Health education – 1</li> <li>• Observation report of OPD</li> </ul>	<ul style="list-style-type: none"> <li>• Assess performance with ratings scale</li> <li>• Assess each skill with checklist</li> <li>• Evaluation of health education</li> <li>• Assessment of observation report</li> <li>• Completion of activity record</li> </ul>
Child Guidance clinic	1 Week	<ul style="list-style-type: none"> <li>• Assess children with various mental health problems</li> <li>• Counsel and educate children, families and significant others</li> </ul>	<ul style="list-style-type: none"> <li>• History &amp; mental status examination</li> <li>• Observe/practice psychometric assessment</li> <li>• Observe and assist in various therapies</li> </ul>	<ul style="list-style-type: none"> <li>• Casework – 1</li> <li>• Observation report of different therapies – 1</li> </ul>	<ul style="list-style-type: none"> <li>• Assess performance with ratings scale</li> <li>• Assess each skill with checklist</li> <li>• Evaluation of the observation report</li> </ul>

<b>Clinical Area/Unit</b>	<b>Duration (Weeks)</b>	<b>Learning Outcomes</b>	<b>Skills/Procedural Competencies</b>	<b>Clinical Requirements</b>	<b>Assessment Methods</b>
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Inpatientward	4 Weeks	<ul style="list-style-type: none"> <li>• Assess patients with mental health problems</li> <li>• Provide nursing care for patients with various mental health problems</li> <li>• Assist in various therapies</li> <li>• Counsel and educate patients, families and significant others</li> </ul>	<ul style="list-style-type: none"> <li>• History taking</li> <li>• Mental status examination (MSE)</li> <li>• Neurological examination</li> <li>• Assisting in psychometric assessment</li> <li>• Recording therapeutic communication</li> <li>• Administration of medications</li> <li>• Assist Electro-Convulsive Therapy (ECT)</li> <li>• Participating in all therapies</li> <li>• Preparing patients for Activities of Daily Living (ADL)</li> <li>• Conducting admission and discharge counselling</li> <li>• Counseling and teaching patients and families</li> </ul>	<ul style="list-style-type: none"> <li>• Give care to 2-3 patients with various mental disorders</li> <li>• Case study-1</li> <li>• Care plan-2</li> <li>• Clinical presentation-1</li> <li>• Process recording-2</li> <li>• Maintain drug book</li> </ul>	<ul style="list-style-type: none"> <li>• Assess performance with ratings scale</li> <li>• Assess each skill with checklist</li> <li>• Evaluation of the case study, care plan, clinical presentation, process recording</li> <li>• Completion of activity record</li> </ul>
Community psychiatry & Deaddiction centre	1 Week	<ul style="list-style-type: none"> <li>• Identify patients with various mental disorders</li> <li>• Motivate patients for early treatment and follow up</li> <li>• Assist in follow up clinic</li> <li>• Counsel and educate patient, family and community</li> <li>• Observe the assessment and care of patients at deaddiction centre</li> </ul>	<ul style="list-style-type: none"> <li>• Conduct home visit and case work</li> <li>• Identifying individuals with mental health problems</li> <li>• Assisting in organization of Mental Health camp</li> <li>• Conducting awareness meetings for mental health &amp; mental illness</li> <li>• Counseling and Teaching family members, patients and community</li> </ul>	<ul style="list-style-type: none"> <li>• Casework-1</li> <li>• Observation report on field visits</li> </ul>	<ul style="list-style-type: none"> <li>• Assess performance with ratings scale</li> <li>• Evaluation of case work and observation report</li> <li>• Completion of activity record</li> </ul>

**Distribution of Non didactic hours (80 Hours )**

**PRACTICALS 64 hrs**

<b>SR NO</b>	<b>Competency no</b>	<b>Competency</b>	<b>Domain</b>	<b>T-L Method</b>	<b>Teaching Hrs</b>
1.	N-MHN(I) 305:VSEM1.1	Mental health Team	K,S	Small group discussion	2 Hours
2.	N-MHN(I) 305:VSEM1.3	Psychiatric OPD services	K,S	Small group discussion	2 Hours
3.	N-MHN(I) 305:VSEM2.1	Classification of mental disorders: ICD 10 & 11 & DSM IV and V	K,S	Small group discussion	2 Hours
4.	N-MHN(I) 305:VSEM2.3	Assisting in organizations of Mental Health camp	K,S	Small group discussion	2 Hours
5.	N-MHN(I) 305:VSEM2.3	Conducting awareness meetings for mental health & mental illness.	K,S	Small group discussion	2 Hours
6.	N-MHN(I) 305:VSEM3.4	Psychological preparation of patients for Electro Encephalography (EEG)	K,S	Small group discussion	2 Hours
7.	N-MHN(I) 305:VSEM3.4	Psychological preparation of patients for Computerized Tomography (CT)	K,S	Small group discussion	2 Hours
8.	N-MHN(I) 305:VSEM3.4	Psychological preparation of patients for Magnetic Resonance Images (MRI)	K,S	Small group discussion	2 Hours
9.	N-MHN(I) 305:VSEM4.1	Maintain therapeutic nurse-patient relationship	K,S	Small group discussion	2 Hours
10.	N-MHN(I) 305:VSEM5.3	Individual Psychotherapy - Psychoanalytical therapy and Individual psycho education and Mental hygiene practice education	K,S	Small group discussion	3 Hours

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11.	N-MHN(I) 305:VSEM5. 4	Behaviour therapy	K,S	Small group discussio n	2 Hours
12.	N-MHN(I) 305:VSEM5. 4	Cognitive Behavioural Therapy	K,S	Small group discussio n	2 Hours
13.	N-MHN(I) 305:VSEM5. 5	Group therapy	K,S	Small group discussio n	2 Hours
14.	N-MHN(I) 305:VSEM5. 5	Family therapy& Family psycho – education	K,S	Small group discussio n	3 Hours
15.	N-MHN(I) 305:VSEM5. 6	Therapeutic Community	K,S	Small group discussio n	2 Hours
16.	N-MHN(I) 305:VSEM5. 6	Recreational therapy	K,S	Small group discussio n	2 Hours
17.	N-MHN(I) 305:VSEM5. 6	Occupational therapy	K,S	Small group discussio n	2 Hours
18.	N-MHN(I) 305:VSEM5. 7	Alternative & Complementary therapies- Yoga, meditation and Aroma Therapy	K,S	Small group discussio n	2 Hours
19.	N-MHN(I) 305:VSEM5. 8	Music Therapy	K,S	Small group discussio n	2 Hours
20.	N-MHN(I) 305:VSEM5. 8	Dance therapy	K,S	Small group discussio n	2 Hours
21.	N-MHN(I) 305:VSEM6. 1	Nursing process in providing care to patients with mental disorders.	K,S	Small group discussio n	4 Hours

22.	N-MHN(I) 305:VSEM6. 1	Preparing patients for Activities of Daily living (ADL)	K,S	Small group discussio n	2 Hours
<b>TOTAL</b>					<b>48 Hours</b>

### Demonstrative Teaching- (16 Hours)

Sr . No	Competency no	TOPIC	Domain	T-L Method	Teaching Hrs
1.	N-MHN(I) 305:VSEM2.1	Terminologies used in psychiatry	K,S	Demonstration, Small group discussion	1Hour
	N-MHN(I) 305:VSEM2.3	Conducthomevisitandcasework	K,S	Demonstration, Small group discussion	1 Hour
	N-MHN(I) 305:VSEM2.3	Identifyingindividualswithmentalhealthproblems	K,S	Demonstration, Small group discussion	1 Hour
2.	N-MHN(I) 305:VSEM3.1	Psychiatric History Collection	K,S	Demonstration, Small group discussion & Role play	1 Hour
3.	N-MHN(I) 305:VSEM3.2	Mental Status Examination	K,S	Demonstration, Small group discussion & Role play	1 Hour
4.	N-MHN(I) 305:VSEM3.3	Mini mental status examination	K,S	Demonstration, Small group discussion & Role play	1 Hour
5.	N-MHN(I) 305:VSEM3.4	Neurological examination	K,S	Demonstration, Small group discussion	1 Hour
6.	N-MHN(I) 305:VSEM3.4	Psychometric assessment - Anxiety assessment scale (Hamilton anxiety assessment scale)	K,S	Demonstration, Small group discussion	1 Hour

7.	N-MHN(I) 305:VSEM3.4	Psychometric assessment - Depression assessment scale Beck Depression Inventory (BDI )	K,S	Demonstration, Small group discussion	
8.	N-MHN(I) 305:VSEM4.4	Therapeutic communication techniques			1 Hour
9.	N-MHN(I) 305:VSEM4.4	Process Recording	K,S	Demonstration, Small group discussion	1 Hour
10.	N-MHN(I) 305:VSEM5.1	Administration of psychotropic drugs- Antipsychotic drugs	K,S	Demonstration, Small group discussion	1 Hour
11.	N-MHN(I) 305:VSEM5.1	Administration of psychotropic drugs- Antimanic drugs	K,S	Demonstration, Small group discussion	1 Hour
12.	N-MHN(I) 305:VSEM5.1	Administration of psychotropic drugs- Antidepressants drugs	K,S	Demonstration, Small group discussion	1 Hour
13.	N-MHN(I) 305:VSEM5.1	Administration of psychotropic drugs- Antiparkinsonian drugs	K,S	Demonstration, Small group discussion	1 Hour
14.	N-MHN(I) 305:VSEM5.1	Administration of psychotropic drugs- Antianxiety drugs	K,S	Demonstration, Small group discussion	1 Hour
15.	N-MHN(I) 305:VSEM5.2	Preparation of patient for ECT	K,S	Demonstration, Small group discussion	1 Hour
16.	N-MHN(I) 305:VSEM5.2	Assisting to ECT	K,S	Demonstration, Small group discussion	1 Hour
17.	N-MHN(I) 305:VSEM5.2	Post ECT care	K,S	Demonstration, Small group discussion	1 Hour
<b>TOTAL</b>					<b>16 Hours</b>

**Modified Tutorials ( 10 Hours)**

Sr. No	Comp. no	TOPIC	Domain	T-L Method	Teaching Hrs
1.	N-MHN(I) 305:VSEM1.3	Concepts of normal and abnormal behavior.	K,S	Tutorial	1 Hour
2.	N-MHN(I) 305:VSEM2.2	Causes of mental disorder.	K,S	Tutorial	1 Hour
3.	N-MHN(I) 305:VSEM4.3	Therapeutic impasse and its management	K,S	Tutorial	1 Hour
4.	N-MHN(I) 305:VSEM4.5	Johari window.	K,S	Tutorial	1 Hour
5.	N-MHN(I) 305:VSEM6.1	schizophrenia	K,S	Tutorial	1 Hour
6.	N-MHN(I) 305:VSEM7.2	Mania	K,S	Tutorial	1 Hour
7.	N-MHN(I) 305:VSEM7.4	Dysthymia	K,S	Tutorial	1 Hour
8.	N-MHN(I) 305:VSEM8.1	Obsessive Compulsive Disorder (OCD)	K,S	Tutorial	1 Hour
9.	N-MHN(I) 305:VSEM8.3	Somatoform disorders	K,S	Tutorial	1 Hour
10.	N-MHN(I) 305:VSEM8.4	Phobic Disorder	K,S	Tutorial	1 Hour
<b>TOTAL</b>					<b>10 Hours</b>

**Integration/MPBL- 06 Hours**

Sr. No	Comp. no	TOPIC	Domain	T-L Method	Teaching Hrs
1	N-MHN(I) 305:VSEM6.5	Acute Transient Psychotic Disorder	K	Lecture method and discussion	<b>6Hours</b>
2	N-MHN(I) 305:VSEM7.3	Severe Depression	K	Lecture method and discussion	
3	N-MHN(I) 305:VSEM8.5	Dissociative disorder	K	Lecture method and discussion	





### Theory

#### A. Continuous Assessment: 10Marks

Sr. No	Assignments	Percentage of Attendance required	Allotted marks	Total Marks for attendance
1	Attendance	95-100%	2	2 marks
		90-94%	1.5	
		85-89%	1	
		80-84%	0.5	
		<80%	0	
		Number of assignments required	Marks	Total Marks allotted
2	Written Assignments	2	2X5	10
3	Seminar/Microteaching/Individual presentation	2	2x6	12
4	Group work/Work/Report	1	1x6	06
			Total	30/3=10Marks

#### A. Continuous Assessment: 10Marks Practical

Sr. No	Assignments	Percentage of Attendance	Allotted marks	Total Marks for attendance
1	Attendance	95-100%	2	2 marks
		90-94%	1.5	
		85-89%	1	
		80-84%	0.5	
		<80%	0	
		Number assignments	Marks	Total Marks
2	Clinical presentation	3x20	60	10marks

3	Drug presentation report	2x20	40	
4	Case study report	5x20	100	
5	Continuous evaluation of clinical performance	01	10marks	10marks
6	End of posting OSCE	01	05marks	05marks
7	Completion of procedures and clinical requirements		03marks	03marks
Total				30/3=10

### **B. SESSIONALEXAMINATIONS:15marks**

Twosessionalexamspercourse

#### **Exam pattern:**

MCQ-4x1=4

Essay-1x10=10

Short-2x5=10

VeryShort-3x2=6

**30marksx 2=60/4 =15**

### **B. SESSIONAL**

#### **EXAMINATIONS: 15**

**marks**

#### **Exam pattern:**

OSCE-10marks(2-3hours)

DOP-20 marks(4-5hours)

*{DOP-Directlyobservedpracticalintheclinicalsetting}*

**Total=30/2=15**

S.No.	Course	Continuous Assessment	Sessional Theory/Practical Exams
	<b>Theory</b>		
<b>1</b>	Mental Health Nursing I	10	15
	<b>Practical</b>		
<b>2</b>	Mental Health Nursing I	10	15

**NOTE-\***Will be added to the internal marks of Mental Health Nursing II in both theory and practical respectively in the next semester (Total weightage remains same).

### Theory

#### A. Continuous Assessment: 10 Marks

Attendance					Written Assignments		Seminar/Microteaching/ Individual presentation		Group work/Work/Report
95-100 %	90-94	85-89	80-84	Below 80	1	2	1	2	1
2M	1.5 M	1 M	0.5 M	0 M	5 M	5M	6 M	6 M	6 M
2 M					10 M		12 M		6 M

#### B. SESSIONAL EXAMINATIONS: 15 marks

Two sessional exams per course

##### Exam pattern:

MCQ-4×1=4

Essay-1×10=10

Short-2×5=10

Very Short-3×2=6

**30 marks × 2 = 60 / 4 = 15**

#### 1. Sessional Examinations: Theory: I

Sr. No.	Question paper	Total
Maximum marks	30	30

Minimum Marks	15	15
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## 2. Sessional Examinations: Theory: II

Sr. No.	Question paper	Total
Maximum marks	30	30
Minimum Marks	15	15

### Calculation of Internal Assessment (IA): Theory

- Total marks of theory assignment to be added i.e. Continuous assessment:  $30/3=10$ marks
- Two Sessional examinations:  $30\text{marks} \times 2 = 60/4 = 15$  marks
- Minimum required - 50 %

## 2. Formative Assessment: Practical

### a. Sessional examinations: Practical: I

Exam pattern	Sessional examination I	Total
OSCE	10 marks	<b>30Marks</b>
DOP (Directly observed practical in the clinical setting)	20marks	

### b. Sessional examinations: Practical: II

Exam pattern	Sessional examination I	Total
OSCE	10 marks	<b>30Marks</b>
DOP (Directly observed practical in the clinical setting)	20marks	

### Calculation of Internal assessment: Practical

Attendance	Clinical presentation	Drug presentatio	Case study report	Continuous evaluation of	End o postin
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					n report										clinical performance	OSCI
95-100 %	90-94	85-89	80-84	Below 80	1	2	3	1	2	1	2	3	4	5	1	1
					20 M	20 M	20 M	20 M	20 M	20 M	20 M	20 M	20 M			
2M	1.5 M	1 M	0.5 M	0 M	10 M										10 M	5 M

### Calculation of Internal Assessment (IA): Practical

- Total marks of practical assignment to be added i.e. Continuous assessment:  $30/3=10$  marks
- Two Sessional examinations:  $30/2=15$  Marks
- Minimum required 50 %

### Books recommended:

#### TEXT BOOKS:

- Elizabeth M. Varch, Foundation of Psychiatric Mental Health Nursing – A Clinical Approach. W.B. Saunders.
- Gail, Wiscars Stuart. Principles and Practice of Psychiatric Nursing. Mosby.
- R. Sreevani. A Guide to Mental and Psychiatric Nursing. Jaypee Brothers.
- R. Baby. Psychiatric Nursing. N. R. Brothers.
- Neeraj Ahuja. Text Book of Psychiatry for Under Graduates.

#### REFERENCE BOOKS:

- Barker Phill. Psychiatric Mental Health Nursing – The Craft of Caring. Arnold Publication.
- KapporBimla. Text Book of Psychiatric Nursing – Vol 1 & 2. Kumar Publication.
- Ketherine M. Fort. Psychiatric Nursing Care Plans. Mosby Year Book.
- K. Mohor Wanda. Psychiatric Mental health Nursing. Lipponcott Publication.
- Sheila M. Sparks, Cynthia M. Jalor. Nursing Diagnosis Reference manual. Spring House Corporation.

**Journals:** Printed journals available.

