

## MENTAL HEALTH NURSING - I

**PLACEMENT:** V SEMESTER

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

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

**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.

### COURSE OUTLINE

#### T – Theory

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>

<b>II</b>	10 (T)	<p>Define the various terms used in mental health Nursing</p> <p>Explain the classification of mental disorders</p> <p>Explain the psychodynamics of maladaptive behaviour</p> <p>Discuss the etiological factors &amp; psychopathology of mental disorders</p> <p>Explain the principles and standards of Mental health Nursing</p> <p>Describe the conceptual models of mental health nursing</p>	<p><b>Principles and Concepts of Mental Health Nursing</b></p> <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> </ul> </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>
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<b>Unit</b>	<b>Time (Hrs)</b>	<b>Learning Outcomes</b>	<b>Content</b>	<b>Teaching/Learning Activities</b>	<b>Assessment Methods</b>
			<ul style="list-style-type: none"> <li>○ Psychoanalytical models</li> <li>○ Behavioural model</li> <li>○ Interpersonal model</li> <li>• Preventive psychiatry and rehabilitation</li> </ul>		
<b>III</b>	6 (T)	Describe nature, purpose and process of assessment of mental health status	<p><b>Mental Health Assessment</b></p> <ul style="list-style-type: none"> <li>• History taking</li> <li>• Mental status examination</li> <li>• Mini mental 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>• Practice session</li> <li>• Clinical practice</li> </ul>	<ul style="list-style-type: none"> <li>• Essay</li> <li>• Short answer</li> <li>• Assessment of mental health status</li> </ul>
<b>IV</b>	6 (T)	<p>Identify therapeutic communication &amp; techniques</p> <p>Describe therapeutic relationship</p> <p>Describe therapeutic impasses and its interventions</p>	<p><b>Therapeutic Communication and Nurse-Patient Relationship</b></p> <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>• Short answer</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>• Group work</li> <li>• Practice session</li> <li>• Clinical practice</li> </ul>	<ul style="list-style-type: none"> <li>• Essay</li> <li>• Short answer</li> <li>• Objective type</li> </ul>
VI	8 (T)	Describe the etiology, psycho-dynamics/ pathology, clinical manifestations, diagnostic criteria and management of patients with Schizophrenia, and other psychotic disorders	<b>Nursing management of patient with Schizophrenia, and other psychotic disorders</b> <ul style="list-style-type: none"> <li>• Prevalence and incidence</li> <li>• Classification</li> <li>• Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations</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
			<b>Nursing process</b> <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>		
VII	6 (T)	Describe the etiology, psycho-dynamics, clinical manifestations, diagnostic criteria and management of patients with mood disorders	<b>Nursing management of patient with mood disorders</b> <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, psycho dynamics, 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>

VIII	8 (T)	Describe the etiology, psycho-dynamics, clinical manifestations, diagnostic criteria and management of patients with neurotic, stress related and somatization disorders	<b>Nursing management of patient with neurotic, stress related and somatisation disorders</b> <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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### References (Bibliography:)

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3. M.S. Bhatia, A concised text Book of Psychiatric Nursing, CBS publishers and distributors, Delhi 2<sup>nd</sup> ed. 1999.
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5. Mary C Townsend. "Psychiatric Mental Health Nursing". Concept of care, 4<sup>th</sup> edition. F.A.Davis Co. Philadelphia 2003.
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8. The ICD10, Classification of mental and behavioural disorders, WHO, A.I.T.B.S. publishers, Delhi,2002
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11. Kathernic M. Fort in ash, Psychiatric Nursing Care plans, Mossby Year book. Toronto
- 12.Sheila M. Sparks, CynthiaM. Jalor, Nursing Diagnosis reference manual 5<sup>th</sup> edition, Spring house, Corporation Pennsychiram's
- 13.R. Sreevani, A guide to mental health & psychiatric nursing, Jaypee brothers, Medical Publishers (ltd), New Delhi 1<sup>st</sup> edition.
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15. Varghese Mary, Essential of psychiatric & mental health nursing,
16. Foundations Journals of mental health nursing
17. American Journal of Psychiatry
18. Deborah Antai Otoing. "Psychiatric Nursing" Biological and behavioral concepts. Thomson. Singapore 2003
19. Mary Ann Boyd. "Psychiatric Nursing". Contemporary practice. Lippincott. Williams and Wilkins. Tokyo.

## **Internet Resources –**

1. Internet Gateway: Psychology <http://www.lib.uiowa.edu/gw/psych/index.html>
2. Psychoanalytic studies <http://www.shef.ac.uk~psysc/psastud/index.html>
3. Psychaitric Times <http://www.mhsource.com.psychiatrictimes.html>
4. Self-help Group sourcebook online <http://www.cmhe.com/selfhelp>
5. National Rehabilitation Information center <http://www.nariic.com/naric>
6. Centre for Mental Health Services <http://www.samhsaa.gov/cmhs.htm>
7. Knowledge Exchange Network <http://www.mentalheaalth.org/>
8. Communication skills <http://www.personal.u-net.com/osl/m263.htm>
9. Lifeskills Resource center <http://www.rpeurifooy.com>
10. Mental Health Net <http://www.cmhe.com>

**CLINICAL  
PRACTICUM MENTAL  
HEALTH NURSING - I & II**

**PLACEMENT: SEMESTER V & VI**

**MENTAL HEALTH NURSING - I – 1 Credit (80 hours)**

**MENTAL HEALTH NURSING - II – 2 Credits (160 hours)**

**PRACTICE COMPETENCIES:** 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 follow up
7. Observe the assessment and care of patients with substance abuse disorders in deaddiction center.

**CLINICAL POSTINGS**

**(8 weeks × 30 hours per week = 240 hours)**

<b>Clinical Area/Unit</b>	<b>Duration (Weeks)</b>	<b>Learning Outcomes</b>	<b>Skills/Procedural Competencies</b>	<b>Clinical Requirements</b>	<b>Assessments Methods</b>
Psychiatric OPD	2	<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 Neurological 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 rating 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	<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> <li>• Parental teaching for child with mental deficiency</li> </ul>	<ul style="list-style-type: none"> <li>• Case work – 1</li> <li>• Observation report of different therapies – 1</li> </ul>	<ul style="list-style-type: none"> <li>• Assess performance with rating scale</li> <li>• Assess each skill with checklist</li> <li>• Evaluation of the observation report</li> </ul>
Inpatient ward	4	<ul style="list-style-type: none"> <li>• Assess patients with mental health problems</li> <li>• Provide nursing care for patients with various</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</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> </ul>	<ul style="list-style-type: none"> <li>• Assess performance with rating scale</li> <li>• Assess each skill with checklist</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>Assessments Methods</b>
		mental health problems <ul style="list-style-type: none"> <li>• Assist in various therapies</li> <li>• Counsel and educate patients, families and significant others</li> </ul>	assessment <ul style="list-style-type: none"> <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>• Care plan</li> <li>• Clinical presentation – 1</li> <li>• Process recording – 2</li> <li>• Maintain drug book</li> </ul>	<ul style="list-style-type: none"> <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	<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 organizations 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> <li>• Observing deaddiction care</li> </ul>	<ul style="list-style-type: none"> <li>• Case work – 1</li> <li>• Observation report on field visits</li> <li>• Visit to deaddiction centre</li> </ul>	<ul style="list-style-type: none"> <li>• Assess performance with rating scale</li> <li>• Evaluation of case work and observation report</li> <li>• Completion of activity record</li> </ul>