**SHRI H N SHUKLA NURSING INSTITUTE**

**Affiliated By Saurashtra University, Permitted By I.N.C. & G.N.C. And Recognized By G.O.G.** Shree H. N. Shukla College Campus, B/H. Marketing Yard, Nr. Lalpari Lake, Rajkot -360003 E-mail :- HNSNURSING@GMAIL.COM Web. :- [www.hnsgroupofcollege.org](http://www.hnsgroupofcollege.org/)

**MENTAL HEALTH NURSING**

# Placement- SECOND YEAR Time- 70 hours

**Course Description:-**

This course is designed to help students develop the concept of mental health and mental illness, its causes, symptoms, prevention, treatment modalities and nursing management of mentally ill for individual, family and community.

# General Objective:-

Upon completion of this course, the students shall able to:

1. Describe the concept of mental health and mental illness and the emerging trends in psychiatric nursing.
2. Explain the causes and factors of mental illness, its prevention and control.
3. Identify the symptoms and dynamic of abnormal human behavior in comparison with normal human behavior.
4. Demonstration a desirable attitude and skills in rendering comprehensive nursing care to the mentally ill.

# Total Hours - 70

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| **Unit.** | **Learning Objectives** | **Content** | **Hr.** | **Teaching****Learning Activites** | **Methods of Assessment** |
| I | Describe the concept of mental health and mental illness in relation to providing comprehensive care to thepatients. | **Introduction**1. Concept of mental health and mental illness
2. Misconceptions related to mental illness
3. Principles of Mental Health nursing
4. Definition of terms used in psychiatry
5. Review of defense mechanisms
6. Mental Health Team
 | 5 | Lecture cum discussionStructured discussionGroup interaction | Short answers Objective type |
| II | Narrate the historical development of Psychiatry and psychiatricnursing. | **History of Psychiatry**1. History of Psychiatric Nursing - India and at international level
2. Trends in Psychiatric Nursing
3. National mental health programme
 | 4 | Lecture cum discussion | Short answer Objective type |

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| III | Describe mental health assessment | **Mental Health Assessment**1. Psychiatry history taking
2. Mental status examination
3. Interview technique
 | 4 | Lecture cum discussionDemonstration | Short answerObjective typeReturn Demonstration |
| **Unit.** | **Learning Objectives** | **Content** | **Hr.** | **Teaching****Learning Activites** | **Methods of Assessment** |
| IV | Describe therapeutic relationshipDemonstrate skills in process recording | **Therapeutic nurse-patient relationship:** a) Therapeutic nurse patient relationship:Definition, components and phases,Importanceb) Communication skills Definition elements, types, factors influencing communication, barriers (therapeutic impasse) | 5 | Lecture cum discussionsRole playVideosDemonstrationof process recording | Short answersReturn demonstration |
| V | List various mental disorders and describe their mental and psychiatric and nursing management. | **Mental Disorders and Nursing Interventions**1. Psycho-Pathophysiology of human behavior
2. Etiological theories (genetics, biochemical, psychological etc)
3. Classification of mental disorders.
4. Disorders of thought, motor activity, perception, mood, speech, memory, concentration, judgment
5. Prevalence, etiology, signs and symptoms, prognosis, medical and Nursing management
6. Personality & types of personality related to psychiatric disorder
7. Organic mental disorders: Delirium,

Dementia1. Psychotic disorders:
	* Schizophrenic disorders
	* Mood (affective) disorders: Mania depression, Bipolar affective disorders(BPAD)
2. Neurotic disorders: Phobia, anxiety disorders,obsessive compulsive disorders, depressive neurosis, conversion disorders, dissociative reaction, psychosomatic disorders, post traumatic stress disorder
3. Substance use and de-addiction: alcohol, tobacco and other psychoactive substance
4. Child and adolescent psychiatric disorder;
	* Sleep disorder
	* Eating disorders
	* Sexual disorders
 | 25 | Lecture cum discussionsCase studyCase PresentationProcess recording VideosRole playsField visits- De- addiction centers, AlcoholAnonyms group, Adolescent clinics, Child guidance centers etc | Short answers Essay types Case StudyCase Presentation |



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|  |  | k) Nursing Management: Nursing process and process recording in caring for patients with various psychiatric disorders |  |  |  |
| **Unit.** | **Learning Objectives** | **Content** | **Hr.** | **Teaching Learning Activites** | **Methods of Assessment** |
| VI | Describe the Bio– psychosocial | **Bio – Psycho & Social Therapies**1. Psychopharmacology – Definition, classification of drugs antipsychotic, Antidepressant, antimanic, antianxiety agents, anti parkinsons
2. Psychosocial therapies – individual therapies, group therapy, behavior therapy, occupational therapy, family therapy, melieu therapy
3. Role of nurse in these therapies.
4. Somatic therapy – Electro Convulsive Therapy, insulin therapy,
5. Role of nurse in these therapies.
 | 12 | Lecture cum discussions | Short Answers |
|  | therapies and |  |  | Essay types |
|  | explain the role |  | Seminar |  |
|  | of the nurse |  | Videos | Returndemonstration |
|  |  |  | Demonstration | Quiz |
|  |  |  | Field visits- Rehabilitation centre, Day care centres | Drug study |
|  |  |  | Role plays |  |



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| VII | Describe the concept of preventive community mental health services.Enumerate the nurse’s role in Nationalmental healthprogramme | **Community Mental Health**1. Concept, importance, scope
2. Attitudes , Stigma and discrimination related to the mentally ill
3. Prevention of mental illness(Preventive Psychiatry) during childhood, adolescent, adult hood and old age.
4. Community Mental Health Services.
5. Role of Nurse in national mental health programme and Psychiatric care in Community
 | 5 | Lecture cum discussion Role playVideos | Short answers Essay type Assignment |
| VIII | Explain different psychiatric emergencies and theirmanagement Demonstrate skills in crisisintervention | **Psychiatric Emergencies and Crisis Intervention**1. Types of Psychiatric emergencies: Over Active, under active patient, Violent behaviour,
2. Suicide, adverse drug reactions, withdrawal symptoms, Acute psychosis etc
3. Crisis and its intervention: AIDS, Adolescent Crisis
 | 5 | Lecture cum discussion VideosRole plays Demonstration | Short answers Objective Type Essay type |
| IX | Describe the legal aspects to be kept in mind in the care of mentally ill patients. | **Forensic Psychiatry / Legal Aspects** a)India Lunatic Act 19121. Narcotic Drugs and psychotropic Act 1965, 1985
2. Mental Health Act 1987, 2014
3. Admission and discharge procedures
4. Standards of psychiatric nursing practice.
5. Rights of Mentally ill patients
6. Legal responsibilities in the care of mentally ill patients.
 | 5 | Lecture cum discussionsDemonstration | Short answers Essay type Objective Quiz |



**MENTAL HEALTH NURSING- PRACTICAL**

**Placement- SECOND YEAR Time – 320 hrs (8 weeks)**

**Internship 96 hrs (2 weeks)**

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| **Areas** | **Duration** | **Objectives** | **Skill** | **Assignments** | **Assessment methods** |
| Psychiatric OPD | 3 weeks | * Assess patients with mental health problems
* Observe and assist in therapies
* Counsel and educate patients, and families
 | * History taking
* Perform mental status examination
* Assist in pyschometric assessment
* Observe and assist in therapies
* Teach patients and family members
 | * History taking-1
* Mental status examination-2
* Observation report of OPD-1
 | * Assess performance with rating scale
* Assess each skill with checklist
* Assessment of observation report
* Completion of activity

record |
| Child guidance clinic | 1 week | * Assessment of children with various mental health problem’s
* Counsel and provide health education for children, families and significant

others | * History taking
* Perform mental status examination
* Observe and assist in therapies
* Health education of family members and significant others
* Counsel family members and significant others
 | * Observation report of child guidance clinic
 | * Assess performance with rating scale
* Assess each skill with checklist
* Assessment of observation report
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| Inpatient ward | 6 weeks | * Assess patients

with mental health problems* Provide nursing care for patients with various

mental health problems | * History taking
* Perform mental status examination
* Observe and assist in therapies
* Provide nursing care to the mentally ill patient
* Health educate family members and significant others
 | * Assess & give nursing care to 2-3 patients with various mental disorders
* History taking-1
* Mental status examination-2
* Case study-1
* Care plan -1
* presentation-1
* Process recording-2
* Maintain drug book
 | * Assess performance with rating scale
* Assess each skill with checklist
* Assessment of the case study, case presentation

, process recording and care plan |