

Subject Code:1NR2010108	Subject Title: Clinical Specialty-I MENTAL HEALTH (PSYCHIATRIC) NURSING
Pre-requisite	-----NA-----

Placement: 1st Year

Course Description

This course is designed to assist students in developing expertise and in-depth understanding in the field of Psychiatric Nursing. It will help students to appreciate the client as a holistic individual and develop skill to function psychiatric nurse specialist. It will further enable the student to function as educator, manager, and researcher in the field of Psychiatric nursing

Teaching Scheme (Total Hours)				Evaluation Scheme (Marks)				
Theory	Lab/ Practical	Clinical Hours	Total Hours	Theory		Practical		Total
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
150	--	650	800	75	25	100	100	300

Objectives

At the end of the course the students will be able to:

1. Appreciate the trends and issues in the field of psychiatry and psychiatric nursing.
2. Explain the dynamics of personality development and human behavior.
3. Describe the concepts of psychobiology in mental disorders and its implications for psychiatric nursing
4. Demonstrate therapeutic communications skills in all interactions
5. Demonstrate the role of psychiatric nurse practitioner in various therapeutic modalities
6. Establish and maintain therapeutic relationship with individual and groups
7. Uses assertive techniques in personal and professional actions
8. Promotes self-esteem of clients, others and self
9. Apply the nursing process approach in caring for patients with mental disorders
10. Describe the psychopharmacological agents, their effects and nurses role
11. Recognize the role of psychiatric nurse practitioner and as a member of the psychiatric and mental health team
12. Describe various types of alternative system of medicines used in psychiatric settings
13. Incorporate evidence based nursing practice and identify the areas of research in the field of psychiatric nursing

Course Content

Units	Hours	Content
I	15	Introduction • Mental Health and Mental Illness • Historical perspectives • Trends, issues and magnitude • Contemporary practices • Mental health laws/Acts • National mental health program -National mental health authority, state mental health authority • Human rights of mentally ill • Mental Health/ Mental Illness Continuum • Classification of mental illnesses-ICD, DSM • Standards of Psychiatric nursing • Challenges and Scope of psychiatric nursing • Multi-disciplinary team and role of nurse Role of psychiatric nurse- extended and expanded
II	10	Concepts of Psychobiology • The Nervous System: ➤ An Anatomical Review ➤ The Brain and limbic system ➤ Nerve Tissue ➤ Autonomic Nervous system ➤ Neurotransmitters • Neuroendocrinology ➤ Pituitary, Thyroid Gland ➤ Circadian Rhythms • Genetics • Neuro psychiatric disorders • Psychoimmunology ➤ Normal Immune response ➤ Implications for psychiatric Illness • Implications for Nursing
III	10	Theories of Personality Development and relevance to nursing practice • Psychoanalytic Theory- Freud's • Interpersonal Theory-Sullivan's • Theory of Psychosocial Development-Erikson's • Theory of object relations • Cognitive Development Theory • Theory of Moral Development • A Nursing Model-Hildegard E.Peplau

Units	Hours	Content
IV	5	Stress and its management • An introduction to the concepts of stress • Psychological Adaptation to stress • Stress as a Biological Response. • Stress as an Environmental Event. • Stress as Transaction between the Individual and the Environment. • Stress management.
V	10	Therapeutic communication and interpersonal relationship • Review communication process, factors affecting communication • Communication with individuals and in groups • Techniques of therapeutic communication-touch therapy • Barrier of communication with specific reference to psychopathology • Therapeutic attitudes • Dynamics of a therapeutic Nurse-client relationship; • Therapeutic use of self Gaining self-awareness • Therapeutic nurse-patient relationship its phases ; Conditions essential to development of a therapeutic relationship • Therapeutic impasse and its management
VI	10	Assertive Training • Assertive Communication • Basic Human Rights • Response Patterns ○ (Nonassertive Behavior ○ Assertive Behavior ○ Aggressive Behavior ○ Passive-Aggressive Behavior) • Behavioral Components of Assertive Behavior • Techniques that Promote Assertive Behavior • Thought-Stopping Techniques Method Role of The Nurse
VII	10	Promoting Self-Esteem • Components of Self-Concept • The Development of Self-Esteem • The Manifestations of Low-Self-Esteem • Boundaries Role of The Nurse

Units	Hours	Content
	5	Women and Mental Health • Normal reaction to conception, pregnancy and puerperium • Problems related to conception, pregnancy and puerperium and its management. • Counselling – Premarital, marital and genetic
VIII	10	The nursing process in psychiatric/mental health nursing • Mental health assessment- History taking, mental status examination • Physical and neurological examination • Psychometric assessment • Investigations, Diagnosis and Differential diagnosis • Interpretation of investigations • Nurse's role • Nursing case management ➤ Critical pathways of care • Documentation ➤ Problem-oriented recording ➤ Focus charting ➤ The PIE method
IX	35	Psycho social and physical therapies • Individual therapy • Behavioural Therapy- Relaxation therapy, cognitive therapy, positive-negative reinforcement, bio-feedback, guided imagery, ab-reactive therapy • Group Therapy • Family Therapy • Milieu Therapy • The Therapeutic Community • Occupational therapy • Recreational therapy • Play therapy • Music therapy • Light therapy • Color therapy • Aroma therapy
X	10	Psychopharmacology • Historical Perspectives • Role of a Nurse in Psychopharmacological Therapy ➤ Antianxiety Agents ➤ Antidepressants Agents ➤ Mood stabilizers ➤ Antipsychotics ➤ Sedative-Hypnotics ➤ Central Nervous System Stimulants • Future developments

Units	Hours	Content
XI	5	Electroconvulsive Therapy • Historical Perspectives • Indications • Contraindications • Mechanisms of Action • Side Effects • Risks Associated with Electroconvulsive Therapy • The Role of The Nurse in Electroconvulsive Therapy
XII	5	Alternative systems of medicine in mental health • Types of Therapies ➤ Herbal Medicine ➤ Unani ➤ Siddha ➤ Homeopathic ➤ Acupressure and Acupuncture ➤ Diet and Nutrition ➤ Chiropractic Medicine ➤ Therapeutic Touch and Massage ➤ Yoga ➤ Pet Therapy

Practical

Total= 660 Hours
1 week= 30 Hours

S.No.	Deptt./Unit	No. of Week	Total Hours
1	Acute Psychiatric Ward	4	120
2	Chronic Psychiatric ward	4	120
3	Psychiatric Emergency Unit	2	60
4	O.P.D	2	60
5	Family Psychiatric Unit	2	60
6	Community Mental Health Unit	4	120
7	Rehabilitation / Occupational Therapy Unit/Half way home/ Day care centre	4	120
	Total	22 Weeks	660Hours

Student Activities

- History taking
- Mental health assessment
- Psychometric assessment
- Personality assessment
- Process recording
- Therapies- Group Therapy
- Family Therapy
- Psychotherapy
- Milieu Therapy
- The Therapeutic Community
- Occupational therapy
- Recreational therapy
- Play therapy
- music therapy
- Pet therapy
- Counselling
- Assisted ECT
- Assisted EEG
- Case studies
- Case presentation
- Project work
- Socio and psycho drama
- Field visits