

Subject Code: 1NR2010207	Subject Title: Clinical Speciality-II MENTAL HEALTH (PAEDIATRIC) NURSING
Pre-requisite	-----NA-----

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 develop advanced skills for nursing intervention in various psychiatric conditions. It will enable the student to function as psychiatric nurse practitioner/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)				
Lecture (Class and Lab)	Clinical Hours	Total Hours	Theory		Practical		Total
			University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
150	950	1100	75	25	100	100	300

Objectives

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

1. Apply the nursing process in the care of patients with mental disorders in hospital and community
2. Demonstrate advanced skills/competence in nursing management of patients with mental disorders
3. Identify and care for special groups like children, adolescents, women, elderly, abused and neglected, people living with HIV/AIDS.
4. Identify and manage psychiatric emergencies.
5. Provide nursing care to critically ill patients with mental disorders
6. Utilize the recent technology and various treatment modalities in the management of patients with mental disorders
7. Demonstrate skills in carrying out crisis intervention.
8. Appreciate the legal and ethical issues pertaining to psychiatric nursing.
9. Identify areas of research in the field of psychiatric nursing.
10. Prepare a design for layout and describe standards for management of Psychiatric units/emergency units/hospitals
11. Teach psychiatric nursing to undergraduate students & in-service nurses.

Course Content

Unit	Hours	Content
I	2	Principles and practice of Psychiatric nursing Review
II	10	Crisis Intervention Crisis, Definition Phases In The Development of A Crisis Types of Crisis; Dispositional , Anticipated Life Transitions Traumatic Stress, Maturational/ Development , Reflecting Psychopathology Psychiatric Emergencies and their management Grief and grief reaction Crisis Intervention; Phases Post traumatic stress disorder (PTSD) Role of the Nurse
III	4	Anger/ Aggression Management Anger and Aggression, Types, Predisposing Factors Management Role of The Nurse
IV	5	The Suicidal Client Epidemiological Factors Risk Factors • Predisposing Factors: Theories of Suicide-Psychological, Sociological ,Biological Nursing Management
V	5	Disorders of Infancy, Childhood, and Adolescence Mentally Challenged Autistic Disorders Attention-Deficit/Hyperactivity Disorder Conduct Disorders, behavioural disorders Oppositional Defiant Disorder Tourette's Disorders Separation Anxiety Disorder Psychopharmacological Intervention and Nursing Management
VI	5	Delirium, Dementia, and Amnestic Disorders Delirium Dementia Amnesia Psychopharmacological Intervention and Nursing Management
VII	10	Substance-Related Disorders Substance-Use Disorders Substance-Induced Disorders Classes Of Psychoactive Substances Predisposing Factors

Unit	Hours	Content
		The Dynamics Of Substance-Related Disorders The Impaired Nurse Codependency Treatment Modalities For Substance-Related Disorders and Nursing Management
VIII	10	Schizophrenia and Other Psychotic Disorders (Check ICD10) Nature of the Disorder Predisposing Factors Schizophrenia -Types • Disorganized Schizophrenia • Catatonic Schizophrenia • Paranoid Schizophrenia • Undifferentiated Schizophrenia • Residual Schizophrenia Other Psychotic disorders • Schizoaffective Disorder • Brief Psychotic Disorder • Schizophreniform Disorder • Psychotic Disorder Due to a General Medical Condition • Substance-Induced Psychotic Disorder Treatment and Nursing Management
IX	8	Mood Disorders Historical Perspective Epidemiology The Grief Response Maladaptive Responses To Loss Types Of Mood Disorders Depressive disorders Bipolar disorders Treatment and Nursing Management
X	8	Anxiety Disorders Historical Aspects Epidemiological Statistics How Much is too Much? Types • Panic Disorder • Generalized Anxiety Disorder • Phobias • Obsessive-Compulsive Disorder • Posttraumatic Stress Disorder • Anxiety Disorder Due to a General Medical Condition • Substance-Induced Anxiety Disorder Treatment Modalities Psychopharmacology & Nursing Management
XI	5	Somatoform And Sleep Disorders Somatoform Disorders Historical Aspects

Unit	Hours	Content
		- Epidemiological Statistics - Pain Disorder - Hypochondriasis - Conversion Disorder - Body Dysmorphic Disorder - Sleep Disorder - Treatment Modalities and Nursing Management
XII	4	Dissociative Disorders and Management Historical Aspects Epidemiological Statistics Application of the Nursing Management Treatment Modalities and Nursing Management
XIII	4	Sexual And Gender Identity Disorders Development Of Human Sexuality Sexual Disorders Variation In Sexual Orientation Nursing Management
XIV	4	Eating Disorders Epidemiological Factors Predisposing Factors : Anorexia Nervosa And Bulimia Nervosa obesity Psychopharmacology Treatment & Nursing Management
XV	4	Adjustment and Impulse Control Disorders Historical and Epidemiological Factors - Adjustment Disorders - Impulse Control Disorders Treatment & Nursing Management
XVI	4	Medical Conditions due to Psychological Factors Asthma Cancer Coronary Heart Disease Peptic Ulcer Essential Hypertension Migraine Headache Rheumatoid Arthritis Ulcerative Colitis Treatment & Nursing Management
XVII	8	Personality Disorders Historical perspectives Types Of Personality Disorders - Paranoid Personality Disorder - Schizoid Personality Disorder - Antisocial Personality Disorder - Borderline Personality Disorder

Unit	Hours	Content
		• Histrionic Personality Disorder • Narcissitic Personality Disorder • Avoidance Personality Disorder • Dependent Personality Disorder • Obsessive-Compulsive Personality Disorder • Passive-Aggressive Personality Disorders Identification, diagnostic, symptoms Psychopharmacology Treatment & Nursing Management
XVIII	8	The Aging Individual Epidemiological Statistics Biological Theories Biological Aspects of Aging Psychological Aspects of Aging Memory Functioning Socio-cultural aspects of aging Sexual aspects of aging Special Concerns of the Elderly Population Psychiatric problems among elderly population Treatment & Nursing Management
XIX	5	The person living with HIV Disease Psychological problems of individual HIV/AIDS Counseling Treatment & Nursing Management
XX	5	Problems Related to Abuse or Neglect Vulnerable groups, Women, Children, elderly, psychiatric patients, under privileged, challenged Predisposing Factors Treatment & Nursing management- Counseling
XXI	7	Community Mental Health Nursing National Mental Health Program- Community mental health program The Changing Focus of care The Public Health Model The Role of the Nurse Case Management The community as Client • Primary Prevention • Populations at Risk • Secondary prevention • Tertiary Prevention Community based rehabilitation
XXII	5	Ethical and Legal Issues in Psychiatric/Mental Health Nursing Ethical Considerations Legal Consideration

Unit	Hours	Content
		• Nurse Practice Acts • Types of Law • Classification within Statutory and Common Law • Legal Issues in Psychiatric/Mental Health Nursing • Nursing Liability
XXIII	5	Psychosocial rehabilitation Principles of rehabilitation Disability assessment Day care centers Half way homes Reintegration into the community Training and support to care givers Sheltered workshops Correctional homes
XXIV	5	Counseling Liaison psychiatric nursing Terminal illnesses-Counseling Post partum psychosis-treatment, care and counseling Death dying- Counseling Treatment, care and counseling – • Unwed mothers • HIV and AIDS
XXV	5	Administration and management of psychiatric units including emergency units Design & layout Staffing, Equipment, supplies, Norms, policies and protocols Quality assurance Practice standards for psychiatric nursing Documentation
XXVI	5	Education and training in psychiatric care Staff orientation, training and development, In-service education program, Clinical teaching programs.

Practicals

Total = 960 Hours
1 Week = 30 Hours

S.No.	Area of Posting	No. of Week	Total Hours
1	Acute Psychiatric Ward	4	120 Hours
2	Chronic Psychiatric Ward	4	120 Hours
3	De-addiction Unit	4	120 Hours
4	Psychiatric Emergency Unit	4	120 Hours
5	O.P.D (Neuro and psychiatric)	3	90 Hours
6	Child Psychiatric Unit and child guidance clinic	2	60 Hours
7	Post natal ward	1	30 Hours
8	Family Psychiatric Unit	2	60 Hours
9	Field visits	2	60 Hours
10	Rehabilitation	2	60 Hours
11	Community Mental Health Unit	4	120 Hours
	Total	32 Weeks	960 Hours

Essential Psychiatric nursing skills

Procedures Observed

1. Psychometric tests
2. Personality tests
3. Family therapy
4. Assisted
5. CT
6. MRI
7. Behavioral therapy.

Procedures Performed

1. Mental status examination
2. Participating in various therapies – Physical; ECT,
3. Administration of Oral, IM, IV psychotropic drugs
4. Interviewing skills
5. Counseling skills
6. Communication skills
7. Psychoeducation
8. Interpersonal relationship skills
9. Community Survey for identifying mental health problems
10. Rehabilitation therapy
11. Health education and life skills training.
12. Supportive psychotherapeutic skills
13. Group therapy
14. Milieu therapy
15. Social/Recreational therapy.
16. Occupational therapy.