

Subject Code: 1NR1020203	Subject Title: MENTAL HEALTH NURSING
Pre-requisite	-----NA-----

Course Description

This course enable the students to recognize and appreciate the causes, symptoms and process of abnormal human behaviour. It also introduces the student to the present day treatment modalities in the light of psychological, social and cultural factors affecting human behaviour. This course helps the student to learn principles of mental health and psychiatric nursing and to develop beginning skills in the management of the mentally ill in hospital and community.

Teaching Scheme (Total Hours)			Evaluation Scheme (Marks)				
Lecture	Practical	Total Hours	Theory		Practical		Total
			University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
60	240	300	75	25	50	50	200

Course Content

UNIT NO	HOURS	Learning Objective	COURSE CONTENT	TEACHING LEARNING ACTIVITIES	ASSESSMENT
I	5	Discuss the historical development of psychiatry and psychiatric development	Introduction and historical development * History of psychiatry * Historical development of mental health nursing * Philosophy, principles of mental health and psychiatric nursing * Concept of normal and abnormal behaviour * Role and qualities of mental health and psychiatric nursing * Mental health team and functions of team members * Legal aspects in psychiatry and mental health services	• Chalkboard • Transparency • Power Point • Charts	☐ Assignments ☐ Unit tests, ☐ Essay type ☐ Short Answers ☐ Objectives ☐ Type
II	5	Discuss history taking. Describe mental status examination	Classification and assessment of mental disorders * Terminologies used in psychiatry * Classification of mental disorders * Etiological factors and psychopathology of mental disorders * History taking and assessment methods for mental disorders.	• Chalkboard • Transparency • Power Point • Charts	☐ Assignments ☐ Unit tests, ☐ Essay type ☐ Short Answers ☐ Objectives ☐ Type
III	4	Enlist various types of therapeutic techniques. Explain the elements of nurse patient contract.	Therapeutic communication * Communication process * Interview skills, therapeutic communication techniques. Nurse patient Relationship, therapeutic impasse and its management process recording.	• Chalkboard • Transparency • Power Point • Charts	☐ Assignments ☐ Unit tests, ☐ Essay type ☐ Short Answers ☐ Objectives ☐ Type



IV	20	Write the management of patient with Schizophrenia. Discuss the management of patient with mood disorders. Explain the management of patient with neurotic disorder.	Management of mental disorders. * Etiological factors, psychopathology, types, clinical features, diagnostic criteria, treatment and nursing management of patient with following disorders: * Neurotic Disorders: Anxiety Neurosis, Depressive Neurosis, Obsessive compulsive Neurosis, phobic Neurosis and Hypochondriacal Neurosis, Stress related and somatoform disorders. * Psychotic Disorders: Schizophrenic form, affective and organic psychosis. * Organic Brain syndromes * Psychosomatic disorders * Personality disorders * Disorders of childhood and adolescence.	• Chalkboard • Transparency • Power Point • Charts	☐ Assignments ☐ Unit tests, ☐ Essay type ☐ Short Answers ☐ Objectives ☐ Type
V	3	Discuss the management of patient with substance use disorder.	Management of patients with substance use disorders * Substance use and misuse. * Dependence, intoxication and withdrawal * Classification of psychoactive substances * Etiological and contributory factors * Psychopathology * Clinical features * Diagnostic criteria * Treatment and nursing management of patient with substance use disorders. * Preventive and rehabilitative aspects in substance abuse.	• Chalkboard • Transparency • Power Point • Charts	☐ Assignments ☐ Unit tests, ☐ Essay type ☐ Short Answers ☐ Objectives ☐ Type
VI	2	Discuss the nursing management of patient with mental deficiency.	Management of mental sub-normality * Classification of mental sub-normality * Etiological factors, psychopathology, psychometric assessment, diagnostic criteria and management of sub-normality.	• Chalkboard • Transparency • Power Point • Charts	☐ Assignments ☐ Unit tests, ☐ Essay type ☐ Short Answers ☐ Objectives ☐ Type
VII	4	Enlist the psychiatric emergencies. Discuss crisis intervention.	Psychiatric Emergencies * Types of emergencies, psychopathology, clinical features, assessment and diagnosis, treatment and nursing management of patient with psychiatric emergencies. * Crisis intervention therapy.	• Chalkboard • Transparency • Power Point • Charts	☐ Assignments ☐ Unit tests, ☐ Essay type ☐ Short Answers ☐ Objectives ☐ Type

VIII	12	Discuss Psychopharmacology In mental disorders. Explore psychological therapies used in mental disorder.	Therapeutic Modalities Principles, indication, contraindications and role of nurse in various treatment methods: * Therapeutic community and Milieu therapy * Occupational therapy * Psychotherapy * Behaviour therapy * Group therapy * Family therapy * Pharmacotherapy * Electro convulsive therapy * Other miscellaneous therapies.	• Chalkboard • Transparency • Power Point • Charts	☐ Assignments ☐ Unit tests, ☐ Essay type ☐ Short Answers ☐ Objectives ☐ Type
IX	5	Discuss the level of prevention in psychiatry. Explain national mental health programme	Preventive Psychiatry * Model of prevention * Role of nurse in preventive psychiatry * Psychiatric social work * Community mental health nursing * Community mental health agencies * National mental health programmes	• Chalkboard • Transparency • Power Point • Charts	☐ Assignments ☐ Unit tests, ☐ Essay type ☐ Short Answers ☐ Objectives ☐ Type

PRACTICUM

The student will be provided opportunity to:

- Observe, record and report the behavior of their selected patients.
- Record the process of interaction
- Assess the nursing needs of their selected patients, plan and implement the nursing intervention.
- Counsel the attendant and family members of patient.
- Participate in the activities of psychiatric team
- Write observation report after a field visit to the following places:
- Child guidance clinic,
- School/Special Schools (For Mentally subnormal)
- Mental Hospital
- Community mental health centres,
- De-addiction centre.