

Mental Health Nursing

Subject code: 1NR1010303	Subject Title: Mental Health Nursing
Pre-requisite	----- NA-----

Course Description:

This course is designed for developing an understanding of the modern approach to mental health, identification, prevention and nursing management of common mental health problems with special emphasis on therapeutic interventions for individuals, family and community.

Teaching Scheme (Total Hours)				Evaluation Scheme (Marks)				
Lecture	Tutorial	Practical	Total Hours	Theory		Practical		Total
				University Assessment	Continuous Assessment	University Assessment	Continuous Assessment	
90	-	270	360	75	25	50	50	200

Unit	Time	Learning objective	Content	Teaching activities	Learning	Assessment Method
1	5	<ul style="list-style-type: none"> Describes the historical development & current trends in mental health nursing Describe the epidemiology of mental health problems Describe the National Mental Health Act, programmes and mental health policy Discusses the scope of mental health nursing Describe the concept of normal & abnormal behaviour 	Introduction <ul style="list-style-type: none"> Perspectives of Mental Health and Mental Health nursing: evolution of mental health services, treatments and nursing practices. Prevalence and incidence of mental health problems and disorders. Mental Health Act National Mental Health Policy visavis National Health Policy National Mental Health programme Mental Health team Nature and scope of mental health nursing Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice. Concepts of normal and abnormal behavior 	<ul style="list-style-type: none"> Lecture Discussion 		<ul style="list-style-type: none"> Objective type Short answer Assessment of the field visit reports

II	5	<ul style="list-style-type: none"> • Define the various terms used in mental health Nursing • Explains the classification of mental disorders • Explain psychodynamics of maladaptive behavior • Discuss the etiological factors, psychopathology of mental disorders • Explain the principles and standards of mental health nursing • Explains the classification of mental disorders • Explain psychodynamics of maladaptive behavior • Discuss the etiological factors, psychopathology of mental disorders • Explain the principles and standards of mental health nursing • Describe the conceptual models of mental health nursing 	<p>Principles and Concepts of Mental Health Nursing</p> <ul style="list-style-type: none"> • Definition: mental health nursing and terminology used • Classification of mental disorders: ICD • Review of personality development, defence mechanisms • Maladaptive behavior of individuals and groups; stress, crisis and disaster(s) • Etiology: bio-psycho-social factors • Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neuro transmission • Principles of Mental health Nursing • Review of personality development, defence mechanisms • Maladaptive behavior of individuals and groups: stress, crisis and disaster(s) • Etiology: bio-psycho-social factors • Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neurotransmission • Principles of Mental health Nursing • Standards of Mental Health Nursing practice • Conceptual models and the role of nurse: <ul style="list-style-type: none"> o Existential Model o Psycho-analytical models o Behavioural model o Interpersonal model 	<ul style="list-style-type: none"> • Lecture <p>Discussion</p> <ul style="list-style-type: none"> • Explain using Charts • Review of personality development 	<ul style="list-style-type: none"> • Essay type • Short answer • Objective type
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III	8	<ul style="list-style-type: none"> Describe nature, purpose and process of assessment of mental health status 	Assessment of mental health status <ul style="list-style-type: none"> History taking Mental status examination Mini mental status examination Neurological examination: Review Investigations: Related Blood chemistry, EEG, CT & MRI Psychological tests Role and responsibilities of nurse 	<ul style="list-style-type: none"> Lecture discussion Demonstration Practice session Clinical practice 	<ul style="list-style-type: none"> Short answer Objective type Assessment of skills with check list
IV	6	<ul style="list-style-type: none"> Identify therapeutic communication techniques Describe therapeutic relationship Describe therapeutic impasse and its intervention 	Therapeutic communication and nurse-patient relationship <ul style="list-style-type: none"> Therapeutic communication: Types, techniques, characteristics Types of relationship, Ethics and responsibilities Elements of nurse patient contract Review of technique of IPR Johari Window Goals, phases, tasks, therapeutic techniques Therapeutic impasse and its intervention 	<ul style="list-style-type: none"> Lecture discussion Demonstration Role play Process recording 	<ul style="list-style-type: none"> Short answer Objective type
V	14	<ul style="list-style-type: none"> Ex plain treatment modalities and therapies used in mental disorders and role of the nurse 	Treatment modalities and therapies used in mental disorders <ul style="list-style-type: none"> Psycho Pharmacology Psychological therapies: <ul style="list-style-type: none"> Therapeutic community, psychotherapy-Individual: psychoanalytical, cognitive and supportive, Family, Group, Behavioural, Play, Psycho-drama, Music, Dance, recreational and Light therapy, Relaxation therapies: Yoga, Meditation, bio feedback Alternative systems of medicine 	<ul style="list-style-type: none"> Lecture discussion Demonstration Group work Practice session Clinical practice 	<ul style="list-style-type: none"> Essay type Short answers Objective type

			<ul style="list-style-type: none"> • Occupational therapy • Psycial therapy: electro convulsive therapy • Geriatric considerations Role of nurse in above therapies 		
VI	5	<ul style="list-style-type: none"> • Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with schizophrenia, and other psychotic disorders 	Nursing management of patient with Schizophrenia, and other psychotic disorders <ul style="list-style-type: none"> • Classification: ICD • Etiology, psycho-pathology, types, clinical manifestations, diagnosis • Nursing Assessment-History, Physical and mental assessment • Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders • Geriatric considerations • Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> • Lecture discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay type • Short answers • Assessment of patient management problems
VII	5	<ul style="list-style-type: none"> • Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with mood disorders 	Nursing management of patient with mood disorders <ul style="list-style-type: none"> • Mood disorders: Bipolar affective disorder, Mania depression and dysthymia etc • Etiology, psycho-pathology, clinical manifestations, diagnosis, • Nursing Assessment-History, Physical and mental assessment • Treatment modalities and nursing management of patients with mood disorders • Geriatric considerations • Follow-up and home care and rehabilitation 	Lecture discussion <ul style="list-style-type: none"> • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay type • Short answers • Assessment of patient management problems
VIII	8	<ul style="list-style-type: none"> • Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with neurotic, stress 	Nursing management of patients with neurotic, stress related and somatization disorders. <ul style="list-style-type: none"> • Anxiety disorder, phobias, Dissociation & conversion disorder, Obsessive compulsive 	<ul style="list-style-type: none"> • Lecture discussion • Case discussion • Case presentation • Clinical, practice 	<ul style="list-style-type: none"> • Essay type. • Short answers • Assessment of patient management problems.



		related & somitization disorders.	<p>disorder, somatoform disorders, Post traumatic stress disorder.</p> <ul style="list-style-type: none"> • Etiology, psycho-pathology, clinical manifestations, diagnosis. • Nursing Assessment-History, Physical and mental assessment. • Treatment modalities and nursing management of patients with neurotic, stress related and somatization disorders. • Geriatric considerations. • Follow-up and home care and rehabilitation. 		
IX	5	<ul style="list-style-type: none"> • Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with substance use disorders 	<p>Nursing management of patient with Substance use disorders</p> <ul style="list-style-type: none"> • Commonly used psychotropic substance; Classification, forms, routes, action, intoxication and withdrawal • Etiology of dependence: tolerance, psychological and physical dependence, withdrawal syndrome, diagnosis. • Nursing Assessment-History, Physical, mental assessment and drug assay • Treatment (detoxification, antabuse and narcotic antagonist therapy and harm reduction) and nursing management of patients with substance use disorders • Geriatric considerations • Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> • Lecture discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay type • short answers • Assessment of patient management problems.
X	4	<ul style="list-style-type: none"> • Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with personality, sexual and eating disorders 	<p>Nursing management of patient with personality, sexual and Eating disorders</p> <ul style="list-style-type: none"> • Classification of disorders • Etiology, psycho-pathology, characteristics, diagnosis, Nursing Assessment-History, Physical and mental assessment • Treatment modalities and nursing management of patients 	<ul style="list-style-type: none"> • Lecture discussion • Case discussion • Case presentation • Clinical Practice 	<ul style="list-style-type: none"> • Essay type • short answers • Assessment of patient management problems

			with Personality, Sexual and Eating disorders Geriatric Considerations • Follow-up and home care and rehabilitation		
XI	6	Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of childhood and adolescent disorders including mental deficiency	Nursing management of childhood and adolescent disorders including mental deficiency • Classification • Etiology, psycho-pathology, characteristics, diagnosis Nursing Assessment-History, Physical, mental and IQ assessment • Treatment modalities and nursing management of childhood disorders including mental deficiency • Follow-up and home care and rehabilitation	<ul style="list-style-type: none"> • Lecture discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay type • Short answers • Assessment of patient management problems
XII	5	<ul style="list-style-type: none"> • Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of organic brain disorders. 	Nursing management of organic brain disorders • Classification: ICD? • Etiology, psycho-pathology, clinical features, diagnosis and Differential diagnosis (Parkinson's and Alzheimer's) • Nursing Assessment-History, Physical, mental and neurological assessment • Treatment modalities and nursing management of organic brain disorders • Geriatric considerations • Follow-up and home care and rehabilitation	<ul style="list-style-type: none"> • Lecture discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay type • Short answers • Assessment of patient management problems
XIII	6	Identify psychiatric emergencies and carry out crisis intervention	Psychiatric emergencies and crisis intervention • Types of psychiatric emergencies and their management • Stress adaptation Model: stress and stressor, coping, resources	<ul style="list-style-type: none"> • Lecture discussion • Demonstration • Practice session • Clinical practice 	<ul style="list-style-type: none"> • Short answers • Objective type

			<p>and mechanism</p> <ul style="list-style-type: none"> • Grief: Theories of grieving process, principles, techniques of counselling • Types of crisis • Crisis intervention: Principles, Techniques and process • Geriatric considerations <p>Role and responsibilities of nurse</p>		
XIV	4	<ul style="list-style-type: none"> • Explain legal aspects applied in mental health settings and role of the nurse 	<p>Legal issues in Mental Health Nursing</p> <ul style="list-style-type: none"> • The Mental Health Act 1987: Act, Sections, Articles and their implications etc. • Indian Lunacy Act. 1912 • Rights of mentally ill clients • Forensic psychiatry • Acts related to narcotic and psychotropic substances and illegal drug trafficking • Admission and discharge procedures <p>Role and responsibilities of nurse</p>	<ul style="list-style-type: none"> • Lecture discussion • Case discussion 	<ul style="list-style-type: none"> • Short answers • Objective type
XV	4	<ul style="list-style-type: none"> • Describe the model of preventive psychiatry • Describes community mental health services and role of the nurse 	<p>Community Mental Health Nursing</p> <ul style="list-style-type: none"> • Development of community mental health services: <ul style="list-style-type: none"> • National Mental Health programme • Institutionalization Versus Deinstitutionalization • Model of Preventive psychiatry: Levels of prevention • Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and Role of nurse • Mental Health Agencies: government and voluntary, 	<ul style="list-style-type: none"> • Lecture discussion • Clinical/field practice • Field visits to mental health service agencies 	<ul style="list-style-type: none"> • Short answers • Objective type • Assessment of the field visit reports

			<p>National and International</p> <ul style="list-style-type: none"> • Mental health nursing issues for special populations: Children, Adolescence, Women, Elderly, Victims of violence and abuse, Handicapped, HIV/AIDS etc. 		
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Mental Health Nursing-Practical

Area	Duration (in Week)	Objectives	Skills to be developed	Assignments	Assessment methods
Psychiatric OPD	1	<ul style="list-style-type: none"> Assess patients with mental health problems Observe and assist in therapies Counsel and educate patient, and families 	<ul style="list-style-type: none"> History taking Perform mental status examination (MSE) Assist in psychometric assessment Perform Neurological examination Observe and assist in therapies Teach patients and family members 	<ul style="list-style-type: none"> History taking and mental status examination-2 Health education-1 Observation report of OPD 	<ul style="list-style-type: none"> Assess performance with rating scale Assess each skill with checklist Evaluation of health education Assessment of observation report Completion of activity record.
Child Guidance clinic	1	<ul style="list-style-type: none"> Assessment of children with various mental health problems Counsel and educate children, families and significant others 	<ul style="list-style-type: none"> History taking Assist in psychometric assessment Observe and assist in various therapies Teach family and significant others 	<ul style="list-style-type: none"> Case work-I Observation report of different therapies-I 	<ul style="list-style-type: none"> Assess performance with rating scale Assess each skill with checklist Evaluation of the observation report.
Inpatient ward	6	<ul style="list-style-type: none"> Assess patients with mental health problems To provide nursing care for patients with various mental, health problems Assist in various therapies Counsel and educate patients, families and significant others 	<ul style="list-style-type: none"> History taking Perform mental status examination (MSE) Perform Neurological examination Assist in psychometric assessment Record therapeutic communication Administer medications Assist in Electroconvulsive therapy (ECT) Participate in all therapies Prepare patients for Activities of Daily living (ADL) Conduct admission and discharge 	<ul style="list-style-type: none"> Give care to 2- 3 patients with various mental disorders Case study-1 Care plan-2 Clinical presentation 1 Process recording 2 Maintain drug book 	<ul style="list-style-type: none"> Assess performance with rating scale Assess each skill with checklist Evaluation of the case study care plan, clinical presentation, process recording Completion of activity record

			counseling • Counsel and teach patients and families		
Community psychiatry	1	<ul style="list-style-type: none"> • To identify patients with various mental disorders • To motivate patients for early treatment and follow up • To assist in follow up clinic • Counsel and educate patient, family and community 	<ul style="list-style-type: none"> • Conduct case work identify individuals with mental health problems • Assists in mental health camps and clinics • Counsel and teach family members, patient s and community 	<ul style="list-style-type: none"> • Case work-I Observation report on field visit 	<ul style="list-style-type: none"> • Assess performance with rating scale • Evaluation of case work and observation report • Completion of activity record

Internship:

Area	Duration (in Week)	Objectives	Skills to be developed	Assignments
Psychiatry ward	2 weeks	Provide comprehensive care to patients with mental health problems	Integrated practice	Assess clinical performance with rating scale