

SYLLABUS FOR PhD IN MENTAL HEALTH NURSING (PSYCHIATRIC NURSING)

COURSE CONTENT:

-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.
- Multi-Disciplinary team and role of nurse, Role of psychiatric nurse –extended and expanded.

-Concepts of psychobiology:

- **The nervous system:** An anatomical review, The brain and limbic system, Nerve tissue, Autonomic nervous system, Neurotransmitters
- **Neuro endocrinology:** Pituitary, Thyroid Gland, Circadian Rhythms, Neuro psychiatric disorders.
- Genetics.
- Psycho immunology: Normal Immune response, Implications for psychiatric illness.
- Implications for Nursing.

-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.

-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 environment & Stress management.
- Crisis intervention

-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 in phases; Conditions essential to development of a therapeutic relationship.
- Therapeutic impasse and its management.

-Assertive training:

- Assertive Communication.
- Basic Human rights
- Factors affecting effective Communication of groups' members of health team & establish effective interpersonal relationship.
- 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 and Role of the Nurse.

-Promoting Self-Esteem:

- Components of Self-Concept.
- The Development of Self-Esteem.
- The Manifestations of Low-Self-Esteem.
- Boundaries and Role of the Nurse.
- Role of nurse in promoting self esteem of women
- Normal reaction to conception, pregnancy and puerperium
- Problems related to conception, pregnancy and puerperium and its management.

-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.

-Psychosocial Therapies:

- Individual Therapy, Behavioral Therapy – Relaxation Therapy, Cognitive Therapy, Positive – Negative Reinforcement, Bio Feedback, Guided imagery, Group Therapy, Family Therapy, Milieu Therapy.
- The Therapeutic Community.
- Occupational Therapy, Recreational Therapy, Play Therapy, Music Therapy.
- Light therapy
- Color therapy
- Aroma therapy

-Psychopharmacology:

- Historical Perspectives, Role of a Nurse in Psychopharmacological Therapy: Anti-anxiety Agents, Antidepressant Agents, Mood stabilizers, Antipsychotic, Sedative-Hypnotics, Central Nervous System Stimulants.
- Future developments.

-Electroconvulsive therapy:

- Historical Perspectives, Indications, Contraindications, Mechanisms of Actions, Side Effects, Risks Associated with Electroconvulsive Therapy, The Role of the Nurse in Electroconvulsive Therapy. Recent development of administering the ECT

-Alternative systems of medicine in mental health:

- Herbal Medicine, Unani, Siddha, Homeopathy, Acupressure and Acupuncture, Diet and Nutrition, Chiropractic Medicine, Therapeutic Touch and Massage, Yoga, Pet Therapy.

-Principles and Practice of Psychiatric Nursing:

- Review.

-Crisis Intervention:

- Crisis, Definition. Phases in the Development of a Crisis.
- Types of Crisis; Dispositional, Anticipated Life Transitions Traumatic Stress, Maturation/ Development, Reflecting Psychopathology, Psychiatric Emergencies.
- Grief and grief reaction. Crisis Intervention; Phases. Post traumatic stress disorder (PTSD).
- Role of the Nurse.

-Anger / Aggression Management:

- Anger and Aggression, Types, Predisposing Factors. Management. Role of the Nurse.

-The Suicidal Client:

- Epidemiological Factors. Risk Factors. Predisposing Factors: Theories of Suicide-Psychological, Sociological, Biological. Nursing Management.

-Disorders of Infancy, Childhood, and Adolescence:

- Mentally Challenged. Autistic Disorders. Attention-Deficit/Hyperactivity Disorder. Conduct Disorders. Oppositional Defiant Disorder. Tourette's Disorders. Separation Anxiety Disorder. Psychopharmacological Intervention and Nursing Management.

-Delirium, Dementia, and Amnesic Disorders:

- Delirium. Dementia. Amnesia. Psychopharmacological Intervention and Nursing Management. •Major Neurocognitive Disorder with Lewy Body Disease and Mild Neurocognitive Disorder and •Disinhibited Social Engagement Disorder

-Substance – Related Disorders:

- Substance-Induced Disorder. Classes of Psychoactive Substances. Predisposing Factors.
- The Dynamics of Substance-Related Disorders. The Impaired Nurse. Codependency.
- Treatment Modalities for Substance-Related Disorders and Nursing Management.

–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. Schizophrenic Disorder. Psychotic Disorder Due to a General Medical Condition. Substance-Induced Psychotic Disorder. Treatment and Nursing Management.

-Mood Disorders:

- Historical Perspective. Epidemiology. The Grief Response. Maladaptive Responses to Loss. Types of Mood Disorders Depressive disorders. Bipolar disorders. Treatment and Nursing Management. **Disruptive Mood Dysregulation Disorder.**

-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.
- Recent pharmacological and Nursing Management including complimentary therapy

-Somatoform and Sleep Disorders:

- Somatoform Disorders.
- Historical Aspects- Epidemiological Statistics. Pain Disorder. Hypochondriasis. Conversion Disorder Body Dysmorphic Disorder. Sleep Disorder.
- Treatment Modalities and Nursing Management. Recent pharmacological and Nursing Management including complimentary therapy

-Dissociative Disorders and Management:

- Historical Aspects. Epidemiological Statistics.
- Application of the Nursing Management. Treatment Modalities and Nursing Management. Recent pharmacological and Nursing Management including complimentary therapy

-Sexual and Gender Identity Disorders:

- Development of Human Sexuality. Sexual Disorders. Variation in Sexual Orientation.
- Nursing Management.

-Eating Disorders:

- Epidemiological Factors. Predisposing Factors: Anorexia Nervosa and Bulimia Nervosa, obesity Psychopharmacology.
- Treatment & Recent pharmacological and Nursing Management.

-Adjustment and Impulse Control:

- Historical and Epidemiological Factors. Adjustment Disorders. Impulse Control Disorders
- Treatment & Nursing Management.

-Medical Conditions due to Psychological Factors:

- Asthma. Cancer. Coronary Heart Disease. Peptic Ulcer. Essential Hypertension. Migraine Headache. Rheumatoid Arthritis. Ulcerative Colitis.
- Treatment & Nursing Management.

-Personality Disorders:

- Historical perspectives.
- Types of Personality Disorders- Paranoid Personality Disorder. Schizoid Personality Disorder. Antisocial Personality Disorder. Borderline Personality Disorder. Histrionic Personality Disorder. Narcissistic Personality Disorder. Avoidance Personality Disorder. Dependent Personality Disorder. Obsessive-Compulsive Personality Disorder. Passive-Aggressive Personality Disorders.
- Identification, diagnostic, symptoms. Psychopharmacology, Treatment & Nursing Management.

-The Aging Individual:

- Epidemiological Statistics.
- Biological Theories.
- Biological and Psychological Aspects of Aging.
- Memory Functioning.
- Socio-cultural and Special aspects of aging.
- Special Concerns of the Elderly Population.
- Psychiatric problems among elderly population.
- Treatment & Nursing Management.

-The person living with HIV Disease:

- Psychological problems of individual HIV / AIDS.
- Counseling.
- Treatment & Nursing Management.

- Problems Related to Abuse or Neglect:

- Vulnerable groups, Women, Children, elderly, psychiatric patients, under privileged, challenged. Predisposing Factors.
- Treatment. Nursing management & Counseling.

-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- Populations at Risk. Primary prevention, Secondary prevention, Tertiary Prevention.
- Community based rehabilitation.

-Ethical and Legal Issues in Psychiatric / Mental Health Nursing:

- Ethical Considerations. Legal Consideration. Nurse Practice Acts. Types of Law. Classification within Statutory and Common Law. Legal Issues in Psychiatric/Mental Health Nursing.
- Nursing Liability.

-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.

-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.

-Administration and Management of Psychiatric Units:

- Design & layout. Staffing. Equipment, supplies. Norms, policies and protocols. Quality assurance.
Practice standards for psychiatric care unit.
- Documentation.

-Education and Training in Psychiatric Care:

- Staff orientation, training and development.

- In-service education program.
- Clinical teaching programs.

Suggested Reading Material:

- Gail Wiscars Stuart.Michele T. Laraia- “Principles and practice of psychiatric nursing”
- Michael Gelder, Richard Mayou, Philip Cowen-Shorter oxford text book of psychiatry
- M.S. Bhatia- A concised text Book of Psychiatric Nursing
- M.S. Bhatia-Essentials of Psychiatry
- Mary C Townsend-“Psychiatric Mental Health Nursing”. Concept of care
- Bimla Kapoor-Psychiatric nursing - Vol. I & II
- Niraj Ahuja- A short textbook of psychiatry