Subject no. 3 MENTAL HEALTH NURSING

Total Hours: 360 Theory: 90 Clinical: 270

AIM:

• The course is designed for 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.

OBJECTIVES:

At the end of course students are able to:

- Describe the historical development and current trends in mental health nursing.
- Describe the epidemiology of mental health problems.
- Describe the National Mental Act, programmers' and mental health policy.
- Discuss the scope of mental health nursing.
- Describe the concept of normal and abnormal behavior.
- Define the various terms used in mental health nursing.
- Explain the classification of mental health disorders.
- Explain the psycho dynamics 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.
- Describe the nature, purpose and process of assessment of mental health status.
- Identify the therapeutic communication techniques and describe the therapeutic relationship, impasses and its intervention.
- Explain the treatment modalities and therapies used in mental disorders and role of nurse.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with Schizophrenia and other psychotic disorders.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with mood disorders.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with neurotic, stress related and somatization disorders.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with substance use disorders.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with personality, sexual and eating disorders.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients with childhood and adolescent disorders including mental deficiency.
- Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of patients of organic brain disorders.
- Identify the psychiatric emergencies and carryout crisis intervention.
- Explain the legal aspects applied in mental health settings and role of the nurse.
- Describe the model of preventive psychiatry.
- Describe the community mental health services and role of the nurse.

COURSE CONTENTS:

Unit I – Introduction:

 Perspectives of Mental Health and Mental Health Nursing, Evaluation of Mental Health services, treatment and nursing practice. Prevalence and incidence of mental health problems and disorders. Mental Health Act. National Mental Health Policy vis a vis 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. Misconception of mental illness

Unit II - Principles and Concepts of Mental Health Nursing:

Definition of Mental Health Nursing and terminology used in Mental Health Nursing. ICD Classification of mental disorders. Causes of mental illness, Signs and symptoms of mental illness, Review of personality development, defense mechanism. Maladaptive behavior of individuals and groups, stress, crisis and disaster(s) psychosocial management of Disaster. Psychopathology of mental health disorders.
 DSM IV TR, DSM V, Difference between psychosis and neurosis .Psychopathology of mental health disorders: Review of structures and functions of brain, limbic system and abnormal neurotransmission. Principles of mental health nursing. Standards of mental health nursing practice. Conceptual models and role of nurse: Existential Model, Psychoanalytical Model, Behavioral Model, Interpersonal Model.

Unit III - Assessment of Mental Health Status:

History taking. Mental Status Examination. Mini Mental Status Examination. Neurological Examination. Psychometric Measurements ,Assessment of suicide Investigations: Related Blood Chemistry, EEG, CT scan and MRI, Psychological tests. Role of Nurse

Unit IV - Therapeutic Communication and Nurse Patient Relationship:

• Therapeutic communication: types, techniques and characteristics. Types of relationship. Ethics and responsibilities. Elements of nurse patient contracts. Review of techniques of OPR – Johari Window. Goals, phases, tasks, therapeutic techniques. Therapeutic impasse and its intervention.

Unit V - Treatment Modalities and Therapies Used In Mental Disorders:

• Psycho pharmacology. Psychological therapies: Therapeutic community. Psychotherapy- Individual: psycho analytical, cognitive and supportive, family, group, behavioral, play, psycho drama, music, dance, recreational and light therapy. Relaxation therapies: Yoga, meditation, biofeedback. Alternative system of medicine. Occupational therapy. Physical therapy: Electro convulsive therapy. Geriatric considerations. Role of nurse in above therapies.

Unit VI - Nursing Management of Patient with Schizophrenia and Other Psychotic Disorders:

• Classification: ICD. Etiology, psycho pathophysiology, types, clinical manifestations and diagnosis. Nursing Assessment – History, physical and mental assessment. Treatment modalities and nursing management of patient with schizophrenia and other psychotic disorders. Geriatric considerations. Follow up, home care and rehabilitation.

Unit VII - Nursing Management of Patient with Mood Disorders:

• Mood Disorders: Bipolar affective disorder, Mania, Depression and Dysthamia, etc. Etiology, Psycho pathophysiology, clinical manifestations and diagnosis. Nursing Assessment-History, physical and mental assessment. Treatment modalities and nursing management of patient with mood disorders. Geriatric considerations. Follow up, home care and rehabilitation.

Unit VIII - Nursing Management of Patients with Neurotic, Stress Related and Somatization Disorders:

 Anxiety disorders, Phobias, Dissociation and Conversion disorder, Obsessive Compulsive disorder, Somatoform disorder, Post traumatic stress disorder. Etiology, Psycho pathophysiology, clinical manifestations and diagnosis. Nursing Assessment- History, physical and mental assessment. Treatment modalities and nursing management of patients with neurotic, stress related and somatization disorders. Follow up, home care and rehabilitation

Unit IX - Nursing Management of Patient With Substance Use Disorders:

• 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 and mental assessment and drug assay. Treatment: (Detoxification antabuse and narcotic antagonist therapy and harm reduction) and nursing management of patient with substance use disorders, Deaddiction. Geriatric considerations. Follow up, home care and rehabilitation.

Unit X - Nursing Management of Patient with Personality, Sexual and Eating Disorders:

• Classification of disorders. Etiology, psycho pathology, characteristics and diagnosis. Nursing Assessment- History, mental and physical assessment. Treatment Modalities and nursing management of patient with personality, Sexuality and eating disorders. Geriatric Considerations. Follow up, home care and rehabilitation.

Unit XI - Nursing Management of Childhood and Adolescent Disorders Including Mental Deficiency:

• Classification. Psycho-pathophysiology, characteristics and diagnosis. Nursing Assessment-History, physical, mental and IQ assessment. Treatment Modalities and nursing management of Childhood disorders including mental deficiency. Follow up, home care and rehabilitation.

Unit XII - Nursing Management of Organic Brain Disorders:

• Classification: ICD. Etiology, psychopathology, clinical features, diagnosis and differential diagnosis (Parkinson and Alzheimer). Nursing Assessment- History, physical, mental and neurological assessment. Treatment modalities and nursing management of organic brain disorders. Geriatric Considerations. Follow up, home care and rehabilitation.

Unit XIII - Psychiatric Emergencies and Crisis Interventions:

• Types of psychiatric emergencies and their management. Stress adaptation model: Stress and stressors, coping, resources and mechanism. Grief: Theories of grieving process, principles, techniques of counseling. Types of crisis. Crisis intervention: Principles, technique and process. Geriatric consideration. Role and responsibilities of nurse.

Unit XIV - Legal Issues in Mental Health Nursing:

• The Mental Health Act 1987: The 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. Role and responsibilities of nurse. Criminal responsibility, Civil responsibility

Unit XV - Community Mental Health Nursing:

• Development of community mental health services. National Mental health programme. Institutionalization Vs Deinstitutionalization. Model of preventive psychiatry: Levels of prevention. Mental Health Services- Availability at primary, secondary and tertiary levels including rehabilitation. Community Mental health facilities Role of nurse. Mental Health Agencies: Government and voluntary, National and International. Mental Health Nursing Issues for special populations: Children, Adolescence, women, Elderly, Victims of violence and abuse, handicapped, HIV and AIDS, Psychosocial Rehabilitation, Community mental health services etc

MENTAL HEALTH NURSING

| Unit No. | Objectives | Contents | | | | | | | | | |
|----------------------|---|---|--------------|--------|---|--|-----------------|---------|------------|--|--|
| & Hrs. | Objectives _ | Mus | t know 60% | | Desir | able to know 30 | 0% | Nice to | know 10% | | |
| | At the end of unit students are able to Knowledge: Understand historical development & current trend in mental health nursing. Understand the Act of mental health Skill: Provide comprehensive care to mentally ill clients in various settings. Attitude: Work effectively as a member of mental health team. | Mental Health Act. National Mental Health Policy vis a vis National Health Policy. National Mental health Programme. (1Hr) Mental health team. Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice. (1Hr) Concepts of normal and abnormal behavior. Misconception of mental illness (1Hr) Perspectives of Mental Health Nursing. Evaluation of Mental Health services, treatment and nursing practice. Prevalence and incidence of mental health problems and disorders. (1Hr) | | | | • Nature and Sco of mental health nursing. (1Hr) | | | | | |
| Unit:1 Int | | Program outcome | | | | | | | _ | | |
| Course outc | Come | | Professional | th | eader and ember of e health are team and system | Lifelong learner | Critic think | al Fer | Researcher | | |
| | | PO1 | PO2 | PO3 PO | O4 | PO5 | PO6 | F | PO7 | | |
| CO1: Un current tren | nderstand historical development an nd in mental health nursing. | d 3 | 3 | 1 2 | | 2 | 3 | | } | | |
| | riew the Act of mental health, National alth programme and National mentalicy | | 3 | 3 | | 3 | 3 | 3 | 3 | | |

| CO3: Describe comprehensive care to mentally ill clients in various settings, nature and scope of mental health nursing. | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
|--|--|--|--|---|---|---|---|
| CO4: Enumerate mental health team | 3 | 3 | 2 | 2 | 2 | 2 | 3 |
| CO5: Differentiate between the concepts of normal and abnormal behavior | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO6: Explain role and functions of mental health nurse in various settings and factors affecting the level of nursing practice | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO7: Review perspectives of mental health and mental health nursing | 3 | 3 | 2 | 2 | 3 | 3 | 3 |
| CO8: Describe the prevalence and incidence of mental health problems and disorders | 73 | 3 | 2 | 2 | 3 | 3 | 3 |
| II At the end of unit students are able to: (5 Hrs) Knowledge: Understand and describe definition, terminology, psychopathology & classification of psychiatric disorders. Skill: Identify crisis conditions and deal efficiently and effectively in crisis conditions. Attitude: Apply the principles of psychiatric nursing in clinical practice. | Principles and Concept Nursing: Definition of Mental terminology used in Classification of mer mental illness, Signs ar Review of personalit mechanism. Review of brain, limbic systeneurotransmission. In nursing. (1hr) Standards of mental | l Health Nursing Mental Health Natal disorders. (Index) and symptoms of many development, of structures are and abnorma Principles of me | g and Nursing. ICD Ihr) Causes of nental illness, defense and functions il ental health | of indiving groups, and disa psychos manager disaster. Psychop mental hedisorder TR, DS | ocial ment of athology of health s. DSM IV M V, here between | Conceptuand role of Existentia Psychoan Model, B Model, Ir Model. (1) | of nurse: al Model, alytical ehavioral nterpersonal |

| Course outcome | Program outcom | ne | | | | | |
|--|--------------------------|-----|--------------|--|---------------------|---------------------|------------|
| Course outcome | Clinician/Nurse educator | | Communicator | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher |
| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 |
| CO1: Define mental health nursing and terminology used in mental health nursing | 3 | 3 | 3 | 3 | 3 | 3 | 2 |
| CO2: Classify psychiatric disorders according to ICD 10 and DSM IV TR | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO3: Identify the causes, signs and symptoms of mental illness | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO5: Describe the structures, functions of limbic system and abnormal neurotransmission | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO6: Enumerate principles of mental health nursing and standards of mental health nursing practice | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO7: Explain psychopathology of mental health disorders and various models used in mental | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

| health nursing | | | | | | | | | |
|-------------------------------|---|------------------------|-----------|--|---|--|--|---------------------|------------|
| CO8: Different neurosis | iate between psychosis and | 3 | 3 | | 3 | 3 | 3 | 3 | 3 |
| UNIT III Asses | sment of Mental Health Status: | -1 | L | | | | | | |
| III (7 Hrs) | 110 110 110 110 110 110 110 110 110 110 | | | Status E Mini Me Examin • Neurolo Examin Nurse. • Psychor measure | taking. Mental examination. ental Status ation. (3 Hrs) ogical ation. Role of | Chemistr | tions: Related y, EEG, CT s ychological te | scan and | |
| Course outc | come | Program outcom | | | | | | | |
| | | Clinician/Nurseducator | e Profess | sional | Communicator | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher |
| | | PO1 | PO2 | | PO3 | PO4 | PO5 | PO6 | PO7 |
| | CO1: Enumerate various assessment in psychiatric nursing | | 3 | | 3 | 3 | 3 | 3 | 3 |
| CO2: Describe the psychiatric | CO2: Describe the ways of taking history from he psychiatric clients 3 | | 3 | | 3 | 3 | 3 | 3 | 3 |
| CO3: Review 1 | mental status examination | 3 | 3 | | 3 | 3 | 3 | 3 | 3 |

| CO4: State the steen examination | eps of mini mental status | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
|-------------------------------------|--|--|--|---|--|---------------------|---------------------|------------|
| CO5: Explain var examination and | rious aspects of neurological the role of a nurse | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO6: Enumerate assessments of su | CO6: Enumerate psychometric measurements and ssessments of suicide CO7: List the various investigations required in sychiatry | | 3 | 3 | 3 | 3 | 3 | 3 |
| CO7: List the vario | | | 3 | 3 | 3 | 3 | 3 | 3 |
| UNIT IV Therapo | eutic Communication and Nur | se patient Relat | ionship: | | | 1 | 1 | |
| IV (8 Hrs) | At the end of unit students are to: Knowledge: Understand the therapeutic communication. Skill: Communicate effectivel Attitude: Recognizes importa of effective therapeutic communication. | y. techn chara relation of the control of the contr | action and Nurse delationship: apeutic nunication: types, iques and cteristics. Types of onship.(2 hrs) ents of nurse patient acts. (1 Hr) s, phases, tasks, beutic techniques. | Review of tecl OPR – Johari Therapeutic in its intervention | Windo(1Hr) npasse and | •Ethics and (1 Hr) | responsibilitie | S. |
| Course outcom | ne | Program outcom Clinician/Nurse educator | | Communicator | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher |
| | | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 |
| CO1: Define ther nurse patient rela | CO1: Define therapeutic communication and nurse patient relationship | | 3 | 3 | 3 | 3 | 3 | 3 |

| CO2: Classify ty communication | CO2: Classify types of therapeutic communication and types of relationship | | 3 | 3 | 3 | 3 | 3 | 3 |
|---|---|--|---|--|--|---|---|-----------------------|
| CO3: Identify the therapeutic compressionsibilities | e techniques, characteristics of munication and its ethics and | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO4: Review the | e elements of nurse patient | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO5: Explain th therapeutic com | e goals, phases and tasks of munication | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO6: Enumerate communication | e techniques of therapeutic | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO7: Describe Jol | hari window and the techniques | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO8: Review ther | apeutic impasse and its intervention | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| UNIT V Treatm | ent Modalities and Therapies us | sed in Men | ntal Disorders: | l | | | | - |
| V (13 Hrs) | At the end of unit students are a Knowledge: Understand and ex different treatment modalities in health disorders. Know and use pharmacotherapy effectively. Skill: Observe, report and record and adverse actions of drugs use mental health nursing practice. Attitude: Appreciate important of AYUSH in mental health nur practice. | explain in mental in menta | Treatment Mo and Therapies Mental Disord • Psycho pha Psychologic therapies: T community Psychothera Individual: analytical, of and support family, group behavioral, psycho drandance, recre- light therap • Occupation Physical the | used in ers: rmacology. cal cherapeutic apy- psycho cognitive ive, ap, play, na, music, eational and y. (6 Hrs) al therapy. | iatric consideratio Hrs) ernative system of licine. (1Hr) | 1 | Relaxation therapmeditation, biofed (1Hr) | ies: Yoga, edback. |

| | t | Electro convulsive therapy. Role of nun above therapies. | rse | | | | |
|--|-----------------------------|--|--------------|--|---------------------|---------------------|------------|
| Course outcome | Program outcom | ie | | | | | |
| | Clinician/Nurse educator | Professional | Communicator | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher |
| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 |
| CO1: Classify various psychotropic drugs, psychological therapies and its techniques. | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO2: Describe the significance of therapeutic community | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO3: Identify the techniques of individual psychotherapy | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO4: Review the applications of psychoanalytical, cognitive and supportive psychotherapy | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO5: Explain the principles of family therapy and group therapy | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO6: Enumerate the techniques of behavior therapy, play therapy and alternative system of medicine | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO7: Overview psychodrama, music, dance, recreational, yoga, meditation, biofeedback and light therapy | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO8: Describe the principles of occupational therapy | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

| CO9: Explain the role of a nurse | e electroconvulsive therapy and the | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |
|---|---|-------------------------|---|-------------------------------|--|--|---------------------|----------------------------------|-------------|
| CO10: Review a antidepressants a responsibilities | ntipsychotic drugs, mood stabilizers, and its side effects and the nursing | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |
| UNIT VI Nursi | ng Management of patient with S | Schizophrer | nia and other psych | otic diso | rders: | | | <u>.</u> | |
| VI (5 Hrs) | At the end of unit students are a Knowledge: Understand and de Schizophrenia and its managem | scribe p | Nursing Manageme patient with Schizo and other psychotic lisorders: | ohrenia | Geriatric consideratiFollow up, | home care | • Diagnos other ps | is of Schizoph ychotic disord | ers. (1 Hr) |
| | Skill: Provide comprehensive no care to schizophrenic client. Attitude: Motivate family mem participation in treatment and rehabilitation of schizophrenic c | ursing bers for | Classification: It Etiology, psycho pathophysiology clinical manifest: Nursing Assessm History, physical mental assessme: Treatment modal and nursing management of pwith schizophren other psychotic disorders. (4 Hrs.) | and rehabilitation. (1 Hr) | | | | | |
| Course outc | ome | Program ou | | la | | T | I | 1 0 11 1 | D 1 |
| | | Clinician/N educator | urse Professional | Com | municator | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher |
| | | PO1 | PO2 | PO3 | | PO4 | PO5 | PO6 | PO7 |
| CO1: Classify according to IC | the types of schizophrenia | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |
| CO2: Enumera | te the etiology and clinical | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |

| manifestation | n of schizophrenia | | | | | | | | |
|--|---|---|---|---|-----|--|---------------------|---------------------|----------------|
| CO3: Identify schizophrenia | y the psychopathology of a | 3 | 3 | 3 | | 2 | 3 | 3 | 3 |
| CO4: Review the assessments of schizophrenia and other psychotic disorders | | 3 | 3 | 3 | | 2 | 3 | 3 | 3 |
| CO5: Explain schizophrenia | n the treatment modalities of | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |
| CO6: Develo schizophrenia | p a nursing care plan for patient with | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |
| CO7: Describe of schizophren | e follow up, home care and rehabilitation iia | 3 | 3 | 3 | | 2 | 3 | 3 | 3 |
| UNITVII Nu r | rsing Management of Patient with N | Mood Disorde | ers: | | | | | | |
| VII (5 Hrs) | VII At the end of unit students are able to | | wrsing Manageme ith Mood Disorders: affective disorder Depression and Eetc. Etiology, Psycho pathophysiology, manifestations an (2 Hrs) Nursing Assessm physical and men assessment. Nurs management of p mood disorders. | Bipolar , Mania, Dysphasia, clinical d diagnosis. ent- History, tal ing attent with | Fo | eatment mod llow up, hon abilitation. Hr) | | • Geriatric c | onsiderations. |
| Course ou | | Program outco Clinician/Nurs educator | | Communica | tor | Leader and member of the health care team | Lifelong learner | Critical thinker | Researcher |

| | | | | | and system | | | |
|-----------------------------------|--|---|--|---------------------|-------------|--------------------|-------------|-----|
| | | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 |
| CO1: Classify th according to ICD | e types of mood disorders 0 10 | 3 | 3 | 2 | 2 | 3 | 3 | 3 |
| CO2: Enumerate manifestation of | the etiology and clinical mania and depression | 3 | 3 | 2 | 2 | 3 | 3 | 3 |
| CO3: Identify the depression | e psychopathology of mania and | 3 | 3 | 2 | 2 | 3 | 3 | 3 |
| CO4: Review the | e assessments of mood disorders | 3 | 3 | 2 | 2 | 3 | 3 | 3 |
| CO5: Explain the and depression | e treatment modalities of mania | 3 | 3 | 2 | 2 | 3 | 3 | 3 |
| CO6: Develop a mania and depres | nursing care plan for client with ssion | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO7: Describe follof depression | low up, home care and rehabilitation | 3 | 3 | 2 | 2 | 3 | 3 | 3 |
| CO8: Explain abou | ut bipolar affective disorders | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| UNITVIII Nursin | ng management of patients with | neurotic, stres | ss related and soma | tization disorders: | | | | |
| VIII (7 Hrs) | At the end of unit students are able to Knowledge: Understand the neurotic, stress related disorder Skill: Provide comprehensive | patients w related an disorders: • Anxiet Dissoc disorde | y disorders, Phobias intion and Conversion, Obsessive alsive disorder, | , | , home care | • Treatment (1 Hr) | modalities. | |

| nursing care to neurotic and strelated disorders. Attitude: Develops considerat attitude towards client with neurotic and stress related disorder and his family member. | traumat Hr) Etiology pathoph manifes Nursing physica assessm Nursing patients related | sysiology, clinical stations and diagnosis Assessment- History I and mental ment. (2 Hrs) management of with neurotic, stress and somatization rs. (2 hrs) | is. ry, | | | | |
|---|---|--|--------------|--|---------------------|---------------------|------------|
| | Clinician/Nurse educator | | Communicator | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher |
| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 |
| CO1: Classify the types of somatoform disorders according to ICD 10 | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| CO2: Enumerate the etiology and clinical manifestation of anxiety disorders | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| CO3: Enumerate the etiology and clinical manifestation of phobias | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| CO4: Enumerate the etiology and clinical manifestation of obsessive-compulsive disorders | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| CO5: Identify the psychopathology of anxiety disorders, phobias and obsessive-compulsive disorders | 3 | 3 | 3 | 2 | 2 | 3 | 3 |

| CO6: Revand dissoc | riew the p | oost-traumatic stress disorder sorders | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
|--------------------------------------|--|--|--|--|---|--|---|----------------------------------|--|
| CO7: Expl disorders, disorders | olain the t phobias | reatment modalities of anxiety and obsessive-compulsive | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| CO8: Dev | elop a nu- compuls | rsing care plan for patient with ive disorders | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| CO9: Describing disorders | ribe follov | w up and home care of neurotic | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| CO10: Exp | olain abou | t conversion disorders | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| IX (5 Hrs) | Knowle medical client we Skill: Id and prosuch client we such client we will be such a substant member of the subs | end of unit students are able to edge: Know and understand the land nursing management of with substance abuse. dentify the problems of the client vide effective nursing care to tents' le: Understand the importance of proach in management of ce abuse client. Motivates familiars and community to participate agement of substance abuse | • Comma Class and we psych with do (2 H) • Nursi assess of party | monly used psification, form vithdrawal. Et cological and plrawal syndror Hrs) ng Assessmer sment and dru | ychotropic substances, routes, action, intellegent dependences on the diagnosis. at- History, physical grassay. Nursing matance use disorders. | toxication te: tolerance, c; and mental | Geriatric considerate Follow up and rehab (1Hr) | tions. o, home care dilitation. | Treatment: (Detoxification antabuse and narcotic antagonist therapy and harm reduction) (Deaddiction 1 Hr) |
| | | | | | | | | | |
| Course out | come | | Program out | | | | | | |
| | | | Clinician/Nu educator | Profession | al Communi | me the | ader and Lifelo learne health e team | l thinke | |

| | | | and system | | | |
|------------------------|--|--|------------|--|--|--|
| PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 |
| 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| ersonality, Sexu | ual and Eating Dis | orders: | | | | |
| escribe Patient Sexual | with Personality, and Eating Disord | | | • Treatmen (1 Hr) | nt Modalitie | S |
| | 3 3 3 3 3 3 arsonality, Sexual sescribe age of the sexual sescribe and sexual sescribe are serious sexual sescribe and sexual sescribe and sexual sescribe are sexual sex | 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 and Ersonality, Sexual and Eating Discrete Secrete Page Nursing Management of Patient with Personality, Sexual and Eating Disorder Sexual Se | 3 | PO1 PO2 PO3 PO4 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 | PO1 PO2 PO3 PO4 PO5 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 | PO1 PO2 PO3 PO4 PO5 PO6 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 |

| | disorders. Skill: Provide comprehensive caclient with such disorders. | dia As ane to Hi Nu pa Se dis | iology, psycho par aracteristics and agnosis. Nursing ssessment- History d physical assessners) arsing management tient with personal exuality and Eating sorders. Geriatric onsiderations.(1 H | y, mental ment.(2 at of lity, | | | | |
|-------------------------------------|---|---|--|--|---|---------------------|---------------------|------------|
| Course outco | me | Program outco Clinician/Nurs educator | me Professional | Communicator | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher |
| | | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 |
| CO1: Classify th | ne types of personality disorders | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO2: Review th | e management of eating disorders | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO3: Describe a | about sexual disorders | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO4: Explain th | ne treatment modalities of orders | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO5: Identify the personality disor | ne geriatric considerations of rders | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| UNIT XI Nursin | g management of childhood and | adolescent d | isorders includin | g mental deficienc | ey: | I | 1 | |
| XI (5 Hrs) | At the end of unit students are a Knowledge: Understand and de the childhood mental health pro | escribe child | sing managemen dhood and adoles rders including n ciency: | cent asses | tal and IQ ssment.(1Hr) ow up, home car rehabilitation. | (1 Hr) | ment Modalitie | S. |

| | Skill: Provide comprehensive cachildren having mental health partitude: Help parents to learn such children. | roblems. about | Classification, Psy pathophysiology, characteristics and diagnosis. Nursin Assessment- Histo physical, nursing management of C disorders includin deficiency. (2 Hr | d ng ory, hildhood g mental | (1 Hr) | | | | |
|---------------------------------------|--|---------------------------------------|---|---|-------------------|--|---------------------|---|------------|
| Course outco | me | Program ou Clinician/N educator | urse Professional | Comm | unicator | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher |
| | | PO1 | PO2 | PO3 | | PO4 | PO5 | PO6 | PO7 |
| CO1: Describe ab | out Autism in children | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |
| CO2: Review the disorder | attention deficit hyperactivity | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |
| CO3: Explain abo | out mental deficiency | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |
| CO4: Enumerate | various learning and speech disorders | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |
| CO5: Identify the rehabilitation of m | follow up, home care and nental deficiency | 3 | 3 | 3 | | 3 | 3 | 3 | 3 |
| UNIT XII Nursin | g Management of Organic Brain Di | sorders: | | <u> </u> | | | l | | |
| XII | At the end of unit students are ab | le to: | Nursing Managem Organic Brain Dis | ent of | | Consideration | | iagnosis and diff | erential |
| (6 Hrs) | Knowledge: Understand and des organic brain disorders. Skill: Provide comprehensive number of the comprehensive n | cribe | Classification: I Etiology, psychopatholog clinical features | CD | Follow urehabilit | ip, home care ation. | and dia Al | agnosis (Parkins Izheimer's). I Hr) | on's and |

| to client having organic brain dis Attitude: Incorporate this knowl nursing practice. | ledge in | Nursing Assessmentistory, physical, mental and neurological assessment. (2 Freatment modalisand nursing management of orbital disorders. (Hrs) | Hrs) ties | | | | |
|--|---|--|--------------|--|---------------------|---------------------|------------|
| Course outcome | Program outcom Clinician/Nurse educator | | Communicator | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher |
| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 |
| CO1: Classify the types of organic brain disorders according to ICD 10 | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO2: Enumerate the etiology and clinical manifestation of dementia and delirium | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO3: Identify the psychopathology of dementia and Parkinson's disease | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO4: Review the assessments of organic brain disorders | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO5: Explain the treatment modalities of dementia and delirium | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
| CO6: Develop a nursing care plan for patient with dementia | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO7: Describe follow up, home care and rehabilitation of dementia and Alzheimer's | 3 | 3 | 3 | 2 | 3 | 3 | 3 |

| XIII (7 Hrs) | At the end of unit students Knowledge: Understand a psychiatric emergencies. Skill: Handle psychiatric efficiently. Attitude: Work as efficient in handling psychiatric em | emergencies | Psychiatric Emergencies and Crisis Interventions: • Types of psychiatric emergencies and their management. (2 Hrs) • Principles, techniques of counseling. (1 Hr) • Types of crisis, Crisis intervention: Principles, technique and process. (1 Hr) • Role and responsibilities of nurse. (1 Hr) | | Stress adaptation model: Stress and stressors, coping, resources and mechanism. Geriatric consideration. (1 Hr) | | nd | Grief: Theories of grieving process. (1 Hr) | | of grieving |
|---|---|---|--|-----------|---|--|---------------------|---|---------------------|-------------|
| Course outcome | | Program outcon Clinician/Nurse educator | ne | Communica | ator | Leader and member of the health care team and system | Lifelong learner | J | Critical thinker | Researcher |
| | | PO1 | PO2 | PO3 | | PO4 | PO5 | | PO6 | PO7 |
| CO1: Classify the type | es of psychiatric emergencies | 3 | 3 | 3 | | 3 | 3 | | 3 | 3 |
| CO2: Enumerate the e manifestation of suicid | tiology and clinical le | 3 | 3 | 3 | | 3 | 3 | | 3 | 3 |
| CO3: Identify the prin counseling | ciples and techniques of | 3 | 3 | 3 | | 2 | 3 | | 3 | 3 |
| CO4: Review the prince process of crisis interv | ciples, types, techniques and ention | 3 | 3 | 3 | | 2 | 3 | | 3 | 3 |
| CO5: Explain the theo | ry of grief and its process | 3 | 3 | 3 | | 3 | 3 | | 3 | 3 |

| CO6: Develop a mode | l of stress adaptation | 3 | 3 | 2 | | 2 | 3 | 3 | 3 | |
|--|---|-----------------------------|---|----------------------|-------------------------------|--|---------------------|--|------------|--|
| CO7: Describe the typand mechanism | es of stressors, coping resources | 3 | 3 | 3 | | 2 | 3 | 3 | 3 | |
| UNIT XIV Legal Issu | es in Mental Health Nursing: | | | l | | | | l | | |
| XIV | At the end of unit students are | | Legal Issues in N Nursing: | Tental Health | • | Rights of mo | entally ill | Acts related to narcotic and psychotropic | | |
| (4 Hrs) | Knowledge: Know the Mentand follow admission and disprocedures. Attitude: Follow laws and controlling illegal drug traffic | charge | alth laws The Mental Health Act 1987: The Act, Sections, Articles and their implications, etc. Indian Lunacy Act 1912. Admission and Discharge procedures | | (1 Hr) • Forensic psychiatry. | | chiatry. | substances and illegal drug trafficking. (1 hr) | | |
| Course outcome | | Program outcom | ne | <u>.</u> | | | | | | |
| | | Clinician/Nurse educator | , | Communicator | | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher | |
| | | PO1 | PO2 | PO3 | | PO4 | PO5 | PO6 | PO7 | |
| CO1: Classify the chap and Indian Lunacy Act | | 3 | 3 | 3 | | 3 | 3 | 3 | 3 | |
| CO2: Enumerate the ty discharges in psychiatr | ypes of admissions and ry | 3 | 3 | 3 | | 3 | 3 | 3 | 3 | |
| CO3: Identify the varior | ous types of criminal e role of a nurse | 3 | 3 | 3 | | 3 | 3 | 3 | 3 | |

| CO4: Review the conurse | civil responsibilities and the role of a | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
|--|--|--|--|---|--|---|---|---|
| CO5: Explain the r psychiatry | CO6: Describe about forensic psychiatry, Acts related on narcotic and psychotropic substances and illegal | | 3 | 3 | | 3 3 | | 3 |
| CO6: Describe about on arcotic and psy trafficking | | | 3 3 | | 3 3 | | 3 | 3 |
| UNITXV Commu | nity Mental Health Nursing: | | | | | • | • | |
| XV (4 Hrs) | At the end of unit students are Knowledge: Know the important mental health nursing. Skill: Create awareness among community about prevention oproblems. Attitude: Contribute effectively problem prevention drive. | ance of communit individuals and f mental health | National Me programme. Institutional Deinstitution Model of pr psychiatry: prevention. Services- A primary, sectertiary lever rehabilitation mental healt Role of nurse Psychosocia Rehabilitation | ental health dization Vs nalization. Eventive Levels of Mental Health vailability at condary and els including on. Community th facilities se. ial ion, y mental health | Development community mental has services. Health A Governmy voluntary National Internation (1 Hr) | ealth Mental gencies: lent and | Mental Healt Issues for :C Adolescence Elderly, Vict violence and handicapped AIDS, etc. (1 | hildren, , women, ims of abuse, , HIV and |
| Course outcom | me | Program outcome | | | | | | |
| course success | | Clinician/Nurse educator | | Communicator | Leader and member of the health care team and system | Lifelong learner | Critical thinker | Researcher |

| | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 | PO7 |
|--|-----|-----|-----|-----|-----|-----|-----|
| CO1: Review National Mental Health Programme | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO2: Enumerate the significance of Institutionalization Vs Deinstitutionalization | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO3: Identify the Model of preventive psychiatry | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO4: Review the Community mental health services, facilities and psychosocial rehabilitation | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO5: Explain the Mental Health Agencies at Government, voluntary, National and International | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO6: Describe about Mental Health Nursing Issues among Children, Adolescence, women, Elderly, Victims of violence and abuse, handicapped, HIV and AIDS | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

TEACHING STRATEGY:

Total Hours: 360 Theory Hours: 090 Clinical Hours: 270

ASSIGNMENTS: Theory:

Theory:

| Sr. No | Assignments | No./Quantity | Marks Per Assignment | Total Marks |
|--------|-----------------|--------------|-------------------------|-------------|
| 1 | Home assignment | Three | 20 | 60 |
| | | | Total Marks | 60 |

Practical:

| Sr. No | Assignments | No./Quantity | Marks Per Assignment | Total Marks |
|--------|---------------------------------|--------------|----------------------|-------------|
| 1 | Clinical Performance Evaluation | One | 50 | 50 |
| 2 | Case Presentation | One | 25 | 25 |
| 3 | Case study | One | 25 | 25 |
| 4 | Nursing Care Plan | Two | 20 | 40 |
| 5 | Psychiatric History Taking | Two | 20 | 40 |
| 6 | Mental Status Examination | Two | 20 | 40 |
| 7 | Process Recording | Two | 20 | 40 |
| 8 | Psychometric Testing | Two | 20 | 40 |
| | 1 | I | Total Marks | 300 |

TEACHING METHODS

• Lectures, Seminars, Demonstration, Group Discussion, Clinical Observation, Case Presentation, Workshop, Integrated teaching program, PBL and Tutorial

A.V. AIDS:

• Over head projector, L.C.D. Computer Assisted Instruction, Flip Chart, Posters, Black Board, Case Observation & presentation,

LIST OF RECOMMENDED BOOKS:

- Gail Wiscars Stuart, Michele T. Laraia 'Principles and practice of psychiatric nursing'.
- Micheal Gelder, Richard Mayou, Philip Cowen 'Shorter Oxford Text Book of Psychiatry'
- M.S. Bhatia 'A concise Text Book of Psychiatric Nursing'.
- M.S. Bhatia 'Essentials of Psychiatry'.
- Mary C Townsend- 'Psychiatric Mental Health Nursing'.

- Bimla Kapoor- 'Psychiatric Nursing'. Volume I and II.
- Niraj Ahuja-'A Shorrt Text Book of Psychiatry'.
- The ICD 10, Classification of Mental and Behavioral Disorders'.- WHO, A.I.T.B.S. Publishers.
- De Souza Alan, De Souza Dhanlaxmi, De Souza A 'National Series- Child Psychiatry'.
- Patricia, Kennedy, Ballard 'Psychiatric Nursing Integration of Theory and Practice'.
- Kathernic M. Fort in Ash 'Psychiatric Nursing Care Plans'.
- Sheila M. Sparks, Cynthia M. Jalor 'Nursing Diagnosis Reference Manual'.
- R. Sreevani 'A Guide to Mental Health and Psychiatric Nursing'.
- R. Baby-'Psychiatric Nursing'
- Varghese Mary-'Essentials of Psychiatric and Mental Health Nursing'