

ST. STEPHENS HOSPITAL COLLEGE OF NURSING
M.Sc. NURSING FIRST YEAR
COURSE PLAN

SUBJECT: MENTAL HEALTH(PSYCHIATRIC)NURSING

H.O.D: Prof. Dr. Feba Geevarghese
Principal cum Professor
Sub Coordinator-Ms. Sheljy Shajan

Theory- 150 hours
Practical- 650 hours
Total: 800 hours

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 appreciate the client as a holistic individual and develop skill to function psychiatric nurse specialist. It will further enable the student to function as educator, manager, and researcher in the field of Psychiatric nursing.

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

1. appreciate the trends and issues in the field of psychiatry and psychiatric nursing.
2. explain the dynamics of personality development and human behaviour.
3. describe the concepts of psychobiology in mental disorders and its implications for psychiatric nursing
4. demonstrate therapeutic communications skills in all interactions
5. demonstrate the role of psychiatric nurse practitioner in various therapeutic modalities

6. establish and maintain therapeutic relationship with individual and groups
7. uses assertive techniques in personal and professional actions
8. promotes self-esteem of clients, others and self

Unit	Time (Hrs)	Objective	Contents	A V AIDS	Teaching Learning Activities	Assessment Methods
I.	15	<ul style="list-style-type: none"> • Describe the concept of mental health and mental illness • Explain the concepts of National Mental Program • Explain the role of Psychiatric nurse 	<p>Introduction</p> <ul style="list-style-type: none"> • 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 • Standards of Psychiatric nursing • Challenges and Scope of psychiatric nursing • Multi-disciplinary team and role of nurse <p>Role of psychiatric nurse- extended and expanded</p>	<ul style="list-style-type: none"> • Over head Projector • PowerPoint Presentation • Board & chalk 	<ul style="list-style-type: none"> • Lecture method • Discussion 	<p>Long answer</p> <p>Short answer</p> <p>Objective type</p>
II.	10	<ul style="list-style-type: none"> • Review nervous system and 	Concepts of Psychobiology	<ul style="list-style-type: none"> • Over head 	<ul style="list-style-type: none"> • Lecture method 	Long

		neuroimmunology	<p>The Nervous System:</p> <ul style="list-style-type: none"> • An Anatomical Review • The Brain and limbic system • Nerve Tissue • Autonomic Nervous system • Neurotransmitters <p>Neuroendocrinology</p> <ul style="list-style-type: none"> • <i>Pituitary, Thyroid Gland</i> • <i>Circadian Rhythms</i> <p>Genetics</p> <p>Neuro psychiatric disorders</p> <p>Psychoimmunology</p> <ul style="list-style-type: none"> • Normal Immune response • Implications for psychiatric Illness <p>Implications for Nursing</p>	<p>Projector</p> <ul style="list-style-type: none"> • PowerPoint Presentation • Board & chalk 	<ul style="list-style-type: none"> • Discussion • Assignments 	<p>answer</p> <p>Short answer</p> <p>Objective type</p>
III.	10	To discuss the theories of personality development	<p>Theories of Personality Development and relevance to nursing practice</p> <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Over head Projector • PowerPoint Presentation • Board & chalk 	<ul style="list-style-type: none"> • Lecture method • Discussion • Assignments 	<p>Long answer</p> <p>Short answer</p> <p>Objective type</p>
IV.	05	<ul style="list-style-type: none"> • Describe stress and its management 	<p>Stress and its management</p> <ul style="list-style-type: none"> • An introduction to the concepts of stress 	<ul style="list-style-type: none"> • Over head Projector • PowerPoint 	<ul style="list-style-type: none"> • Lecture method • Discussion • Assignments 	<p>Long answer</p> <p>Short</p>

			<ul style="list-style-type: none"> • Psychological Adaptation to stress • Stress as a Biological Response. • Stress as an Environmental Event. • Stress as Transaction between the Individual and the Environment. • Stress management. 	Presentation <ul style="list-style-type: none"> • Board &chalk 		answer Objective type
V.	10	<ul style="list-style-type: none"> • Explain therapeutic communication process • Describe interpersonal relationship and its phases 	Therapeutic communication and interpersonal relationship <ul style="list-style-type: none"> • 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 its phases; Conditions essential to development of a therapeutic relationship • Therapeutic impasse and its management 	<ul style="list-style-type: none"> • Over head Projector • PowerPoint Presentation • Board &chalk 	<ul style="list-style-type: none"> • Lecture method • Discussion • Assignments 	Long answer Short answer Objective type
VI.	10	<ul style="list-style-type: none"> • Explain assertiveness training, assertive communication 	Assertive Training rtive Communication	<ul style="list-style-type: none"> • Over head Projector 	<ul style="list-style-type: none"> • Lecture method • Discussion 	Long answer

		<ul style="list-style-type: none"> Discuss the techniques of assertiveness behaviour 	<p>Human Rights</p> <p>Response Patterns</p> <ul style="list-style-type: none"> (Nonassertive Behavior Assertive Behavior Aggressive Behavior Passive-Aggressive Behavior) <p>Behavioral Components of Assertive Behavior</p> <p>Techniques that Promote Assertive Behavior</p> <p>Thought-Stopping Techniques Method</p>	<ul style="list-style-type: none"> PowerPoint Presentation Board & chalk 	<ul style="list-style-type: none"> Assignments 	<p>Short answer</p> <p>Objective type</p>
VII.	10	<ul style="list-style-type: none"> Explain the components of self-esteem and its development 	<p>Promoting Self-Esteem</p> <ul style="list-style-type: none"> Components of Self-Concept The Development of Self-Esteem The Manifestations of Low-Self-Esteem Boundaries 	<ul style="list-style-type: none"> Over head Projector PowerPoint Presentation Board & chalk 	<ul style="list-style-type: none"> Lecture method Discussion Assignments 	<p>Long answer</p> <p>Short answer</p> <p>Objective type</p>
	05	<ul style="list-style-type: none"> Discuss women and mental health 	<p>Women and Mental Health</p> <ul style="list-style-type: none"> Normal reaction to conception, pregnancy and puerperium Problems related to conception, pregnancy and puerperium and its management. Counselling – Premarital, marital and genetic 	<ul style="list-style-type: none"> Over head Projector PowerPoint Presentation Board & chalk 	<ul style="list-style-type: none"> Lecture method Discussion Assignments 	<p>Long answer</p> <p>Short answer</p> <p>Objective type</p>

VIII	10	<ul style="list-style-type: none"> Describe mental health assessment Discuss documentation in mental health nursing 	<p>The nursing process in psychiatric/mental health nursing</p> <ul style="list-style-type: none"> 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 <i>Documentation</i> Problem-oriented recording Focus charting The PIE method 	<ul style="list-style-type: none"> Over head Projector PowerPoint Presentation Board & chalk 	<ul style="list-style-type: none"> Lecture method Discussion Assignments 	<p>Long answer</p> <p>Short answer</p> <p>Objective type</p>
IX	35	<ul style="list-style-type: none"> Describe psycho social and physical therapies 	<p>Psycho social and physical therapies</p>			

		<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Individual therapy • Behavioural Therapy- Relaxation therapy, cognitive therapy, • positive- negative reinforcement, bio-feedback, guided imagery, • ab-reactive therapy • Group Therapy • Family Therapy • Milieu Therapy • Therapeutic Community • Occupational therapy • Recreational therapy • Play therapy • Music therapy • Light therapy • Colour therapy • Aroma therapy 	<ul style="list-style-type: none"> • Over head Projector • PowerPoint Presentation • Board &chalk 	<ul style="list-style-type: none"> • Lecture method • Discussion • Assignments 	<p>Long answer Short answer Objective type</p>
XI	5	<ul style="list-style-type: none"> • Describe Electroconvulsive Therapy • Discuss the role of nurse in ECT 	<p>Electroconvulsive Therapy</p> <ul style="list-style-type: none"> • Historical Perspectives • Indications • Contraindications • Mechanisms of Action • Side Effects • Risks Associated with Electroconvulsive Therapy • The Role of The Nurse in Electroconvulsive Therapy 	<ul style="list-style-type: none"> • Over head Projector • PowerPoint Presentation • Board &chalk 	<ul style="list-style-type: none"> • Lecture method • Discussion • Assignments 	<p>Long answer Short answer Objective type</p>
X	10	<ul style="list-style-type: none"> • Discuss the historical perspectives • Discuss Role of nurse in psychopharmacological 	<p>Psychopharmacology</p> <ul style="list-style-type: none"> □ Historical Perspectives □ Role of a Nurse in Psychopharmacological Therapy 	<ul style="list-style-type: none"> • Over head Projector • PowerPoint Presentation 	<ul style="list-style-type: none"> • Lecture method • Discussion • Assignments • 	<p>Long answer Short answer</p>

		therapy	<ul style="list-style-type: none"> • Antianxiety Agents • Antidepressants Agents • Mood stabilizers • Antipsychotics • Sedative-Hypnotics • Central Nervous System Stimulants □ Future developments 	<ul style="list-style-type: none"> • Board &chalk 		Objective type
XII	15	<ul style="list-style-type: none"> • Discuss Alternative systems of medicine in mental health 	<p>Alternative systems of medicine in mental health</p> <p>Types of Therapies</p> <ul style="list-style-type: none"> • Herbal Medicine • Unani • Siddha • Homeopathic • Acupressure and Acupuncture • Diet and Nutrition • Chiropractic Medicine • Therapeutic Touch and Massage • Yoga • Pet Therapy 	<ul style="list-style-type: none"> • Over head Projector • PowerPoint Presentation • Board &chalk 	<ul style="list-style-type: none"> • Lecture method • Discussion • Assignments • 	Long answer Short answer Objective type

