

COURSE PLAN



VI SEMESTER / BSC NURSING
MENTAL HEALTH NURSING – II

COURSE PLAN

Course: B.Sc Nursing

Course Title / Subject: Mental Health Nursing – II

Placement: VI Semester

Hours of Instruction:

Theory – 40 Hours

Practical – 160 Hours

Course Description: This course is designed to provide the students with basic understanding and skills essential to meet psychiatric emergencies and perform the role of community mental health nurse.

Theory Competencies:

On completion of the course, the students will be able to,

1. Apply nursing process in providing care to patients with substance use disorders, and personality and sexual disorders.
2. Apply nursing process in providing care to patients with behavioral and emotional disorders occurring during childhood and adolescence.
3. Apply nursing process in providing care to patients with organic brain disorders.
4. Identify and respond to psychiatric emergencies.
5. Carry out crisis interventions during emergencies under supervision.
6. Perform admission and discharge procedures as per MHCA 2017.
7. Explore the roles and responsibilities of community mental health nurse in delivering community mental health services.

COURSE OUTLINE – THEORY

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
I	6	<ul style="list-style-type: none"> Describe the etiology, psychodynamic, clinical manifestations, diagnostic criteria and management of patients with substance use disorders 	Nursing Management of Patients with Substance Use Disorders <ul style="list-style-type: none"> Prevalence and incidence Commonly used psychotropic substance: <ul style="list-style-type: none"> classifications, forms, routes, action, intoxication and withdrawal Psychodynamics/etiology of substance use disorder (Terminologies: Substance Use, Abuse, Tolerance, Dependence, Withdrawal) Diagnostic criteria/ formulations Nursing Assessment: History (substance history), Physical, mental assessment and drug and drug assay Treatment (detoxification, antabuse and narcotic antagonist therapy and harm reduction, Brief interventions, MET, refusal skills, maintenance therapy) and nursing management of patients with substance use disorders Special considerations for vulnerable population Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> Lecture cum discussion Case discussion Case presentation Clinical practice 	<ul style="list-style-type: none"> Essay Short answer Assessment of patient management problems
II	6	<ul style="list-style-type: none"> Describe the etiology, psychodynamics, clinical manifestations, diagnostic criteria and management of patients with personality, and sexual disorders 	Nursing Management of Patient with Personality and Sexual Disorders <ul style="list-style-type: none"> Prevalence and incidence Classification of disorders Etiology, psychopathology, characteristics, diagnosis Nursing Assessment: History, Physical and mental health assessment Treatment modalities and nursing management of patients with personality, and sexual disorders 	<ul style="list-style-type: none"> Lecture cum discussion Case discussion Case presentation Clinical practice 	<ul style="list-style-type: none"> Essay Short answer Assessment of patient management problems

			<ul style="list-style-type: none"> • Geriatric considerations • Follow-up and home care and rehabilitation 		
III	8	<ul style="list-style-type: none"> • Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of childhood and adolescent disorders including mental deficiency 	Nursing Management of Behavioral & Emotional Disorders occurring during Childhood and Adolescence (Intellectual disability, autism, attention deficit, hyperactive disorder, eating disorders, learning disorder) <ul style="list-style-type: none"> • Prevalence and incidence • Classifications • Etiology, psychodynamics, Characteristics, diagnostic criteria/ formulations 	<ul style="list-style-type: none"> • Lecture cum discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay • Short answer • Assessment of patient management problems
IV	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 (Delirium, Dementia, amnesic disorders) <ul style="list-style-type: none"> • Prevalence and incidence • Classification • Etiology, psychopathology, clinical features, diagnosis and Differential diagnosis • Nursing Assessment: History, Physical, mental and neurological assessment • Treatment modalities and nursing management of organic brain disorders • Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> • Lecture cum discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay • Short answer • Assessment of patient management problems
V	6	<ul style="list-style-type: none"> • Identify psychiatric emergencies and carry out crisis intervention 	Psychiatric Emergencies and Crisis Intervention <ul style="list-style-type: none"> • Types of psychiatric emergencies • (attempted suicide, violence/ aggression, stupor, delirium tremens and other psychiatric emergencies) and their managements • Maladaptive behaviour of individual and groups, stress, crisis and disaster(s) • Types of crisis • Crisis intervention: Principles, Techniques and Process <ul style="list-style-type: none"> ✓ Stress reduction interventions as per stress adaptation model 	<ul style="list-style-type: none"> • Lecture cum discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Short answer • Objective type

			<ul style="list-style-type: none"> ✓ Coping enhancement ✓ Techniques of counseling 		
VI	4	<ul style="list-style-type: none"> • Explain legal aspects applied in mental health settings and role of the nurse 	Legal Issues in Mental Health Nursing <ul style="list-style-type: none"> • Overview of Indian Lunacy Act and The Mental Health Act 1987 • (Protection of Children from Sexual Offence) POCSO Act • Mental Health Care Act (MHCA) 2017 • Rights of mentally ill clients • Forensic psychiatry and nursing • Acts related to narcotic and psychotropic substances and illegal drug trafficking • Admission and discharge procedures as per MHCA 2017 • Role and responsibilities of nurses in implementing MHCA 2017 	<ul style="list-style-type: none"> • Lecture cum discussion • Case discussion 	<ul style="list-style-type: none"> • Short answer • Objective type
VII	5	<ul style="list-style-type: none"> • Describe the model of preventive psychiatry • Describe Community Mental health services and role of the nurse 	Community Mental Health Nursing <ul style="list-style-type: none"> • Development of Community Mental Health Services: • National mental health policy viz. National Health Policy • National Mental Health Program • Institutionalization versus Deinstitutionalization • Model of Preventive psychiatry • Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and nurses' responsibilities • 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/AIDS etc. 	<ul style="list-style-type: none"> • Lecture cum discussion • Clinical/ field practice • Field visits to mental health service agencies 	<ul style="list-style-type: none"> • Short answer • Objective type • Assessment of the field visit reports

V SEMESTER
MENTAL HEALTH NURSING – I
COURSE PLAN

Course: B.Sc Nursing

Course Title / Subject: Mental Health Nursing – I

Placement: V Semester

Hours of Instruction:

Theory – 60 Hours

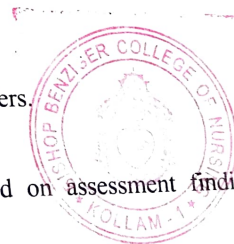
Practical – 80 Hours

Course Description: This course is designed to develop basic understanding of the principles and standards of mental health nursing and skill in application of nursing process in assessment and care of patients with mental health disorders.

Theory Competencies:

On completion of the course, the students will be able to,

1. Trace the historical development of mental health nursing and discuss its scope.
2. Identify the classification of the mental disorders.
3. Develop basic understanding of the principles and concepts of mental health nursing.
4. Apply the Indian Nursing Council practice standards for psychiatric mental health nursing in supervised clinical settings.
5. Conduct mental health assessment.
6. Identify and maintain therapeutic communication and nurse patient relationship.
7. Demonstrate knowledge of the various treatment modalities and therapies used in mental disorders.
8. Apply nursing process in delivering care to patients with mental disorders.
9. Provide nursing care to patients with schizophrenia and other psychotic disorders based on assessment findings and treatment/therapies used.
10. Provide nursing care to patients with mood disorders based on assessment findings and treatment/therapies used.
11. Provide nursing care to patients with neurotic disorders based on assessment findings and treatment/ therapies used.



COURSE OUTLINE – THEORY

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/ Learning Activities	Assessment Methods
I	6	<ul style="list-style-type: none"> Describe the historical development & current trends in mental health nursing Discuss the scope of mental health nursing Describe the concept of normal & abnormal behavior 	Introduction <ul style="list-style-type: none"> Perspectives of Mental Health and Mental Health Nursing, evolution of mental health services, treatments and nursing practices Mental health team Nature & scope of mental health nursing Role & 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 cum Discussion 	<ul style="list-style-type: none"> Essay Short answer
II	10	<ul style="list-style-type: none"> Define the various terms used in mental health Nursing Explain the classification of mental disorders Explain the psychodynamics of maladaptive behavior Discuss the etiological factors & psychopathology of mental disorders Explain the principles and standards of Mental health Nursing 	Principles and Concepts of Mental Health Nursing <ul style="list-style-type: none"> Definition: mental health nursing and terminology used Classification of mental disorders: ICD11, DSM5, Gero-psychiatry manual classification Review of personality development, defense mechanisms 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 Ethics and responsibilities 	<ul style="list-style-type: none"> Lecture cum Discussion Explain using Charts Review of personality development 	<ul style="list-style-type: none"> Essay Short answer

		<ul style="list-style-type: none"> Describe the conceptual models of mental health nursing 	<ul style="list-style-type: none"> Practice Standards for Psychiatric Mental Health Nursing (INC practice standards) Conceptual models and the role of nurse: <ul style="list-style-type: none"> ✓ Existential model ✓ Psychoanalytical models ✓ Behavioural model ✓ Interpersonal model Preventive psychiatry and rehabilitation 		
III	6	<ul style="list-style-type: none"> Describe nature, purpose and process of assessment of mental health status 	Mental Health Assessment <ul style="list-style-type: none"> History taking Mental status examination Mini mental status examination Neurological examination Investigations: Related Blood chemistry, EEG, CT & MRI Psychological tests 	<ul style="list-style-type: none"> Lecture cum Discussion Demonstration Practice session Clinical practice 	<ul style="list-style-type: none"> Essay Short answer Assessment of mental health status
IV	6	<ul style="list-style-type: none"> Identify therapeutic communication & techniques Describe therapeutic relationship Describe therapeutic impasses and its interventions 	Therapeutic Communication and Nurse-Patient Relationship <ul style="list-style-type: none"> Therapeutic communication: Types, techniques, characteristics and barriers Therapeutic nurse-patient relationship Interpersonal relationship- Elements of nurse patient contract, Review of technique of IPR- Johari window Therapeutic impasse and its management 	<ul style="list-style-type: none"> Lecture cum Discussion Demonstration Role Play Process recording Simulation (video) 	<ul style="list-style-type: none"> Essay Short answer OSCE
V	10	<ul style="list-style-type: none"> Explain 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"> Physical therapies: Psychopharmacology, Electro Convulsive therapy Psychological Therapies: Psychotherapy, Behaviour therapy, CBT 	<ul style="list-style-type: none"> Lecture cum Discussion Demonstration Group work Practice session Clinical 	<ul style="list-style-type: none"> Essay Short answer Objective type

		<ul style="list-style-type: none"> • Psychosocial Group therapy, Family therapy, Therapeutic Community, Recreational therapy, Art therapy (Dance, Music etc), Occupational therapy • Alternative & Complementary: Yoga, Meditation, Relaxation • Consideration for special populations 	practice		
VI	8	<ul style="list-style-type: none"> • Describe the etiology, psycho-dynamics pathology, clinical manifestations, diagnostic criteria and management of patients with Schizophrenia, and other psychotic disorders 	<p>Nursing management of patient with Schizophrenia, and other psychotic disorders</p> <ul style="list-style-type: none"> • Prevalence and incidence • Classification • Etiology, psychodynamics, clinical manifestation, diagnostic criteria formulations <p>Nursing process</p> <ul style="list-style-type: none"> • Nursing Assessment: History, Physical and mental assessment • Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders • Geriatric considerations and considerations for special populations • Follow up and home care and rehabilitation 	<ul style="list-style-type: none"> • Lecture and Discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay • Short answer • Assessment of patient management problems
VII	6		<p>Nursing management of patient with mood disorders</p> <ul style="list-style-type: none"> • Prevalence and incidence • Mood disorders: Bipolar affective disorder, mania depression and dysthymia etc. 	<ul style="list-style-type: none"> • Lecture and Discussion • Case discussion • Case presentation 	<ul style="list-style-type: none"> • Essay • Short answer • Assessment of patient management problems

		<ul style="list-style-type: none"> Describe the etiology, psycho-dynamics, clinical manifestations, diagnostic criteria and management of patients with mood disorders 	<ul style="list-style-type: none"> Etiology, psycho dynamics, clinical manifestation, diagnosis Nursing Assessment History, Physical and mental assessment Treatment modalities and nursing management of patients with mood disorders Geriatric considerations/ considerations for special populations Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> Clinical practice 	
VIII	8	<ul style="list-style-type: none"> Describe the etiology, psycho-dynamics, clinical manifestations, diagnostic criteria and management of patients with neurotic, stress related and somatization disorders 	Nursing management of patient with neurotic, stress related and somatization disorders <ul style="list-style-type: none"> Prevalence and incidence Classifications Anxiety disorders – OCD, PTSD, Somatoform disorders, Phobias, Dissociative and Conversion disorders Etiology, psychodynamics, clinical manifestation, diagnostic criteria/ formulations Nursing Assessment: History, Physical and mental assessment Treatment modalities and nursing management of patients with neurotic and stress related disorders Geriatric considerations/ considerations for special populations Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> Lecture and Discussion Case discussion Case presentation Clinical practice 	<ul style="list-style-type: none"> Essay Short answer Assessment of patient management problems

