UNIT PLAN

VI SEMESTER / BSC NURSING MENTAL HEALTH NURSING – II <u>UNIT PLAN</u>

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.

Unit	Objectives	Time	Content	Teaching &	AV aids	Assessment	Teaching
•	 Describe the etiology, psychodynamic clinical manifestations, diagnostic criteria and 	T12 hrs	Substance Use Disorders • Prevalence and incidence • Commonly used psychotropic substance: classifications, forms, routes action	discussion	LCD Charts Black board	Methods • Essay	Prof. Sudha A
patients with	substance use	1½ hrs	Psychodynamics/etiology of substance use disorder (Terminologies: Substance Use, Abuse, Tolerance, Dependence, Withdrawal)				
		1 hr	 Diagnostic criteria/ formulations Nursing Assessment: History (substance history), Physical, mental assessment and drug and drug assay 				
		I hr	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				
		I hr	 Special considerations for vulnerable population Follow-up and home care and rehabilitation 				
	escribe the	<u>(6 hrs)</u>	Nursing Management of Patient with	Lecture cum	• LCD	• Essay	Prof.
ps eli ma dia	ology, vehodynamics, nical nifestations, gnostic	2 hrs	 Personality and Sexual Disorders Prevalence and incidence Classification of disorders Etiology, psychopathology, characteristics, diagnosis 	discussion	Black board	Short answer Assessment of patient management problems	Sudha /
Cri	teria and	I hr •	Nursing Assessment: History, Physical	practice		p. 00101115	- Labellani - A

	management of patients with		and mental health assessment	•	Role play			
	personality, and sexual disorders	2 hrs	 Treatment modalities and nursing management of patients with personality, and sexual disorders 					
		I hr	Geriatric considerationsFollow-up and home care and rehabilitation					
111	 Describe the etiology, psychopathology , clinical manifestations, 	(8 hrs)	Nursing Management of Behavioral & Emotional Disorders occurring during Childhood and Adolescence Prevalence and incidence Classifications	discussion Case discussion Case presentation Clinical practice	LCD Black board	 Essay Short answer Assessment of patient management 	Mrs. Vismaya	
	diagnostic criteria and management of childhood and adolescent disorders	2 hr	 Etiology, psychodynamics, Characteristics, diagnostic criteria/ formulations 			problems		
		2 hrs	 Intellectual disability & autism, 					
		2 hrs	 Attention deficit & hyperactive disorder eating disorders 					
	including mental deficiency	l hr	Learning disorder		1.05		Mrs.	
	 Describe the etiology, psychopathology , clinical manifestations, 	(5 hrs)	Nursing Management of Organic Brain Disorders (Delirium, Dementia, amnestic disorders) • Prevalence and incidence • Classification	•	 Lecture cum discussion Case discussion Case presentation Clinical practice 	LCDChartsBlackboardOHP	EssayShort answerAssessment of patientmanagement	Vismay
	diagnostic criteria and management of	2 hrs	 Etiology, psychopathology, clinical features, diagnosis and Differential diagnosis 				problems	
	organic brain disorders.	1 hr	 Nursing Assessment: History, Physical, mental and neurological assessment 					

V	Identify psychiatric emergencies and carry out crisis intervention	(6 hrs) 3 hrs	Intervention 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)	discussionCase discussionCase	• LCD • Black board	 Short answer Objective type 	Prof. Sudha A.
		2 hrs	 Types of crisis Crisis intervention: Principles, Techniques and Process ✓ Stress reduction interventions as per stress adaptation model ✓ Coping enhancement ✓ Techniques of counseling 				
	 Explain legal aspects applied in mental health settings and role of the nurse 	l hr	 Legal Issues in Mental Health Nursing 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 	 Lecture cum discussion Case discussion 	• LCD • Black board • Charts	Short answerObjective type	Prof. Sudha A
			 Acts related to narcotic and psychotropic substances and illegal drug trafficking 				

VII	Describe the	1 hr (5 hrs)	 Admission and discharge procedures as per MHCA 2017 Role and responsibilities of nurses in implementing MHCA 2017 Community Mental Health Nursing 				
	model of preventive psychiatry	1 hr	 Development of Community Mental Health Services: National mental health policy viz. National Health Policy 	 Lecture cum discussion Clinical/ field practice Field visits to 	LCDBlack boardCharts / Models	Short answerObjective typeAssessment of the field visit	Mrs. Vismaya
	 Describe Community Mental health 	1 hr	National Mental Health ProgramInstitutionalization versusDeinstitutionalization	mental health service agencies	Models	reports	
	services and role of the nurse	1 hrs	 Model of Preventive psychiatry Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and nurses' responsibilities 				
		1 hr	 Mental Health Agencies: Government and voluntary, National and International 				
		I hrs	 Mental health nursing issues for special populations: Children, Adolescence, Women Elderly, Victims of violence and abuse, Handicapped, HIV/AIDS etc. 				

V SEMESTER MENTAL HEALTH NURSING – I <u>UNIT PLAN</u>

Course: B.Sc Nursing

Hours of Instruction:

Course Title / Subject: Mental Health Nursing - I

Theory – 60 Hours

Placement: V Semester

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.

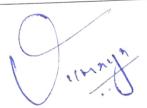
- 2. Identify the classification of the mental disorders.
- 3. Develop basic understanding of the principles and concepts of mental health nursing.
- 4. Apply the Indian Nursing Council practice standards for psychiatric mental health nursing in supervised clinical settings.
- 5. Conduct mental health 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.

Specific Objectives	Time	Content	Teaching & Learning activities	AV aids	Assessment Methods	Teaching Faculty Mrs
development & curren trends in mental health	t	 Introduction Perspectives of Mental Health and Mental Health Nursing, evolution of mental health services, treatments and nursing practices 	Lecture cum Discussion	LCDChartsBlackboard	EssayShort answer	Vismaya
• Discuss the scope of mental health nursing &		Nature & scope of mental health nursing				
Discuss the role and responsibilities of the	2 hrs	various settings and factors affecting the level				
Describe the concept of normal & abnormal	1 hr	Concepts of normal and abnormal behavior				D. f.
Define the various terms used in mental health nursing	(10 hrs) 1 hr	Nursing • Definition: mental health nursing and terminology used	• Explain using Charts	LCDBlack boardRole	EssayShort answer	Prof. Sudha A
Explain the lassification of mental		DSM5, Gero-psychiatry manual classification	personality development	phay		
xplain the ychodynamics of		mechanisms				
scuss the etiological tors & chopathology of the disorders	•	of structure and function of brain, limbic system and abnormal neurotransmission				
	•	Ethics and responsibilities Practice Standards for Psychiatric Mental Health Nursing (INC practice standards)				
	development & curren trends in mental health nursing Discuss the scope of mental health nursing & mental health team Discuss the role and responsibilities of the nurse Describe the concept of normal & abnormal behavior Define the various terms used in mental health nursing Explain the lassification of mental sorders cplain the yehodynamics of eladaptive behavior seuss the etiological fors & chopathology of etal disorders lain the principles 2 standards of Mental the Nursing	development & current trends in mental health nursing Discuss the scope of mental health team Discuss the role and responsibilities of the nurse Describe the concept of normal & abnormal behavior Define the various terms used in mental health nursing Explain the lassification of mental sorders (plain the yechodynamics of behavior secuss the etiological tors & chopathology of tal disorders lain the principles standards of Mental hoursing 2 hrs (10 hrs) 1 hr 2 hrs 3 the disorders 4 the principles standards of Mental hoursing	 Describe the install development & current trends in mental health nursing Discuss the scope of mental health nursing & mental health nursing & mental health nursing & mental health team Discuss the role and responsibilities of the nurse Describe the concept of normal & abnormal behavior Define the various terms used in mental health nursing Thr Principles and Concepts of Mental Health nursing mental health nursing practice Concepts of normal and abnormal behavior Principles and Concepts of Mental Health nursing and terminology used Classification of mental sorders Principles and Concepts of Mental Health nursing and terminology used Classification of mental disorders: ICD11, DSM5, Gero-psychiatry manual classification of structure and function of brain, limbic system and abnormal neurotransmission Etiology bio-psycho-social factors Psychopathology of structure and function of brain, limbic system and abnormal neurotransmission Principles of Mental health nursing Ethics and responsibilities Practice Standards for Psychiatric Mental Health Nursing (INC practice standards) 	 Describe the historical development & current trends in mental health nursing Discuss the scope of mental health team Discuss the role and responsibilities of the nurse Describe the concept of normal & abnormal behavior Define the various terms lased in mental health nursing Thr Principles and Concepts of Mental Health nursing and terminology used Definition: mental health nursing and terminology used Classification of mental sorders: ICD11. DSM5, Gero-psychiatry manual classification sorders whether the diadaptive behavior Review of personality development, defense mechanisms Etiology bio-psycho-social factors Principles of Mental health Nursing Etiology bio-psycho-social factors Principles of Mental health Nursing Ethics and responsibilities Principles of Mental health nursing and terminology used Etiology bio-psycho-social factors Psychopathology of structure and function of brain, limbic system and abnormal neurotransmission Principles of Mental health Nursing Ethics and responsibilities Practice Standards for Psychiatric Mental Health Nursing (INC practice standards) 	Describe the historical development & current trends in mental health nursing Discuss the scope of mental health nursing & mental health nursing sused in mental health nursing Describe the concept of normal & abnormal behavior	Perspectives of Mental Health and Mental Health nursing

VI	psycho-dynamics/ pathology, clinical manifestations, diagnostic criteria and management of patients with Schizophrenia, and other psychotic disorders Describe the nursing assessment of patients with schizophrenia	1 1hr 1 2 hrs	 Prevalence and incidence Classification Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations Nursing process Nursing Assessment: History, Physical and mental assessment 	TV:	• LCD • Black board	• 5	Essay Short answer Assessme nt of patient managem ent problems		
	 Describe treatment modalities and nursing management 	2 hrs	 Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders 						
		1 hr	 Geriatric considerations and considerations for special populations Follow up and home care and rehabilitation 						
11 .	 Describe the etiology, psycho-dynamics, clinical manifestations, diagnostic criteria and management of patients 	(6 hrs) 2 hrs	Nursing management of patient with mood disorders • Prevalence and incidence • Mood disorders: Bipolar affective disorder, mania, depression and dysthymia etc.	Discussion • Case discussi	sion B	LCD Black board	• Essay • Short answe	1	Mrs. Vismay
	with mood disorders	I hr	Etiology, psycho dynamics, clinical manifestation, diagnosis	• Clinical			nt o		
		1 hr	 Nursing Assessment History, Physical and mental assessment 				1	inagem	
		l hr	 Treatment modalities and nursin management of patients with mood disorders 	_	2		ent pro	t oblems	1

	models of mental harding, prever psychiatry rehabilitation • Describe nature, purp	ntive and	Existential model Psychoanalytical models Behavioural model Interpersonal model Preventive psychiatry and rehabilitation				
	and process assessment of mer health status Process of mini mer status examination Process of neurologica examination	of 2 hrs	History taking	 Lecture cum Discussion Demonstration Practice session Clinical practice 	• LCD • Black board	EssayShort answerAssessment of	Prof. Sudha A.
	 Process of oth investigations Process of psychologicatests 		 Investigations: Related Blood chemistry, EEG, CT & MRI Psychological tests 			mental health status	
	 Identify therapeuticommunication & techniques Describe therapeutic 	2 hrs	Therapeutic Communication and Nurse-Patient Relationship Therapeutic communication: Types, techniques, characteristics and barriers Therapeutic nurse-patient relationship	• Role Play	• LCD • Charts • Black board	EssayShort answerOSCE	Mrs. Vismay
	relationship	3 hrs	 Interpersonal relationship- Elements of nurse patient contract, Review of technique of IPR- Johari window 	Process recordingSimulation (video)	• OHP		
	Describe therapeutic impasses and its interventions	1 hr	Therapeutic impasse and its management	(video)			
n u	Explain treatment modalities and therapies sed in mental disorders and role of the nurse	3 hrs	Treatment modalities and therapies used in mental disorders • Physical therapies: Psychopharmacology	Lecture cum DiscussionDemonstration	LCE Blace boar	k Shor	sud Sud
		2 hrs	 Electro Convulsive therapy Psychological Therapies: Psychotherapy Behaviour therapy, CBT Psychosocial: Group therapy, Family therapy 	session		• Objectype	ective

		1 hr	 Geriatric considerations / considerations for special populations Follow-up and home care and rehabilitation 				
VIII	Describe the etiology, psycho-dynamics, clinical manifestations, diagnostic criteria and management of patients with neurotic, stress related and somatization disorders	3 hrs 2 hrs 1 hr 1 hr	Nursing management of patient with neurotic, stress related and somatization disorders Prevalence and incidence Classifications Anxiety disorders – OCD, PTSD, Somatoform disorders, Phobias, Dissociative and Conversion disorders Etiology, psychodynamics, clinical manifestation, diagnostic criterial formulations Nursing Assessment: History, Physical and mental assessment Treatment modalities and nursing management of patients with neurotic and stress related disorders Geriatric considerations/ considerations special populations Follow-up and home care and rehabilitation	Discussion Case discussion Case presentation Clinical practice d d for	• LCD • Black board	• Essay • Short answer • Assessme nt of patient • manager ent probler	





MSC NURSING II YEAR NURSING MANAGEMENT UNIT PLAN

Course: M. Sc Nursing

Course Title / Subject: Nursing Management

Hours of Instruction:

Theory – 150 Hours

(Nurse Specialist-105 hours / External - 45 hours)

Practical - 200 Hours

Placement: II Year

Course Description: This course is designed to assist students to develop a broad understanding of principles, concepts, trends and issues related to nursing management. Further, it would provide opportunity to students to understand, appreciate and acquire skills in planning, supervision and management of nursing services at different levels to provide quality nursing services.

Theory Competencies:

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

- 1. Formulate the philosophy and objectives of the health care institutions at various levels.
- 2. Identify trends and issues in nursing
- 3. Discuss the public administration, health care administration and nursing administration
- 4. Describe the principles of administration applied to nursing
- 5. Explain the organization of health and nursing services at the various levels/institutions.
- 6. Discuss the planning, supervision and management of nursing workforce for various health care settings.
- 7. Discuss various collaborative models between nursing education and nursing service to improve the quality of nursing care
- 8. Identify and analyze legal and ethical issues in nursing administration
- 9. Describe the process of quality assurance in nursing services.
- 10. Demonstrate leadership in nursing at various levels.
- 11. Organize staff development programme.

Unit Specific	Time	Content	Teaching & Learning activities	AV aids	Assessment Methods • Essay	Faculty EF & Prof.
• Describe the concept, philosophy, elements and functions of administration • Describe concept, vision, mission, philosophy and objectives with current trends and issues in nursing administration	(10 hrs) NS: 5hrs EF: 5hrs (10 hrs) NS: 10hrs	Organisation and functions writing services and education	• Lecture cum discussion • Seminar / Presentations • Workshop of at and ing ous tate cies, onal and • Lecture discure seminar semina	110 00111	• Short answer • Tests • Presentation • Written Assignme	ons Sudha A

	*Describe co- ordination and delegations , strategic operations and management plans, PFR, management by objectives and planning innovations in nursing	(15 hrs) NS: 10hrs EF: 5hrs	Planning and control Co-ordination and delegation Decision making decentralization basic goals of decentralization. Strategic planning Operational plans Management plans Programme evaluation and review technique (PFRT), Gantt chart, Management by objectives (MBO) Planning new venture Planning for change Innovations in nursing Application to nursing service and education	•	Lecture cum discussion Seminar / Presentations Workshop	• LCD • Black board		Essay Short answer Essay Short answer Tests Presentations Written Assignments	V.V & Mrs. Vismaya
1	Describe in developing an organizational structure, levels, organizing nursing services and patient care, disaster management plans, resources and drill	•	 Organisation Concept, principles, objectives, Types and theories, Minimum requirements for organisation, Developing an organizational Structure, levels, organizational Effectiveness and organizational, Climate, Organising nursing services and patient care: Methods of patient assignment- Advantages and disadvantages, primary nursing care, Planning and Organising: hospital, unit and ancillary services (specifically central sterile supply department, laundry, kitchen, laboratory services emergency etc) 		Lecture cum discussion Seminar / Presentations Workshop	• LCD • Char • Blac boar	ts k	 Essay Short answ Essay Short answ Tests Presentat Written Assignm 	Mrs. Vismay

V	•Discuss staffing, recruitment and staff development programme along with duties and responsibilities of various category of nursing personnel	(15 hrs) NS: 10hrs EF: 5hrs	 Disaster management: plan, resources, drill, etc Application to nursing service and education Human Resource for health EF5 Staffing Philosophy Norms: Staff inspection unit (SIU), Bajaj Committee, High power committee, Indian nursing council (INC) Estimation of nursing staff requirement- activity analysis Various research studies Recruitment: credentialing, selection, placement, promotion Retention Personnel policies Termination Staff development programme Duties and responsibilities of various category of nursing personnel Applications to nursing service and education 	 Lecture cum discussion Seminar / Presentations Workshop 	• LCD • Black board	Essay Short answer Tests Presentations Written Assignments	
VI	•Explain motivation and theories, communication, delegation, managing conflicts and occupational	(15 hrs) NS: 10hrs EF: 5hrs	 Directing Roles and functions Motivation: Intrinsic, extrinsic, Creating motivating climate, Motivational theories Communication: process, types, strategies, Interpersonal communication, channels, barriers, 	 Lecture cum discussion Seminar / Presentations Workshop 	LCDBlack boardCharts	 Short answer Objective type Essay Tests Presentations Written Assignments 	& Mrs. Vismaya

	Describe material management with ABC, VED analysis inventory control condemnation and its applications	(10 hrs) NS:10hr	 Concepts, principles and procedures 	 Lecture cum discussion Seminar / Presentations Workshop 	• LCD • Black board • Charts	 Short answer Objective type Essay Short answer Tests Presentations Written Assignments 	Prof. Sudha A
VII	Describe quality assurance, nursing audit, performance appraisal, supervision and management, discipline at disciplinary proceedings	(15 Hrs) NS: 10hrs EF: 5hrs	 Controlling Quality assurance – Continuous Quality Improvement Standards, Models, Nursing audit Performance appraisal: Tools, confidential reports, formats, Management, interviews, Selfevaluation or peer evaluation, patient 	 Lecture cum discussion Seminar / Presentations Workshop 	 LCD Black board Charts 	 Essay Short answer Essay Short answer Tests Presentations Written Assignments 	EF & Mrs. Vismaya

• Explain steps, budget estimate, audit, cost accounting, critical pathways, health care retorns, beauth my ir mee and budgeting.	(15 Hours) NS: 10hrs FE: 5hrs	 Steps Plan and non-plan, zero budgeting, mid-term appraisal capital and Revenue Budget estimate, revised estimate, performance budget Audit Cost effectiveness Cost accounting Critical pathways Health care retorms Health economics Health insurance 	• LCD • Black bourd • Charts	Final Short answer Final Short answer Forta Presentations Written Assignments	FF & Virs. Vismaya

	Describe trend general practice patient record system, nursing records and reports, MIES, E-nursing, telemedicine and electronic medical record	c. Hours)	 Patient record system Nursing records and reports Management information and evaluation system (MIES) E- nursing. Telemedicine, telenursing 	Lecture cum discussion Seminar Presentations Workshop	• LCD • Black Board • chats	Essay Short answer Essay Short answer Tests Presentations Written Assignments	I. a A
XI	•Explain leadership in nursing at various levels.	(10 Hours) NS: 10hrs	 Electronic medical records Leadership Concepts, Types, Theories Styles Manager behavior Leader behavior, Assertiveness Effective leader: Characteristics, skills Group dynamics Power and politics, Visibility of nursing Lobbying Stress management Applications to nursing service and education 	 Seminar / Presentations Workshop Lecture cum discussion 	LCDBlackBoardchats	 Essay Short answer Essay Short answer Tests Presentations Written Assignments 	Mrs Ismaya
an iss nui	d ethical ues in rsing ministration		 Legal and ethical issues Laws and ethics Ethical committee Code of ethics and professional conduct Legal system: Types of law, tort law, and liabilities Legal issues in nursing: negligence, 	 Lecture cum discussion Seminar / Presentations Workshop 	LCDBlackBoardchats	 Essay Short answer Essay Short answer Tests Presentations Written Assignments 	EF & Mrs. Visma