



SILVER OAK UNIVERSITY

Silver Oak College of Nursing

Bachelor of Science (Nursing)

Course Name: Mental health Nursing -1

Course Code:1060323307

Semester: 5th

Prerequisite:

Students should possess a foundational understanding of the basics of nursing practice, including health assessment, therapeutic communication, and critical thinking skills. Additionally, an understanding of the various mental health disorders, including their symptoms and treatments, is essential. Knowledge of the principles of pharmacology and psychopharmacology is also beneficial, as medications play a significant role in the treatment of mental health disorders. An understanding of cultural competence and the impact of stigma on individuals with mental health conditions, will also be important prerequisites for students approaching this subject matter.

Course Objective:

1. 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.
2. To learn about National Mental Act, programmers' and mental health policy
3. To understand the ethical and legal consideration in mental health nursing practice.
4. To develop communication and interpersonal skills to effectively work with individuals, families, and multidisciplinary teams in mental health settings

Teaching Scheme:

Teaching Scheme				
L	T	P	Contact Hours	Credit
3	0	4	7	4

Content:

Unit No.	Contents	Teaching Hours	Weightage %
1	Introduction 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 behaviour	6	10
2	Principles and Concepts of Mental Health Nursing Definition: mental health nursing and terminology used	10	17

	<p>Classification of mental disorders: ICD & DSM</p> <p>Review of personality development, defense mechanisms</p> <p>Etiology bio-psycho-social factors</p> <p>Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neurotransmission</p> <p>Principles of Mental health Nursing</p> <p>Ethics and responsibilities</p> <p>Practice Standards for Psychiatric Mental health Nursing (INC standards)</p> <p>Conceptual models and the role of nurse:</p> <p>Existential model</p> <p>Psychoanalytical models</p> <p>Behavioural model</p> <p>Interpersonal model</p>		
3	<p>Mental Health Assessment</p> <p>History taking</p> <p>Mental status examination</p> <p>Mini mental status examination</p> <p>Neurological examination</p> <p>Investigations: Related Blood chemistry, EEG, CT & MRI</p> <p>Psychological tests</p>	6	10
4	<p>Therapeutic communication and nurse-patient relationship</p> <p>Therapeutic communication: Types, techniques, characteristics and barriers</p> <p>Therapeutic nurse-patient relationship</p> <p>Interpersonal relationship-</p> <p>Elements of nurse patient contract,</p> <p>Review of technique of IPR- Johari window</p> <p>Therapeutic impasse and its management</p>	6	10
5	<p>Treatment modalities and therapies used in mental disorders</p> <p>Physical therapies: Psycho pharmacology, Electro Convulsive therapy</p> <p>Psychological Therapies: Psychotherapy, Behavior therapy, CBT,</p> <p>Psychosocial: Group therapy, Family therapy, Therapeutic Community, Recreational therapy, Art therapy (Dance, Music etc), Occupational therapy</p> <p>Alternative & Complementary: Yoga, meditation, Relaxation</p> <p>Consideration for special populations</p>	10	17
6	<p>Nursing management of patient with Schizophrenia, and other psychotic disorders</p> <p>Prevalence and incidence</p> <p>Classification</p> <p>Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations</p> <p>Nursing process</p>	8	13

	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		
7	Nursing management of patient with mood disorders Prevalence and incidence Mood disorders: Bipolar affective disorder, mania depression and dysthymia etc. 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	6	10
8	Nursing management of patient with neurotic, stress related and somatisation disorders Prevalence and incidence Classifications Anxiety disorder, Phobias, Dissociative and Conversion disorder 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 practice	8	13

Course Outcome:

Sr. No.	CO statement	Unit No
CO-1	Describe the historical development, scope, normal- abnormal behavior, principles & standards of mental health nursing in practice	1,2
CO-2	Conduct mental health assessments and maintain therapeutic communication	3,4
CO-3	Implement various treatment modalities and therapies in mental disorders	5
CO-4	Provide nursing care based on assessment findings and treatment for schizophrenia, mood disorders, stress related neurotic & somatization disorders	6,7,8

Teaching & Learning Methodology: -

1. Lecture discussion
2. Demonstration
3. Role play
4. Process recording

List of experiments**Total Hours-80**

Sr. No.	Practical Name
1.	Assess patients with mental health problems/disorders
2.	Observe and assist in various treatment modalities or therapies
3.	Counsel and educate patients and families
4.	Perform individual and group psychoeducation
5.	Provide nursing care to patients with mental health problems/disorders
6.	Motivate patients in the community for early treatment and follow up

Books Recommended:

1. R. Prakash ; “Mental Health/Psychiatric Nursing”; CBS Publishers
2. Deepika C Khakha; “Essentials of Mental Health Nursing”; CBS Publishers
3. R Sreevani; “A guide to Mental Health & Psychiatric Nursing”; Jaypee Publication
4. Bharat Pareek; “Textbook of Mental Health Nursing 1 and 2”; Vision Publishers
5. Gandhi; “Textbook of Mental Health and Psychiatric Nursing”; Elsevier Publication

List of Open-Source Software/learning website:

1. https://books.google.com/books/about/Textbook_of_Mental_Health_and_Psychiatri.html?id=stN-EAAAQBAJ
2. https://www.cartercenter.org/resources/pdfs/health/ephti/library/lecture_notes/nursing_students/ln_psych_nsg_final.pdf
3. https://akperpelni.ecampuz.com/file_upload/e_pustaka/download.php?task=download&folder=dl_file&subfolder=ebook&file=9_@MBS_MedicalBooksStore_2020_Psychiatric.pdf

CO-PO-PSO Matrix

Co. No.	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2
CO-1	2	2	2	1	-	2	3	3	3	2	3	2
CO-2	3	3	3	1	-	2	3	3	3	2	2	3
CO-3	3	3	3	1	-	3	2	3	3	2	2	3
CO-4	3	3	3	1	-	2	2	3	3	3	3	2