

CLINICAL SPECIALITY – I

MENTAL HEALTH (PSYCHIATRIC) NURSING

Placement : 1st Year

Hours of Instruction
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

Objectives

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
9. Apply the nursing process approach in caring for patients with mental disorders
10. Describe the psychopharmacological agents, their effects and nurses role
11. Recognize the role of psychiatric nurse practitioner and as a member of the psychiatric and mental health team
12. Describe various types of alternative system of medicines used in psychiatric settings
13. Incorporate evidence based nursing practice and identify the areas of research in the field of psychiatric nursing

Course Content

Units	Hours	Content
I	15	<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>
II	10	<p>Concepts of Psychobiology</p> <ul style="list-style-type: none"> □ The Nervous System: <ul style="list-style-type: none"> • An Anatomical Review • The Brain and limbic system • Nerve Tissue • Autonomic Nervous system • Neurotransmitters □ Neuroendocrinology <ul style="list-style-type: none"> • Pituitary, Thyroid Gland • Circadian Rhythms □ Genetics □ Neuro psychiatric disorders □ Psychoimmunology <ul style="list-style-type: none"> • Normal Immune response • Implications for psychiatric Illness □ Implications for Nursing
III	10	<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
IV	5	<p>Stress and its management</p> <ul style="list-style-type: none"> □ An introduction to the concepts of stress □ Psychological Adaptation to stress □ Stress as a Biological Response. □ Stress as an Environmental Event.

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		<ul style="list-style-type: none"> □ Stress as Transaction between the Individual and the Environment. □ Stress management.
V	10	<p>Therapeutic communication and interpersonal relationship</p> <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
VI	10	<p>Assertive Training</p> <ul style="list-style-type: none"> □ Assertive Communication □ Basic Human Rights □ Response Patterns <ul style="list-style-type: none"> • (Nonassertive Behavior • Assertive Behavior • Aggressive Behavior • Passive-Aggressive Behavior) □ Behavioral Components of Assertive Behavior □ Techniques that Promote Assertive Behavior □ Thought-Stopping Techniques Method <p>Role of The Nurse</p>
VII	10	<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 <p>Role of The Nurse</p>
	5	<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

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VIII	10	The nursing process in psychiatric/mental health nursing <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 <ul style="list-style-type: none"> □ Critical pathways of care □ Documentation <ul style="list-style-type: none"> □ Problem-oriented recording □ Focus charting □ The PIE method
IX	35	Psycho social and physical therapies <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 □ The Therapeutic Community □ Occupational therapy □ Recreational therapy □ Play therapy □ Music therapy □ Light therapy □ Color therapy □ Aroma therapy
XI	5	Electroconvulsive Therapy <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
X	10	Psychopharmacology <ul style="list-style-type: none"> □ Historical Perspectives □ Role of a Nurse in Psychopharmacological Therapy <ul style="list-style-type: none"> • Antianxiety Agents • Antidepressants Agents • Mood stabilizers • Antipsychotics • Sedative-Hypnotics • Central Nervous System Stimulants □ Future developments

Units	Hours	Content
XII	15	<p>Alternative systems of medicine in mental health</p> <ul style="list-style-type: none"> □ Types of Therapies <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

Practical

Total = 660 Hours
1 Week = 30 Hours

S.No.	Area of Posting	No. of Week	Total Hours
1	Acute Psychiatric Ward	4	120 Hours
2	Chronic Psychiatric ward	4	120 Hours
3	Psychiatric Emergency Unit	2	60 Hours
4	O.P.D	2	60 Hours
5	Family Psychiatric Unit	2	60 Hours
6	Community Mental Health Unit	4	120 Hours
7	Rehabilitation / Occupational Therapy Unit/Half way home / Day care centre	4	120 Hours
	Total	22 Weeks	660 Hours

Student Activities

- History taking
- Mental health assessment
- Psychometric assessment
- Personality assessment
- Process recording
- Therapies- Group Therapy
- Family Therapy
- Psychotherapy
- Milieu Therapy
- The Therapeutic Community
- Occupational therapy
- Recreational therapy
- Play therapy
- music therapy
- Pet therapy
- Counselling
- Assisted ECT
- Assisted EEG
- Case studies
- Case presentation
- Project work
- Socio and psycho drama
- Field visits