

## CLINICAL SPECIALITY - II

### PSYCHIATRIC (MENTAL HEALTH) NURSING

Placement: II Year

Hours of Instruction  
Theory 150 hrs  
Practical 950 hrs  
Total : 1100 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 develop advanced skills for nursing intervention in various psychiatric conditions. It will enable the student to function as psychiatric nurse practitioner/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. Apply the nursing process in the care of patients with mental disorders in hospital and community
2. Demonstrate advanced skills/competence in nursing management of patients with mental disorders
3. Identify and care for special groups like children, adolescents, women, elderly, abused and neglected, people living with HIV/AIDS.
4. Identify and manage psychiatric emergencies.
5. Provide nursing care to critically ill patients with mental disorders
6. Utilize the recent technology and various treatment modalities in the management of patients with mental disorders
7. Demonstrate skills in carrying out crisis intervention.
8. Appreciate the legal and ethical issues pertaining to psychiatric nursing.
9. Identify areas of research in the field of psychiatric nursing.
10. Prepare a design for layout and describe standards for management of Psychiatric units/emergency units/hospitals
11. Teach psychiatric nursing to undergraduate students & in-service nurses.

## Course Content

| Unit       | Hours     | Content  |
|------------|-----------|--|
| <b>I</b>   | <b>2</b>  | <b>Principles and practice of Psychiatric nursing</b><br><ul style="list-style-type: none"> <li>□ Review</li> </ul>  |
| <b>II</b>  | <b>10</b> | <b>Crisis Intervention</b><br><ul style="list-style-type: none"> <li>□ Crisis, Definition</li> <li>□ Phases In The Development of A Crisis</li> <li>□ Types of Crisis; Dispositional , Anticipated Life Transitions Traumatic Stress, Maturation/ Development , Reflecting Psychopathology</li> <li>□ Psychiatric Emergencies and their management</li> <li>□ Grief and grief reaction</li> <li>□ Crisis Intervention; Phases</li> <li>□ Post traumatic stress disorder (PTSD)</li> <li>□ Role of the Nurse</li> </ul> |
| <b>III</b> | <b>4</b>  | <b>Anger/ Aggression Management</b><br><ul style="list-style-type: none"> <li>□ Anger and Aggression, Types, Predisposing Factors</li> <li>□ Management</li> <li>□ Role of The Nurse</li> </ul>  |
| <b>IV</b>  | <b>5</b>  | <b>The Suicidal Client</b><br><ul style="list-style-type: none"> <li>□ Epidemiological Factors</li> <li>□ Risk Factors <ul style="list-style-type: none"> <li>• <b>Predisposing Factors:</b> Theories of Suicide-Psychological, Sociological ,Biological</li> </ul> </li> <li>□ Nursing Management</li> </ul>  |
| <b>V</b>   | <b>5</b>  | <b>Disorders of Infancy, Childhood, and Adolescence</b><br><ul style="list-style-type: none"> <li>□ Mentally Challenged</li> <li>□ Autistic Disorders</li> <li>□ Attention-Deficit/Hyperactivity Disorder</li> <li>□ Conduct Disorders, behavioural disorders</li> <li>□ Oppositional Defiant Disorder</li> <li>□ Tourette's Disorders</li> <li>□ Separation Anxiety Disorder</li> <li>□ Psychopharmacological Intervention and Nursing Management</li> </ul>  |
| <b>VI</b>  | <b>5</b>  | <b>Delirium, Dementia, and Amnestic Disorders</b><br><ul style="list-style-type: none"> <li>□ Delirium</li> <li>□ Dementia</li> <li>□ Amnesia</li> <li>□ Psychopharmacological Intervention and Nursing Management</li> </ul>  |
| <b>VII</b> | <b>10</b> | <b>Substance-Related Disorders</b><br><ul style="list-style-type: none"> <li>□ Substance-Use Disorders</li> <li>□ Substance-Induced Disorders</li> <li>□ Classes Of Psychoactive Substances</li> <li>□ Predisposing Factors</li> </ul>   |

| Unit        | Hours     | Content  |
|-------------|-----------|--|
|             |           | <ul style="list-style-type: none"> <li>□ The Dynamics Of Substance-Related Disorders</li> <li>□ The Impaired Nurse</li> <li>□ Codependency</li> <li>□ Treatment Modalities For Substance-Related Disorders and Nursing Management</li> </ul>   |
| <b>VIII</b> | <b>10</b> | <p><b>Schizophrenia and Other Psychotic Disorders (Check ICD10)</b></p> <ul style="list-style-type: none"> <li>□ Nature of the Disorder</li> <li>□ Predisposing Factors</li> <li>□ Schizophrenia -Types <ul style="list-style-type: none"> <li>• Disorganized Schizophrenia</li> <li>• Catatonic Schizophrenia</li> <li>• Paranoid Schizophrenia</li> <li>• Undifferentiated Schizophrenia</li> <li>• Residual Schizophrenia</li> </ul> </li> <li>□ Other Psychotic disorders <ul style="list-style-type: none"> <li>• Schizoaffective Disorder</li> <li>• Brief Psychotic Disorder</li> <li>• Schizophreniform Disorder</li> <li>• Psychotic Disorder Due to a General Medical Condition</li> <li>• Substance-Induced Psychotic Disorder</li> </ul> </li> <li>□ Treatment and Nursing Management</li> </ul> |
| <b>IX</b>   | <b>8</b>  | <p><b>Mood Disorders</b></p> <ul style="list-style-type: none"> <li>□ Historical Perspective</li> <li>□ Epidemiology</li> <li>□ The Grief Response</li> <li>□ Maladaptive Responses To Loss</li> <li>□ Types Of Mood Disorders</li> <li>□ Depressive disorders</li> <li>□ Bipolar disorders</li> <li>□ Treatment and Nursing Management</li> </ul>   |
| <b>X</b>    | <b>8</b>  | <p><b>Anxiety Disorders</b></p> <ul style="list-style-type: none"> <li>□ Historical Aspects</li> <li>□ Epidemiological Statistics</li> <li>□ How Much is too Much?</li> <li>□ Types <ul style="list-style-type: none"> <li>• Panic Disorder</li> <li>• Generalized Anxiety Disorder</li> <li>• Phobias</li> <li>• Obsessive-Compulsive Disorder</li> <li>• Posttraumatic Stress Disorder</li> <li>• Anxiety Disorder Due to a General Medical Condition</li> <li>• Substance-Induced Anxiety Disorder</li> </ul> </li> <li>□ Treatment Modalities</li> <li>□ Psychopharmacology &amp; Nursing Management</li> </ul>  |
| <b>XI</b>   | <b>5</b>  | <p><b>Somatoform And Sleep Disorders</b></p> <ul style="list-style-type: none"> <li>□ Somatoform Disorders</li> <li>□ Historical Aspects</li> </ul>  |

| <b>Unit</b> | <b>Hours</b> | <b>Content</b>   |
|-------------|--------------|--|
|             |              | <ul style="list-style-type: none"> <li>• Epidemiological Statistics</li> <li>• Pain Disorder</li> <li>• Hypochondriasis</li> <li>• Conversion Disorder</li> <li>• Body Dysmorphic Disorder</li> <li>□ Sleep Disorder</li> <li>□ Treatment Modalities and Nursing Management</li> </ul>   |
| <b>XII</b>  | <b>4</b>     | <b>Dissociative Disorders and Management</b> <ul style="list-style-type: none"> <li>□ Historical Aspects</li> <li>□ Epidemiological Statistics</li> <li>□ Application of the Nursing Management</li> <li>□ Treatment Modalities and Nursing Management</li> </ul>  |
| <b>XIII</b> | <b>4</b>     | <b>Sexual And Gender Identity Disorders</b> <ul style="list-style-type: none"> <li>□ Development Of Human Sexuality</li> <li>□ Sexual Disorders</li> <li>□ Variation In Sexual Orientation</li> <li>□ Nursing Management</li> </ul>  |
| <b>XIV</b>  | <b>4</b>     | <b>Eating Disorders</b> <ul style="list-style-type: none"> <li>□ Epidemiological Factors</li> <li>□ Predisposing Factors : Anorexia Nervosa And Bulimia Nervosa obesity</li> <li>□ Psychopharmacology</li> <li>□ Treatment &amp; Nursing Management</li> </ul>   |
| <b>XV</b>   | <b>4</b>     | <b>Adjustment and Impulse Control Disorders</b> <ul style="list-style-type: none"> <li>□ Historical and Epidemiological Factors <ul style="list-style-type: none"> <li>• Adjustment Disorders</li> <li>• Impulse Control Disorders</li> </ul> </li> <li>□ Treatment &amp; Nursing Management</li> </ul>  |
| <b>XVI</b>  | <b>4</b>     | <b>Medical Conditions due to Psychological Factors</b> <ul style="list-style-type: none"> <li>□ Asthma</li> <li>□ Cancer</li> <li>□ Coronary Heart Disease</li> <li>□ Peptic Ulcer</li> <li>□ Essential Hypertension</li> <li>□ Migraine Headache</li> <li>□ Rheumatoid Arthritis</li> <li>□ Ulcerative Colitis</li> <li>□ Treatment &amp; Nursing Management</li> </ul> |
| <b>XVII</b> | <b>8</b>     | <b>Personality Disorders</b> <ul style="list-style-type: none"> <li>□ Historical perspectives</li> <li>□ Types Of Personality Disorders <ul style="list-style-type: none"> <li>• Paranoid Personality Disorder</li> <li>• Schizoid Personality Disorder</li> <li>• Antisocial Personality Disorder</li> <li>• Borderline Personality Disorder</li> </ul> </li> </ul>     |

| <b>Unit</b>  | <b>Hours</b> | <b>Content</b>  |
|--------------|--------------|---|
|              |              | <ul style="list-style-type: none"> <li>• Histrionic Personality Disorder</li> <li>• Narcissitic Personality Disorder</li> <li>• Avoidance Personality Disorder</li> <li>• Dependent Personality Disorder</li> <li>• Obsessive-Compulsive Personality Disorder</li> <li>• Passive-Aggressive Personality Disorders</li> </ul> <ul style="list-style-type: none"> <li>□ Identification, diagnostic, symptoms</li> <li>□ Psychopharmacology</li> <li>□ Treatment &amp; Nursing Management</li> </ul>   |
| <b>XVIII</b> | <b>8</b>     | <p><b>The Aging Individual</b></p> <ul style="list-style-type: none"> <li>□ Epidemiological Statistics</li> <li>□ Biological Theories</li> <li>□ Biological Aspects of Aging</li> <li>□ Psychological Aspects of Aging</li> <li>□ Memory Functioning</li> <li>□ Socio-cultural aspects of aging</li> <li>□ Sexual aspects of aging</li> <li>□ Special Concerns of the Elderly Population</li> <li>□ Psychiatric problems among elderly population</li> <li>□ Treatment &amp; Nursing Management</li> </ul>  |
| <b>XIX</b>   | <b>5</b>     | <p><b>The person living with HIV Disease</b></p> <ul style="list-style-type: none"> <li>□ Psychological problems of individual HIV/AIDS</li> <li>□ Counseling</li> <li>□ Treatment &amp; Nursing Management</li> </ul>  |
| <b>XX</b>    | <b>5</b>     | <p><b>Problems Related to Abuse or Neglect</b></p> <ul style="list-style-type: none"> <li>□ Vulnerable groups, Women, Children, elderly, psychiatric patients, under privileged, challenged</li> <li>□ Predisposing Factors</li> <li>□ Treatment &amp; Nursing management- Counseling</li> </ul>  |
| <b>XXI</b>   | <b>7</b>     | <p><b>Community Mental Health Nursing</b></p> <ul style="list-style-type: none"> <li>□ National Mental Health Program- Community mental health program</li> <li>□ The Changing Focus of care</li> <li>□ The Public Health Model</li> <li>□ The Role of the Nurse</li> <li>□ Case Management</li> <li>□ The community as Client <ul style="list-style-type: none"> <li>• Primary Prevention</li> <li>• Populations at Risk</li> <li>• Secondary prevention</li> <li>• Tertiary Prevention</li> </ul> </li> <li>□ Community based rehabilitation</li> </ul> |
| <b>XXII</b>  | <b>5</b>     | <p><b>Ethical and Legal Issues in Psychiatric/Mental Health Nursing</b></p> <ul style="list-style-type: none"> <li>□ Ethical Considerations</li> <li>□ Legal Consideration</li> </ul>   |

| Unit         | Hours    | Content   |
|--------------|----------|---|
|              |          | <ul style="list-style-type: none"> <li>• Nurse Practice Acts</li> <li>• Types of Law</li> <li>• Classification within Statutory and Common Law</li> <li>• Legal Issues in Psychiatric/Mental Health Nursing</li> <li>• Nursing Liability</li> </ul>   |
| <b>XXIII</b> | <b>5</b> | <p><b>Psychosocial rehabilitation</b></p> <ul style="list-style-type: none"> <li>□ Principles of rehabilitation</li> <li>□ Disability assessment</li> <li>□ Day care centers</li> <li>□ Half way homes</li> <li>□ Reintegration into the community</li> <li>□ Training and support to care givers</li> <li>□ Sheltered workshops</li> <li>□ Correctional homes</li> </ul>                   |
| <b>XXIV</b>  | <b>5</b> | <p><b>Counseling</b></p> <ul style="list-style-type: none"> <li>□ Liaison psychiatric nursing</li> <li>□ Terminal illnesses-Counseling</li> <li>□ Post partum psychosis-treatment, care and counseling</li> <li>□ Death dying- Counseling</li> <li>□ Treatment, care and counseling – <ul style="list-style-type: none"> <li>• Unwed mothers</li> <li>• HIV and AIDS</li> </ul> </li> </ul> |
| <b>XXV</b>   | <b>5</b> | <p><b>Administration and management of psychiatric units including emergency units</b></p> <ul style="list-style-type: none"> <li>□ Design &amp; layout</li> <li>□ Staffing,</li> <li>□ Equipment, supplies,</li> <li>□ Norms, policies and protocols</li> <li>□ Quality assurance</li> <li>□ Practice standards for psychiatric nursing</li> <li>□ Documentation</li> </ul>                |
| <b>XXVI</b>  | <b>5</b> | <p><b>Education and training in psychiatric care</b></p> <ul style="list-style-type: none"> <li>□ Staff orientation, training and development,</li> <li>□ In-service education program,</li> <li>□ Clinical teaching programs.</li> </ul>   |

## Practicals

**Total = 960 Hours**

**1 Week = 30 Hours**

| <b>S.No.</b> | <b>Area of Posting</b>                           | <b>No. of Week</b> | <b>Total Hours</b> |
|--------------|--|--------------------|--------------------|
| 1            | Acute Psychiatric Ward                           | 4                  | 120 Hours          |
| 2            | Chronic Psychiatric Ward                         | 4                  | 120 Hours          |
| 3            | De-addiction Unit                                | 4                  | 120 Hours          |
| 4            | Psychiatric Emergency Unit                       | 4                  | 120 Hours          |
| 5            | O.P.D (Neuro and psychiatric)                    | 3                  | 90 Hours           |
| 6            | Child Psychiatric Unit and child guidance clinic | 2                  | 60 Hours           |
| 7            | Post natal ward                                  | 1                  | 30 Hours           |
| 8            | Family Psychiatric Unit                          | 2                  | 60 Hours           |
| 9            | Field visits                                     | 2                  | 60 Hours           |
| 10           | Rehabilitation                                   | 2                  | 60 Hours           |
| 11           | Community Mental Health Unit                     | 4                  | 120 Hours          |
|              | <b>Total</b>                                     | <b>32 Weeks</b>    | <b>960 Hours</b>   |

### Essential Psychiatric nursing skills

#### Procedures Observed

1. Psychometric tests
2. Personality tests
3. Family therapy
4. Assisted
5. CT
6. MRI
7. Behavioral therapy.

#### Procedures Performed

1. Mental status examination
2. Participating in various therapies – Physical; ECT,
3. Administration of Oral, IM, IV psychotropic drugs
4. Interviewing skills
5. Counseling skills
6. Communication skills
7. Psychoeducation
8. Interpersonal relationship skills
9. Community Survey for identifying mental health problems
10. Rehabilitation therapy
11. Health education and life skills training.
12. Supportive psychotherapeutic skills
13. Group therapy
14. Milieu therapy
15. Social/Recreational therapy.
16. Occupational therapy.