



**BASIC B.Sc. NUSING THIRD YEAR**

**Subject code:3**

**Subject: Mental HealthNursing**

**Faculty: Mrs. Nisha Naik**

| <b>Units</b>                                   | <b>Topics</b>  | <b>No.Of lectures</b> | <b>Lectures serial no.</b> |
|--|--|-----------------------|----------------------------|
| <b>I</b><br><b>Introduction</b>                | Perspectives of Mental Health and Mental Health Nursing : evolution of mental health services, treatments and nursing practices.Prevalence and incidence of mental health problems and disorders.Mental Health Act | <b>1</b>              | <b>1</b>                   |
|  | National Mental health policy vis a vis National Health Policy. National Mental Health programme   | <b>1</b>              | <b>2</b>                   |
|  | Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice  | <b>1</b>              | <b>4</b>                   |
|  | Concepts of normal and abnormal behaviour.   | <b>1</b>              | <b>5</b>                   |
| <b>II</b><br><b>Principles and Concepts of</b> | Definition : mental health nursing and terminology used Classification of mental disorders: ICD.Review of personality development, defense mechanisms.   | <b>1</b>              | <b>6</b>                   |

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| <b>Mental Health Nursi</b>   | Maladaptive behaviour of individuals and groups :stress, crises and disaster(s).Etiology : bio-pycho-social                                 | <b>1</b> | <b>7</b>     |
|  | Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neuro transmission               | <b>1</b> | <b>8</b>     |
|  | Principles of Mental health Nursing. Standards of Mental health Nursing practice  | <b>1</b> | <b>9</b>     |
|  | Conceptual models and the role of nurse :<br>Existential Model.<br>Psycho-analytical models.<br>Behavioral; models.<br>Interpersonal model. | <b>1</b> | <b>10</b>    |
| <b>III</b><br><b>Assessment of mental health status.</b>                     | History taking.   | <b>1</b> | <b>11</b>    |
|  | Mental status examination.  | <b>2</b> | <b>12-13</b> |
|  | Mini mental status examination.   | <b>1</b> | <b>14</b>    |
|  | Neurological examination :Review.   | <b>2</b> | <b>15-16</b> |
|  | Investigations : Related Blood chemistry, EEG, CT & MRI.  | <b>1</b> | <b>17</b>    |
|  | Psychological tests Role and responsibilities of nurse.   | <b>1</b> | <b>18</b>    |
| <b>IV</b><br><b>Therapeutic communication and nurse-patient relationship</b> | Therapeutic communication: types, techniques, characteristics   | <b>2</b> | <b>19-20</b> |
|  | Types of relationship, Ethics and responsibilities  | <b>1</b> | <b>21</b>    |
|  | Ethics and responsibilities, Elements of nurse patient Contract   | <b>1</b> | <b>22</b>    |

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|   | Review of technique of IPR- Johari Window<br>Goals, phases, tasks, therapeutic techniques   | 1 | 23    |
|   | Therapeutic impasse and its intervention  | 1 | 24    |
| <b>V</b><br><b>Treatment modalities and therapies used in mental disorders.</b>                     | Psycho Pharmacology: Psychological therapies :Therapeutic community, psycho therapy – Individual psycho-analytical, cognitive & supportive, family, Group, Behavioral, Play Psycho-drama, Music, Dance, Recreational and Light therapy, Relaxation therapies : Yoga, Meditation, bio feedback | 3 | 25-27 |
|   | Alternative systems of medicine   | 2 | 28-29 |
|   | Psychosocial rehabilitation process   | 3 | 30-32 |
|   | Occupational therapy.   | 2 | 33-34 |
|   | Physical Therapy: electro convulsive therapy  | 2 | 35-36 |
|   | Geriatric considerations Role of nurse in above therapies.  | 2 | 37-38 |
| <b>VI</b><br><b>Nursing management of patient with Schizophrenia, and other psychotic disorders</b> | Classification : ICD Etiology, psychopathology, types, clinical manifestations, diagnosis   | 1 | 39    |
|   | Nursing Assessment-History, Physical and mental assessment  | 1 | 40    |
|   | Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders  | 1 | 41    |
|   | Geriatric considerations  | 1 | 42    |
|   | Follow – up and home care and rehabilitation  | 1 | 43    |
| <b>VII</b><br><b>Nursing management of patient with mood</b>  | Mood disorders : Bipolar affective disorder, Mania depression and dysthymia etc. Etiology, psycho-pathology, clinical manifestations, diagnosis.  | 1 | 44    |

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| <b>Disorders</b>   | Nursing Assessment-History,Physical and mental assessment   | <b>1</b> | <b>45</b>    |
|  | Treatment modalities and nursing management of patients with mood disorders   | <b>1</b> | <b>46</b>    |
|  | Geriatric considerations  | <b>1</b> | <b>47</b>    |
|  | Follow-up and home care and rehabilitation  | <b>1</b> | <b>48</b>    |
| <b>VIII</b><br><b>Nursing management of patient with neurotic, stress related and somatization disorders</b> | Anxiety disorder, Phobias, Dissociation and Conversion disorder, Obsessive compulsive disorder, somatoform disorders, Post traumatic stress disorder. | <b>2</b> | <b>49-50</b> |
|  | Etiology, psycho-pathology, clinical manifestations, diagnosis  | <b>2</b> | <b>51-52</b> |
|  | Nursing Assessment-History, Physical and mental assessment  | <b>2</b> | <b>53-54</b> |
|  | Treatment modalities and nursing management of patients with neurotic, stress related and somatization disorders.                                     | <b>1</b> | <b>55</b>    |
|  | Geriatric considerations:Follow-up and home care and rehabilitation   | <b>1</b> | <b>56</b>    |
| <b>IX</b><br><b>Nursing management of patient with substance use disorders</b>                               | Commonly used psychotropic substance : Classification, forms, routes, action, intoxication and withdrawal   | <b>1</b> | <b>57</b>    |
|  | Etiology of dependence: tolerance, psychological and physical dependence, withdrawal syndrome, diagnosis  | <b>1</b> | <b>58</b>    |
|  | Nursing Assessment-History, Physical, mental assessment and drug assay  | <b>1</b> | <b>59</b>    |
|  | Treatment (detoxification, antabuse and narcotic antagonist therapy and harm reduction) and   | <b>1</b> | <b>60</b>    |
|  | nursing management of patients with substance use disorders   | <b>1</b> | <b>61</b>    |

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|  | Geriatric considerations: Follow-up and home care and rehabilitation.  | <b>1</b> | <b>62</b>    |
| <b>X</b><br><b>Nursing management of patient with Personality, Sexual and Eating disorders</b>           | Classification of disorders: Etiology, psychopathology, characteristics, diagnosis.  | <b>1</b> | <b>63</b>    |
|  | Nursing Assessment – History, Physical and mental assessment   | 1        | 64           |
|  | Treatment modalities and nursing management of patients with Personality, Sexual and Eating disorders                                | <b>1</b> | <b>65</b>    |
|  | Geriatric considerations Follow-up and home care and rehabilitation  | <b>2</b> | <b>66-67</b> |
| <b>XI</b><br><b>Nursing management of childhood and adolescent disorders including mental deficiency</b> | Classification Etiology, psychopathology, characteristics, diagnosis Nursing Assessment- History, Physical, mental and IQ assessment | <b>2</b> | <b>68-69</b> |
|  | Treatment modalities and nursing management of childhood disorders including mental deficiency                                       | <b>2</b> | <b>70-71</b> |
|  | Follow-up and home care and rehabilitation   | <b>1</b> | <b>72</b>    |
| <b>XII</b><br><b>Nursing management of organic brain disorders</b>                                       | Classification : ICD?  | <b>1</b> | <b>73</b>    |
|  | Etiology, psychopathology, clinical features, diagnosis and Differential diagnosis (parkinsons and alzheimers)                       | <b>1</b> | <b>74</b>    |
|  | Nursing Assessment- History, Physical, mental and neurological assessment  | <b>1</b> | <b>75</b>    |
|  | Treatment modalities and nursing management of organic brain disorders   | <b>1</b> | <b>76</b>    |
|  | Geriatric considerations   | <b>2</b> | <b>77-78</b> |
|  | Follow-up and home care and rehabilitation   | <b>1</b> | <b>79</b>    |
| <b>XIII</b>  | Types of psychiatric emergencies and their   | <b>1</b> | <b>80</b>    |

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| <b>Psychiatric emergencies crisis intervention</b>   | management   |          |           |
|  | Stress adaptation Model: stress and stressor, coping, resources and mechanism  | <b>1</b> | <b>81</b> |
|  | Grief : Theories of grieving process, principles, techniques of counseling   | <b>1</b> | <b>82</b> |
|  | Types of crisis, Crisis Intervention: Principles, Techniques and Process   | <b>1</b> | <b>83</b> |
|  | • Geriatric considerations Role and responsibilities of nurse Practice   | <b>1</b> | <b>84</b> |
| <b>XIV<br/>Legal issues in Mental Health Nursing</b> | The Mental Health Act 1987: Act, Sections, Articles and their implications etc   | <b>1</b> | <b>85</b> |
|  | Indian lunacy Act. 1912 Rights of mentally, ill clients  | <b>1</b> | <b>86</b> |
|  | Forensic psychiatry Acts related to narcotic & psychotropic substances and illegal drug trafficking  | <b>1</b> | <b>87</b> |
|  | Admission and discharge Procedures, Role and responsibilities of nurse   | <b>1</b> | <b>88</b> |
| <b>XV<br/>Community Mental Health Nursing</b>        | Development of Community Mental Health Services: National Mental Health Programmed Institutionalization Versus Deinstitutionalization Model of Preventive psychiatry :Levels of Prevention   | <b>1</b> | <b>89</b> |
|  | Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and Role of nurse 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. | <b>1</b> | <b>90</b> |

**PRACTICUM:** - 270 Hrs.

## EVALUATION:

**Paper -3, Subject –Mental Health Nursing , Duration -3HRS**

| SR NO | EXAMINATION  | MARKS | TOTAL |
|-------|--|-------|-------|
| 1.    | Unit test I  | 25    | 150   |
| 2.    | Unit test II   | 50    |       |
| 3.    | Prelim   | 75    |       |
| 4.    | Assingments  | 25    |       |
| 5.    | External Assessment (Theory)<br>(University Examination) | 75    | 100   |
| 6.    | Internal Assessment                                      | 25    |       |

## REFRENCES:

- M.S. Bhatia, A concised text Book of Psychiatric Nursing, CBS publishers and distributors, Delhi 2nd ed. 1999.
- M.S. Bhatia, Essentials of Psychiatry, CBS publishers and distributors, Delhi
- Mary C Townsend. “Psychiatric Mental Health Nursing”. Concept of care, 4th edition. F.A.Davis Co. Philadelphia 2003.
- Bimla Kapoor, Psychiatric nursing , Vol. I & II Kumar publishing house Delhi, 2001
- Niraj Ahuja, A short textbook of pstchiatry , ,Jaypee brothers,new delhi, 2002.
- The ICD10, Classification of mental and behavioural disorders, WHO, A.I.T.B.S. publishers, Delhi,2002
- R. Sreevani, A guide to mental health & psychiatric nursing, Jaypee brothers, Medical Publishers p(ltd)\_,New Delhi 1st edition.
- R. Baby, Psychiatric Nursing N.R. Brothers, Indore, 1st edition 2001