

LESSON PLAN
BASIC B.Sc. NUSING III YEAR

Subject code:3

Subject: Mental Health Nursing

Faculty: Mrs. Nisha Naik

Units	Topics	No.Of lectures	Lectures serial no.
I Introduction	<p>Perspectives of Mental Health and Mental Health Nursing: evolution of mental health services, treatments and nursing practices.</p> <ul style="list-style-type: none"> • Prevalence and incidence of mental health problems and disorders. Mental Health Act • National Mental health policy vis a vis National Health Policy. National Mental Health programme. • Mental health team. Nature and scope of mental health nursing. • Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice • Concepts of normal and abnormal behaviour. 	<p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">2</p> <p style="text-align: center;">3</p> <p style="text-align: center;">4</p> <p style="text-align: center;">5</p>
II Principles and Concepts of Mental Health Nursing	<p>Definition : mental health nursing and terminology used</p> <ul style="list-style-type: none"> • Classification of mental disorders: ICD. Review of personality development, defense mechanisms. • Maladaptive behaviour of individuals and groups: stress, crises and disaster(s). Etiology: bio-psycho-social factors. • Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neuro transmission. • Principles of Mental health Nursing. Standards of Mental health Nursing practice. • Conceptual models and the role of nurse : <ol style="list-style-type: none"> 1. Existential Model. 2. Psycho-analytical models. 3. Behavioral; models. 4. Interpersonal model. 	<p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">7</p> <p style="text-align: center;">8</p> <p style="text-align: center;">9</p> <p style="text-align: center;">10</p>

<p>substance use disorders</p>	<p>withdrawal</p> <ul style="list-style-type: none"> • Etiology of dependence: tolerance, psychological and physical dependence, withdrawal syndrome, diagnosis. • Nursing Assessment-History, Physical, mental assessment and drug assay • Treatment (detoxification, antabuse and narcotic antagonist therapy and harm reduction) and nursing management of patients with substance use disorders. • Geriatric considerations • Follow-up and home care and rehabilitation. 	<p>1 1 1 1 1</p>	<p>57 58 59 60 61</p>
<p>X Nursing management of patient with Personality, Sexual and Eating disorders</p>	<p>Classification of disorders</p> <ul style="list-style-type: none"> • Etiology, psycho-pathology, characteristics, diagnosis. Nursing Assessment – History, Physical and mental assessment. • Treatment modalities and nursing management of patients with Personality, Sexual and Eating disorders • Geriatric considerations • Follow-up and home care and rehabilitation 	<p>1 1 1 1</p>	<p>62 63 64 65</p>
<p>XI Nursing management of childhood and adolescent disorders including mental deficiency</p>	<p>Classification</p> <ul style="list-style-type: none"> • Etiology, psycho-pathology, characteristics, diagnosis Nursing Assessment-History, Physical, mental and IQ assessment • Treatment modalities and nursing management of childhood disorders including mental deficiency • Follow-up and home care and rehabilitation 	<p>2 2</p>	<p>66-67 68-69</p>

XII Nursing management of organic brain disorders	Classification : ICD?	2	70-71
	• Etiology, psycho-pathology, clinical features, diagnosis and Differential diagnosis (parkinsons and alzheimers)	1	72
	• Nursing Assessment-History, Physical, mental and neurological assessment	1	73
	• Treatment modalities and nursing management of organic brain disorders	1	74
	• Geriatric considerations	1	75
	• Follow-up and home care and rehabilitation	1	76
XIII Psychiatric emergencies and crisis intervention	Types of psychiatric emergencies and their management		
	• Stress adaptation Model: stress and stressor, coping,resources and mechanism	2	77-78
	• Grief : Theories of grieving process, principles, techniques of counseling	1	79
	• Types of crisis		
	• Crisis Intervention: Principles, Techniques and Process	1	80
	• Geriatric considerations Role and responsibilities of nurse Practice	1	81
XIV Legal issues in Mental Health Nursing	The Mental Health Act 1987: Act, Sections, Articles and their implications etc.		
	• Indian lunacy Act. 1912 Rights of mentally, ill clients	1	83
	• Forensic psychiatry Acts related to narcotic & psychotropic substances and illegal drug trafficking	1	84
	• Admission and discharge procedures	1	85
	• Role and responsibilities of nurse		

XV Community Mental Health Nursing	• Development of Community Mental Health Services: National Mental Health Programme Institutionalization Versus Deinstitutionalization Model of Preventive psychiatry :Levels of Prevention	1	86
	• Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and Role of nurse	1	87
	• Mental Health Agencies: Government and voluntary, National and International	1	88
	• Mental health nursing issues for special populations: Children, Adolescence, Women, Elderly, Victims of violence and abuse, Handicapped, HIV/AIDS etc.	1	89
		1	90

PRACTICUM: - 270 Hrs.

EVALUATION:

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

Internal Assessment-25 , ExternalAssessment-75, Total Marks= 100

Internal Assessment: 25 Marks

(Out of 25 Marks to be send to the University)

Unit test I: 25 Marks

Unit test II:50Marks

Prelim: 75 Marks

Total: 100 Marks

External Assessment (Theory): 75 Marks

(University Examination)

REFERENCES:

- 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