LESSON PLAN **BASIC B.Sc. NUSING III YEAR**

Subject code:3 Subject: Mental HealthNursing Faculty: Mrs. Nisha Naik

Units	Topics	No.Of lectures	Lectures serial no.
I Introduction	Perspectives of Mental Health and Mental Health Nursing: evolution of mental health services, treatments and nursing practices.	1	1
	Prevalence and incidence of mental health problems and disorders. Mental Health Act	1	2
	• National Mental health policy vis a vis National Health Policy. National Mental Health programme.	1	3
	• Mental health team. Nature and scope of mental health nursing.	1	4
	• Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice	1	5
	Concepts of normal and abnormal behaviour.		
II Principles and Concepts of	Definition: mental health nursing and terminology used Classification of mental disorders: ICD. Review of personality development, defense mechanisms.	1	6
Mental Health Nursing	• Maladaptive behaviour of individuals and groups: stress, crises and disaster(s). Etiology: bio-psycho-social factors.	1	7
	• Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neuro transmission.	1	8
	• Principles of Mental health Nursing. Standards of Mental health Nursing practice.	1	9
	 Conceptual models and the role of nurse: 1. Existential Model. 2. Psycho-analytical models. 3. Behavioral; models. 4. Interpersonal model. 	1	10

III Assessment of mental health status. IV Therapeutic communication and nurse-patient relationship	History taking. • Mental status examination. • Mini mental status examination. • Neurological examination : Review. • Investigations: Related Blood chemistry, EEG, CT & MRI. • Psychological tests Role and responsibilities of nurse. Therapeutic communication: types, techniques, characteristics • Types of relationship, • Ethics and responsibilities • Elements of nurse patient contract • Review of technique of IPR- Johari Window □ Goals, phases, tasks, therapeutic techniques. • Therapeutic impasse and its intervention	1 2 1 2 1 1 1 1 1	11 12-13 14 15-16 17 18 19-20 21 22 23 24
V Treatment modalities and therapies used in mental disorders.	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. Alternative systems of medicine. Psychosocial rehabilitation process Occupational therapy. Physical Therapy: electroconvulsive therapy. Geriatric considerations Role of nurse in above therapies.	3 2 3 2 2 2	25-27 28-29 30-32 33-34 35-36 37-38
VI Nursing management of patient with Schizophrenia, and other psychotic disorders	Classification: ICD • Etiology, psycho-pathology, types, clinical manifestations, diagnosis • Nursing Assessment-History, Physical and mental assessment. • Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders • Geriatric considerations • Follow – up and home care and rehabilitation	1 1 1	39 40 41 42 43

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VII	Mood disorders : Bipolar			
Nursing	affective disorder, Mania			
management of	depression and dysthamia			
patient with	etc.			
mood				
Disorders	• Etiology, psycho-pathology,		1	44
	clinical manifestations,			
	diagnosis.			
	Nursing Assessment-History,		1	45
	Physical and mental assessment.		1	45
	- TD 1 1121 1			
	• Treatment modalities and		1	46
	nursing management of		1	40
	patients with mood disorders			
	• Conjection and American			
	Geriatric considerations		1	47
	• F-11			
	Follow-up and home care and rehabilitation			
	and renadification		1	48
	Anxiety disorder, Phobias,			
VIII	Dissociation and Conversion			
Nursing	disorder, Obsessive			
management of	compulsive disorder,			
patient with	somatoform disorders, Post			
neurotic,	traumatic stress disorder.			
stress related and	• Etiology, psycho-pathology,			
somatization	clinical manifestations,		2	49-50
disorders	diagnosis		4	47-30
	• Nursing Assessment-History,			
	Physical and mental			-1 -0
	assessment		2	51-52
	Treatment modalities and			
	nursing management of			
	patients with neurotic, stress		2	53-54
	related and somatization			
	disorders.			
	Geriatric considerations			
	• Follow-up and home care		1	55
	and rehabilitation		1	56
IX	Commonly used			
Nursing	psychotropic substance:			
management of	Classification, forms, routes,			
patient with	action, intoxication and			
Patient With				

anhatana			
substance use	withdrawal		
disorders	• Etiology of dependence:		
	tolerance, psychological and	1	57
	physical dependence,		
	withdrawal syndrome, diagnosis.		
	• Nursing Assessment-History,		
	Physical, mental assessment	1	58
	and drug assay	1	30
	• Treatment (detoxification,		
	antabuse and narcotic		50
	antagonist therapy and harm	1	59
	reduction) and nursing		
	management of patients with		
	substance use disorders.		
	Geriatric considerations		
	• Follow-up and home care	1	60
	and rehabilitation.	1	61
		1	01
	Classification of disorders		
X	• Etiology, psycho-pathology,		
Nursing	characteristics, diagnosis.	1	62
management of	Nursing Assessment –		
patient with	History, Physical and mental		
Personality,	assessment.		
Sexual and	• Treatment modalities and		
Eating disorders	nursing management of	1	63
	patients with Personality,	1	0.5
	Sexual and Eating disorders		
	Geriatric considerations		
	Follow-up and home care		
	and rehabilitation	1	64
	and renadification	1	65
XI	Classification		
Nursing	• Etiology, psycho-pathology,		(((=
management of	characteristics, diagnosis	2	66-67
childhood and	Nursing Assessment-History,		
adolescent	Physical, mental and IQ		
disorders	assessment		
including	Treatment modalities and		
mental deficiency	nursing management of	2	68-69
	childhood disorders		
	including mental deficiency		
	• Follow-up and home care		
	and rehabilitation		
	wite removinguitori		

		2	70-71
XII	Classification : ICD?		
Nursing	 Etiology, psycho-pathology, 	1	72
management of	clinical features, diagnosis		
organic brain	and Differential diagnosis		
disorders	(parkinsons and alzheimers)		
	• Nursing Assessment-History,		
	Physical, mental and		
	neurological assessment	1	72
	• Treatment modalities and	1	73
	nursing management of		
	organic brain disorders	1	74
	Geriatric considerations		
	• Follow-up and home care	1	75
	and rehabilitation	1	76
	Types of psychiatric		
XIII	emergencies and their		
Psychiatric	management		
emergencies	• Stress adaptation Model:		
and crisis	stress and stressor, coping, resources and mechanism	2	77-78
intervention	• Grief: Theories of grieving		
	process, principles,	1	79
	techniques of counseling		
	• Types of crisis		
	• Crisis Intervention:	1	80
	Principles, Techniques and		
	Process	1	81
	Geriatric considerations Role	1	01
	and responsibilities of nurse	1	82
	Practice		02
XIV	The Mental Health Act		
Legal issues in	1987: Act, Sections,		
Mental	Articles and their		
Health Nursing	implications etc.	1	83
	• Indian lunacy Act. 1912	1	
	Rights of mentally, ill		
	clients		
	• Forensic psychiatry	1	0.1
	Acts related to narcotic	1	84
	& psychotropic substances and illegal drug trafficking		
	Admission and discharge procedures		0.7
	procedures • Pole and remarkibilities	1	85
	• Role and responsibilities		
	of nurse		

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

PRACTICUM: - 270 Hrs.

EVALUATION:

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

Internal Assessment-25, External Assessment-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)

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