

LESSON PLAN
POST BASIC B.Sc. NUSING II YEAR

Subject code:3

Subject: Mental HealthNursing

Faculty: Mrs. Nisha Naik

Units	Topics	No.Of lectures	Lectures serial no.
UNIT-I INTRODUCTION AND HISTORICAL DEVELOPMENT	-Review of the concept of mental health and illness & mental mechanisms. History of psychiatry	1	1
	- Historical development of mental health nursing Philosophy, principles of mental health and psychiatric nursing.	1	2
	- Theoretical aConcept of normal and abnormal behavior.	1	3
	- Role and qualities of mental health and psychiatric nurse - Mental health team and functions of team members.	1	4
	- Legal aspects in psychiatry and mental health Nursing.	1	5
UNIT II CLASSIFICATION AND ASSESSMENT OF MENTAL DISORDERS	-Terminologies used in Psychiatry	1	6
	- Classification of mental disorders- ICD-10 classification	1	7
	- Etiological factors and psychopathology of mental disorders	1	8
	- History taking and mental status examination.	2	9-10

UNIT III THERAPEUTIC COMMUNICATION	-Communication process - Interview skill	1	11
	- Therapeutic communication techniques.	1	12
	- Nurse patient Relationship.	1	13
	- Therapeutic impasse and it's management - process recording.	1	14
UNIT IV MANAGEMENT OF MENTAL DISORDERS	Etiological factors, psychopathology, types, clinical features diagnostic criteria,	1	15
	treatment and nursing management of patient with following disorders.	1	16
	- Neurotic Disorders: - Anxiety disorders - General & Panic - Depressive Neurosis	1	17
	- Obsessive Compulsive Neurosis. - Phobic Neurosis - Hypochondriacal Neurosis.	1	18
	- Stress related and Somatoform disorders - Hysteric disorder.	1	19
	- Psychotic Disorders: - Schizophrenic disorders	2	21-22
	- Affective disorders - Organic Brain Syndromes – acute & chronic	1	23
	- Epileptic disorders	1	24
	- Sleep disorders - Psychosomatic disorders	1	25
	- Personality disorders	1	26
	- Sexual Disorders	1	27
	- Disorders of childhood:- Specific developmental disorders, Pervasive developmental	2	28-29

	<p>disorders, Attention deficit disorders , Conduct disorders, Enuresis & Encopresis,</p> <p>Speech Disorders, Habit disorders, other disorders. - Adolescent disorders –Attention deficit hyper activity disorder, conduct disorder,</p> <p>substance abuse, depression and suicide, eating disorders, running away.</p>	<p>1</p> <p>2</p> <p>2</p>	<p>30</p> <p>31-32</p> <p>33-34</p>
<p>UNIT V MANAGEMENT OF PATIENT WITH SUBSTANCE USE DISORDERS</p>	<p>Substance use and misuse - Dependence, intoxication and withdrawal - Classification of psychoactive substances</p>	1	35
	<p>- Etiological & contributory factors - Psychopathology - Clinical features - Diagnostic criteria</p>	1	36
	<p>- Treatment and nursing management of patient with substance use disorders. - Preventive and rehabilitative aspects in substance abuse.</p>	1	37
<p>UNIT-VI MANAGEMENT OF MENTAL SUB- NORMALITY / MENTALLY CHALLENGED</p>	<p>Classification of mental sub-normality - Etiological factors - Psychopathology</p>	1	38
	<p>- Psychometric assessment - Diagnostic criteria and management of sub-normality</p>	1	39

UNIT VII PSYCHIATRIC EMERGENCIES	Types of emergencies Psychopathology, Clinical feature, Assessment and diagnosis, Treatment and nursing	1	40
	management of patient with psychiatric emergencies such as-	1	41
	- Suicide, Stupor & Catatonic syndrome, Aggression, other psychiatric emergencies - Crisis Intervention therapy	2	42-43
UNIT VIII THERAPEUTIC MODALITIES-	Principles, indication, contraindications and role of nurse in various treatment method:	2	44-45
	- Pharmacotherapy	2	46-47
	- Therapeutic community and Milieu therapy	2	48-49
	- Psychotherapy- psychoanalysis, Behavior therapy, Cognitive Therapy, Supportive Therapy, Hypnosis, Abreaction, Relaxation Therapies, Biofeedback.	2	50-51
	- Group therapy	1	52
	- Family therapy	1	53
	- Occupational Therapy	1	54
	- Electro convulsive therapy - Other miscellaneous therapies	1	55
UNIT IX PREVENTIVE PSYCHIATRY	Model of prevention - Role of nurse in preventive psychiatry	1	56
	- Psychiatric social worker	1	57
	- Community mental health nursing	1	58

	<ul style="list-style-type: none"> - Community mental health Services and agencies 	1	59
	<ul style="list-style-type: none"> - National mental health programme 	1	60
	<p>PRACTICUM</p> <p>The student will be provided opportunity to:</p> <ul style="list-style-type: none"> - Observe, record and report the behavior of their selected patients. - Record the process of interaction. - Assess the nursing needs of their selected patients. Plan and implement the nursing intervention. - Counsel the attendant and family members of patient. - Participate in the activities of psychiatric team - Conduct an awareness programme on preventive Psychiatry - Write observation reports after a field visit to the following places: <ul style="list-style-type: none"> - Child guidance clinic - School/special School (for mentally subnormal) - Mental Hospital - Community mental health center <ul style="list-style-type: none"> - De-addiction center. 		

C LINICAL EXPERIENCES**Total Hours. : 240 hrs**

1. Psychiatric ward male & female	hours 120
2. Psychiatric OPD	hours 30
3. De-addiction center	hours 30
4. Various departments (ECT, CGC, Occupational Therapy, Behavioral Therapy, Psychotherapy)	hours 25
5. Visit to Mental Hospital	hours 10
6. Community Mental Health (Visit to Rehabilitation centers)	hours 25

EVALUATION:

Paper	Subject Mental Health Nursing	Duration	Internal Assessment	External Assessment	Total Marks
12	Theory	3	25	75	100
5	Practical		50	50	100

Internal Assessment:

Theory	: 25 Marks
Practical	: 50 Marks
Total	: 75 Marks

Details as follows:

Internal Assessment (Theory): 25 Marks

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

Mid-Term	: 50 Marks
Prelim	: 75 Marks
Total	125 Mark

(125 Marks from mid-term & prelim (Theory) to be converted into 25 Marks)

Internal Assessment (Practical): 50 Marks

(Out of 50 Marks to be send to the University)

Mid-Term Exam	50 Marks
Prelim Exam	50 Marks

Clinical Evaluation & Clinical Assignment:

	625 Marks
1. History taking: Two (50 marks each)	100 Marks
2. MSE: Two (50 marks each)	100 Marks
3. Process Recording: Two (25 marks each)	050 Marks
4. Nursing Care Plan: Two (50 marks each)	100 Marks
5. Clinical performance evaluation (Male or female ward)	100 Marks
6. Case Study: One	050 Marks
7. Case Presentation: One	050 Marks

8. Drugs study	050 Marks
9. Health Education: One	025 Marks
Total: 725 Marks	
(725 Marks from practical to be converted into 50 Marks)	

External Assessment: 125 Marks

(University Examination)

Theory: 75 Marks
Practical 50 Mark

REFERENCES:-

1. Principles and Practice of Psychiatric Nursing – By Stuart and Luraia
2. Comprehensive Psychiatric Nursing – Jidith Haber
3. Community Psychiatry – Kaplan
4. Psychiatric Nursing – Mary Townsend
5. A Short text book of Psychiatry – Neeraj Ahooja
6. A text book of Psychiatric Nursing – Bimla Kapoor
7. Lippincott's Manual of Psychiatric Nursing Care Plan.
8. Psychiatric Mental Health Nursing – Barbara Schoen Johnson, Lippincot company.
9. Mental Health Nursing – Mosby's Review Series – Paulette D. Rollant, Denise B. Deppoliti.
10. A Guide to Mental Health Nursing & Psychiatric Nursing – Sreevani, Jaypee Brothers Publication.
11. Question Bank Mental Health Nursing for U.G. Nursing students - Sreevani, Jaypee Brothers Publication.
12. Psychosocial Nursing for General Patient Care, 2nd Ed.-02 – Gorman, Jaypee Brothers Publication.