

**PBB B.Sc. NUSING II YEAR THIRD SEMESTER**

**Subject: Mental Health Nursing**

**Theory hours: 60**

**Practical hours: 240**

**Faculty: Ms. Priyanka Bodwal**

Units	Topics	No.of lectures	Lectures serial no.
<b>UNIT-I INTRODUCTION AND HISTORICAL DEVELOPMENT</b>	<ul style="list-style-type: none"><li>• Introduction and Historical Development</li><li>• History of psychiatry</li><li>• Historical development of mental health nursing.</li></ul>	1	1
	<ul style="list-style-type: none"><li>• Philosophy, principles of mental health and psychiatric nursing.</li><li>• Concept of normal and abnormal behavior.</li></ul>	2	3
	<ul style="list-style-type: none"><li>• Role and qualities of mental health and psychiatric nurse</li><li>• Mental health team and functions of team members.</li></ul>	1	4
	<ul style="list-style-type: none"><li>• Legal aspects in psychiatry and mental health services.</li></ul>	1	5
<b>UNIT II- CLASSIFICATION AND ASSESSMENT OF MENTAL DISORDERS</b>	<ul style="list-style-type: none"><li>• Classification and Assessment Of Mental Disorders</li></ul>	1	6
	<ul style="list-style-type: none"><li>• Terminologies used in Psychiatry</li></ul>	1	7
	<ul style="list-style-type: none"><li>• Classification of mental disorders- ICD-10 classification</li></ul>	1	8
	<ul style="list-style-type: none"><li>• Etiological factors and psychopathology of mental disorders</li></ul>	1	9
	<ul style="list-style-type: none"><li>• History taking and mental status examination.</li></ul>	1	10

<b>UNIT III THERAPEUTIC COMMUNICATION</b>	<ul style="list-style-type: none"> <li>• Therapeutic Communication</li> <li>• Communication process</li> </ul>	1	11
	<ul style="list-style-type: none"> <li>• Interview skill</li> <li>• Therapeutic communication techniques</li> </ul>	1	12
	<ul style="list-style-type: none"> <li>• Nurse patient Relationship.</li> </ul>	1	13
	<ul style="list-style-type: none"> <li>• Therapeutic impasse and it's management</li> <li>• Process recording</li> </ul>	1	14
<b>UNIT IV - MANAGEMENT OF MENTAL DISORDERS</b>	<ul style="list-style-type: none"> <li>• Management of Mental Disorders</li> <li>• Etiological factors, psychopathology, types, clinical features diagnostic criteria, treatment and nursing management of patient with following disorders.</li> </ul>	3	17
	<ul style="list-style-type: none"> <li>• Neurotic Disorders: <ul style="list-style-type: none"> <li>- Anxiety disorders - General &amp; Panic</li> <li>- Depressive Neurosis</li> <li>- Obsessive Compulsive Neurosis.</li> <li>- Phobic Neurosis</li> <li>- Hypochondriacal Neurosis.</li> <li>- Stress related and Somatoform disorders</li> <li>- Hysteric disorder.</li> </ul> </li> </ul>	5	22
	<ul style="list-style-type: none"> <li>• Psychotic Disorders: <ul style="list-style-type: none"> <li>- Schizophrenic disorders</li> <li>- Affective and Organic Psychosis</li> <li>- Organic Brain Syndromes – acute &amp; chronic</li> </ul> </li> </ul>	3	25

	<ul style="list-style-type: none"> <li>• Psychosomatic disorders</li> </ul>	1	26
	<ul style="list-style-type: none"> <li>• Personality disorders</li> </ul>	1	27
	<ul style="list-style-type: none"> <li>• Sexual Disorders</li> </ul>	1	28
	<ul style="list-style-type: none"> <li>• Disorders of childhood:- Specific developmental disorders, Pervasive developmental disorders, Attention deficit disorders , Conduct disorders, Enuresis &amp; Encopresis, Speech Disorders, Habit disorders, other disorders.</li> </ul>	3	31
	<ul style="list-style-type: none"> <li>• Adolescent disorders – Attention deficit hyper activity disorder, conduct disorder, substance abuse, depression and suicide, eating disorders, running away.</li> </ul>	3	34
<p align="center"><b>UNIT V- MANAGEMENT OF PATIENT WITH SUBSTANCE USE DISORDERS</b></p>	<ul style="list-style-type: none"> <li>• Management of Patient with Substance Use Disorders</li> <li>• Substance use and misuse</li> <li>• Dependence, intoxication and withdrawal <ul style="list-style-type: none"> <li>- Classification of psychoactive substances</li> <li>- Etiological &amp; contributory factors</li> <li>- Psychopathology</li> <li>- Clinical features</li> <li>- Diagnostic criteria</li> </ul> </li> </ul>	2	36

	<ul style="list-style-type: none"> <li>• Treatment and nursing management of patient with substance use disorders.</li> <li>• Preventive and rehabilitative aspects in substance abuse.</li> </ul>	1	37
<b>UNIT-VI MANAGEMENT OF MENTAL SUB- NORMALITY / MENTALLY CHALLENGED</b>	<ul style="list-style-type: none"> <li>• Management of Mental Sub-Normality / Mentally Challenged</li> <li>• Classification of mental sub-normality</li> </ul>	1	38
	<ul style="list-style-type: none"> <li>• Etiological factors, Psychopathology, Psychometric assessment, Diagnostic criteria and management of sub-normality</li> </ul>	1	39
<b>UNIT VII PSYCHIATRIC EMERGENCIE S</b>	<ul style="list-style-type: none"> <li>• Psychiatric Emergencies</li> </ul>	1	40
	<ul style="list-style-type: none"> <li>• Types of emergencies</li> </ul>	1	41
	<ul style="list-style-type: none"> <li>• Psychopathology, Clinical feature, Assessment and diagnosis, Treatment and nursing management of patient with psychiatric emergencies such as- Suicide, Stupor &amp; Catatonic syndrome, Aggression, other psychiatric emergencies</li> </ul>	1	42
	<ul style="list-style-type: none"> <li>• Crisis Intervention therapy</li> </ul>	1	43
<b>UNIT VIII THERAPEUTIC MODALITIES</b>	<ul style="list-style-type: none"> <li>• Therapeutic Modalities</li> </ul>	1	44
	<ul style="list-style-type: none"> <li>• Principles, indication, contraindications and role of nurse in various treatment method:</li> </ul>	1	45
	<ul style="list-style-type: none"> <li>- Pharmacotherapy</li> <li>- Therapeutic community and Milieu therapy</li> </ul>	2 2	47

	- Psychotherapy- psychoanalysis, Behavior therapy, Cognitive Therapy, Supportive Therapy, Hypnosis, Abreaction, Relaxation Therapies, Biofeedback. - Group therapy - Family therapy - Occupational Therapy - Electro convulsive therapy - Other miscellaneous therapies.	2  2  2	49 51 53 55
<b>UNIT IX PREVENTIVE PSYCHIATRY</b>	<ul style="list-style-type: none"> <li>• Preventive Psychiatry</li> <li>• Model of prevention</li>   <li>• Role of nurse in preventive psychiatry</li> <li>• Psychiatric social worker</li>   <li>• Community mental health nursing</li> <li>• Community mental health Services and agencies</li> <li>• National mental health programme</li> </ul>	1   1  2  1	56  57 59 60

**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 – NeerajAhojja
6. A text book of Psychiatric Nursing – BimlaKapoor
7. Lippincott’s Manual of Psychiatric Nursing Care Plan.
8. Psychiatric Mental Health Nursing – Barbara Schoen Johnson, Lippincotcompany.
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, 2<sup>nd</sup> Ed.-02 – Gorman, Jaypee Brothers Publication.

## PRACTICUM

The student will be provided opportunity to:

- 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:
  - Child guidance clinic
  - School/special School (for mentally subnormal)
  - Mental Hospital
  - Community mental health center
  - De-addiction center.

## CLINICAL EXPERIENCES

	<b>Total Hours. : 240 hrs</b>
1. Psychiatric ward male & female	<b>hours 120</b>
2. Psychiatric OPD	<b>hours 30</b>
3. De-addiction center	<b>hours 30</b>
4. Various departments	<b>hours 25</b>
(ECT, CGC, Occupational Therapy, Behavioral Therapy, Psychotherapy)	
5. Visit to Mental Hospital	<b>hours 10</b>
6 .Community Mental Health (Visit to Rehabilitation centers)	<b>hours 25</b>

## EVALUATION:

### **Internal Assessment:**

**Theory:**

**25 Marks**

**Practical:**

**50 Marks**

**Internal Assessment (Theory):**

**25 Marks**

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

Unit Test –I:

25 Marks

Pre-Final:

75 Marks

**Total: 100 Marks**

(100 Marks from Unit Test & Pre-Final (Theory) to be converted into 25 Marks)

**Internal Assessment (Practical):**

**50 Marks**

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

Unit Test –I:	25 Marks
Pre-Final Exam	50 Marks
<b>Clinical Evaluation &amp; Clinical Assignment:</b>	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)	50 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	50 Marks
7. Case Presentation: One	50 Marks
8. Drugs study	50 Marks
9. Health Education: One	25 Marks
<b>Total:</b>	<b>700 Marks</b>
(700 Marks from practical to be converted into 50 Marks)	
<b>(University Examination)</b>	
Theory:	75 Marks
Practical	50 Mark