

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

**Subject code: 3**

**Subject: Mental Health Nursing**

**Faculty: Mrs.Archana Pardeshi & Ms. Priyanka**

**Theory – 90 hours**

**Practical – 270hours**

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





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

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

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

**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)**

**University examination**

Theory

75

Practical

50

## **Practical**

Nursing care plan	2x25=50
Case presentation	1x50=50
Case study	1x50=50
Health teaching	1x25=25
History taking & mental status examination & process recording	2x50=100
Observation report of various therapies in psychiatry	1x25=25
Clinical evaluation	2x100=200

## **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