## 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

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
	<ul> <li>Conceptual models and the role of nurse:</li> <li>1. Existential Model.</li> <li>2. Psycho-analytical models.</li> <li>3. Behavioral; models.</li> <li>4. Interpersonal model.</li> </ul>	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

VII	Mood disorders : Bipolar			
Nursing	affective disorder, Mania			
management of	depression and dysthamia			
patient with	etc.			
mood	P. 1			
Disorders	• Etiology, psycho-pathology,	1	1	44
	clinical manifestations,			
	diagnosis.			
	- Numaina Assassment History			
	Nursing Assessment-History,  Physical and montal assessment	1		45
	Physical and mental assessment.	-	_	
	Treatment modalities and			
	nursing management of	1	1	46
	patients with mood disorders	*		40
	patients with mood disorders			
	Geriatric considerations	1	1	47
		1	L	<b>4</b> /
	Follow-up and home care			
	and rehabilitation	1	1	48
		1	L	40
X7777	Anxiety disorder, Phobias,			
VIII	Dissociation and Conversion			
Nursing	disorder, Obsessive			
management of	compulsive disorder,			
patient with neurotic,	somatoform disorders, Post			
stress related and	traumatic stress disorder.			
somatization	• Etiology, psycho-pathology,			
disorders	clinical manifestations,	2	2	49-50
disorders	diagnosis			
	• Nursing Assessment-History,			
	Physical and mental	2	2	51-52
	assessment			
	• Treatment modalities and			
	nursing management of	2	2	53-54
	patients with neurotic, stress			
	related and somatization			
	disorders.			
	• Geriatric considerations	1	1	55
	Follow-up and home care  and rehabilitation			56
	and rehabilitation	1	•	20
IX	Commonly used			
Nursing	psychotropic substance :			
management of	Classification, forms, routes,			
patient with	action, intoxication and			
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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	_	
	• Treatment (detoxification,		
	antabuse and narcotic	1	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.	$ \bar{1} $	61
		_	
	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	03
	Sexual and Eating disorders		
	Geriatric considerations		
	• Follow-up and home care	1	64
	and rehabilitation	1	65
	Classification		
XI	• Etiology, psycho-pathology,		
Nursing	characteristics, diagnosis	2	66-67
management of	Nursing Assessment-History,	-	000.
childhood and	Physical, mental and IQ		
adolescent			
disorders	assessment		
including	• Treatment modalities and		(0.10
mental deficiency	nursing management of	2	68-69
	childhood disorders		
	including mental deficiency		
	• Follow-up and home care		
	and rehabilitation		

		2	70-71
XII Nursing management of organic brain disorders	Classification: ICD?  • Etiology, psycho-pathology, clinical features, diagnosis and Differential diagnosis (parkinsons and alzheimers)  • Nursing Assessment-History, Physical, mental and neurological assessment  • Treatment modalities and nursing management of organic brain disorders  • Geriatric considerations  • Follow-up and home care	1 1 1 1	72 73 74 75
XIII Psychiatric emergencies and crisis intervention	Types of psychiatric emergencies and their management  Stress adaptation Model: stress and stressor, coping,resources and mechanism  Grief: Theories of grieving process, principles, techniques of counseling  Types of crisis  Crisis Intervention: Principles, Techniques and Process  Geriatric considerations Role and responsibilities of nurse Practice	1 2 1 1 1	76 77-78 79 80 81 82
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  • Forensic psychiatry Acts related to narcotic	1	83
	<ul> <li>&amp; psychotropic substances and illegal drug trafficking</li> <li>Admission and discharge procedures</li> <li>Role and responsibilities of nurse</li> </ul>	1	85

		1	86
XV Community Mental Health Nursing	• Development of Community Mental Health Services: National Mental Health Programme Institutionalization Versus Deinstitutionalization	1	87
	Model of Preventive psychiatry: Levels of Prevention  • Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and Role of nurse  • Mental Health Agencies:	1	88
	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

### **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)

# **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	2x50=100
& process recording	
Observation report of various therapies in psychiatry	1x25=25
Clinical evaluation	2x100=200

#### **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