

# MENTAL HEALTH AND NURSING

**Placement:** Second Year

**Time Allotted:** Theory - 60 hrs  
Practical - 240 hrs.

## **COURSE DESCRIPTION**

This course enable the students to recognize and appreciate the causes, symptoms and process of abnormal human behaviour. It also introduces the student to the present day treatment modalities in the light of psychological, social and cultural factors affecting human behaviour. This course helps the student to learn principles of mental health and psychiatric nursing and to develop beginning skills in the management of the mentally ill in hospital and community.

## **OBJECTIVES**

At the end of course, the student will

1. Identify and describe the philosophy and principles of mental health nursing.
2. Describe the historical development of mental health and psychiatric nursing.
3. Classify mental disorders.
4. Develop skill in history taking and performing mental status examination.
5. Describe etiological factors, psycho-pathology, clinical features, diagnostic criteria and treatment methods used for mental disorders.
6. Manage the patients with various mental disorders.
7. Communicate therapeutically with patients and their families.
8. Identify role of the nurse in preventive psychiatry.
9. Identify the legal aspects in practice of mental health and psychiatric nursing.

## **COURSE CONTENTS**

### **UNIT I**

Introduction and Historical Development  
History of psychiatry  
Historical development of mental health nursing.  
Philosophy, principles of mental health and psychiatric nursing.  
Concept of normal and abnormal behaviour.  
Role and qualities of mental health and psychiatric nurse  
Mental health team and functions of team members.  
Legal aspects in psychiatry and mental health services.

### **UNIT II**

Classification and assessment of mental disorders  
Terminologies used in Psychiatry  
Classification of mental disorders  
Etiological factors and psychopathology of mental disorders

History taking and assessment methods for mental disorders.

### **UNIT III**

Therapeutic Communication

Communication process

Interview skills, therapeutic communication techniques. Nurse Patient Relationship, Therapeutic impasse and its management Process recording.

### **UNIT IV**

Management of mental Disorders.

### **UNIT V**

Etiological factors, psychopathology, types, clinical features, diagnostic criteria, treatment and nursing management of patient with following disorders:

Neurotic Disorders: Anxiety Neurosis, Depressive Neurosis, Obsessive Compulsive Neurosis, Phobic Neurosis and Hypochondriacal Neurosis, Stress related and Somatoform disorders.

Psychotic Disorders: Schizophrenic form, affective and organic psychosis.

Organic Brain Syndromes

Psychosomatic disorders

Personality disorders

Disorders of childhood and adolescence.

### **UNIT V**

Management of patients with Substance use disorders

Substance use and misuse.

Dependence, intoxication and withdrawal

Classification of psychoactive substances

Etiological & contributory factors

Psychopathology

Clinical features

Diagnostic criteria

Treatment and nursing management of patient with substance use disorders.

Preventive and rehabilitative aspects in substance abuse.

### **UNIT VI**

Management of mental sub-normality

Classification of mental sub-normality

Etiological factors, psychopathology, psychometric assessment, diagnostic criteria and management of sub-normality.

## **UNIT VII**

Psychiatric emergencies

Types of emergencies, psychopathology, clinical features, assessment and diagnosis, treatment and nursing management of patient with psychiatric emergencies.

Crisis Intervention therapy

## **UNIT VIII**

Therapeutic Modalities

Principles, indication, contraindications and role of nurse in various treatment methods

Therapeutic community and Milieu therapy

Occupational therapy

Psychotherapy

Behaviour therapy

Family therapy

Pharmacotherapy

Electro Convulsive therapy

Other miscellaneous therapies

## **UNIT IX**

Preventive Psychiatry

Model of prevention

Role of nurse in preventive Psychiatry

Psychiatric social work

Community mental health nursing

Community mental health agencies

National mental health programmes

## **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.

Write observation report after a field visit to the following places:

Child guidance clinic,

School/Special Schools (For mentally subnormal),

Mental Hospital,

Community mental health centres

De-addiction centre.