

# Mental Health Nursing

**Placement :** Third Year

**Time :** Theory - 90 hours

**Practical - 270 hours**

**Clinical Training - 95 hours (2 weeks)**

**Course Description :** This course is designed for developing an understanding of the modern approach to mental health, identification, prevention and nursing management of common mental health problems with special emphasis on therapeutic interventions for individuals, family and community.

Unit	Time (Hrs)	Learning Objective	Content and Teaching Learning Activities
I	5	<ul style="list-style-type: none"> <li>Describe the historical development &amp; current trends in mental health nursing</li> <li>Describe the epidemiology of mental health problems</li> <li>Describe the National Mental Health Act, programmes and mental health policy</li> <li>Discuss the scope of mental health nursing</li> <li>Describe the concept of normal &amp; abnormal behaviour</li> </ul>	<p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>Perspectives of Mental Health and Mental Health nursing : evolution of mental health services, treatments and nursing practices,</li> <li>Prevalence and incidence of mental health problems and disorders</li> <li>Mental Health Act</li> <li>National Mental health policy vis a vis National health policy</li> <li>National Mental health programme</li> <li>Mental Health team</li> <li>Nature and scope of mental health nursing</li> <li>Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice</li> <li>Concepts of normal and abnormal behaviour</li> </ul> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>Lecture discussion</li> <li>Assessment of field visits reports</li> </ul>
II	5	<ul style="list-style-type: none"> <li>Defines the various terms used in</li> </ul>	<p><b>Principles and Concepts of Mental Health Nursing</b></p> <ul style="list-style-type: none"> <li>Definition: mental health nursing and terminology used</li> <li>Classification of mental disorders : ICD</li> <li>Review of personality development, defense</li> </ul>

		<p>mental health nursing</p> <ul style="list-style-type: none"> <li>• Explains the classification of mental disorders</li> <li>• Explain psychodynamic s of maladaptive behaviour</li> <li>• Discuss the etiologic al factors, psychopathology of mental disorders</li> <li>• Explain the Principles &amp; standards of mental health nursing <ul style="list-style-type: none"> <li>• Describe the conceptual models of mental health nursing</li> </ul> </li> </ul>	<p>mechanisms</p> <ul style="list-style-type: none"> <li>• Maladaptive behaviour of individuals and groups: stress, crisis and disaster(s)</li> <li>• Etiology: bio-psycho-social factors</li> <li>• Psychopathology of mental disorders: review of structure &amp; function of brain, limbic system and abnormal neuro transmission</li> <li>• Principles of Mental health Nursing</li> <li>• Conceptual models and the role of nurse: <ul style="list-style-type: none"> <li>○ Existential Model</li> <li>○ Psycho-analytical models</li> <li>○ Behavioural model</li> <li>○ Interpersonal model</li> </ul> </li> </ul> <p><i>Teaching Learning Activities</i></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Explain using charts</li> <li>• Review of personality development</li> </ul>
III	8	<ul style="list-style-type: none"> <li>• Describe nature, purpose &amp; process of assessment of mental health</li> </ul>	<p><b>Assessment of mental health status</b></p> <ul style="list-style-type: none"> <li>• History taking</li> <li>• Mental status examination</li> <li>• Mini mental status examination</li> <li>• Neurological examination : review</li> <li>• Investigations : Related Blood chemistry, EEG, CT &amp; MRI</li> <li>• Psychological tests Role and responsibilities of nurse</li> </ul>

		status	<p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Demonstration</li> <li>• Practice session</li> <li>• Clinical practice</li> <li>• Assessment of skills with checklist</li> </ul>
IV	6	<ul style="list-style-type: none"> <li>• Identify therapeutic communication techniques</li> <li>• Describe therapeutic relationship</li> <li>• Describe therapeutic impasse and its intervention</li> </ul>	<p><b>Therapeutic communication and nurse-patient relationship</b></p> <ul style="list-style-type: none"> <li>• Therapeutic communication: types, techniques, characteristics</li> <li>• Types of relationship,</li> <li>• Ethics and responsibilities</li> <li>• Elements of nurse patient contract</li> <li>• Review of technique of IPR-Johari Window</li> <li>• Goals, phases, tasks, therapeutic techniques</li> <li>• Therapeutic impasse and its intervention</li> </ul> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Demonstration</li> <li>• Role play</li> <li>• Process recording</li> </ul>
V	14	<ul style="list-style-type: none"> <li>• Explain treatment modalities &amp; therapies used in mental disorders and role of the nurse</li> </ul>	<p><b>Treatment modalities and therapies used in mental disorders</b></p> <ul style="list-style-type: none"> <li>• Psycho Pharmacology</li> <li>• Psychological therapies: Therapeutic community, psycho therapy-individual: psycho-analytical, cognitive &amp; supportive, Family, Group, behavioural. Play, Psycho-drama, Music, Dance, Recreational &amp; Light therapy, Relaxation therapies : Yoga, Meditation, bio feedback</li> <li>• Alternative systems of medicine</li> <li>• Occupational therapy</li> <li>• Physical Therapy: electro convulsive therapy</li> <li>• Geriatric considerations</li> </ul> <p>Role of nurse in above therapies</p> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Demonstration</li> <li>• Group work</li> <li>• Practice session</li> <li>• Clinical practice</li> </ul>
VI	5	<ul style="list-style-type: none"> <li>• Describe the etiology,</li> </ul>	<p><b>Nursing management of patient with Schizophrenia, and other psychotic disorders</b></p> <ul style="list-style-type: none"> <li>• Classification: ICD</li> </ul>

		<p>psychopathology, clinical manifestations, diagnostic criteria &amp; management of patients with Schizophrenia, and other psychotic disorders</p>	<ul style="list-style-type: none"> <li>• Etiology, psycho-pathology, types, clinical manifestations, diagnosis</li> <li>• Nursing Assessment - History, Physical &amp; mental assessment</li> <li>• Treatment modalities and nursing management of patients with Schizophrenia &amp; other psychotic disorders</li> <li>• Geriatric considerations</li> <li>• Follow up and home care and rehabilitation</li> </ul> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Case discussion</li> <li>• Case presentation</li> <li>• Clinical practice</li> <li>• Assessment of patient management problems</li> </ul>
VII	5	<ul style="list-style-type: none"> <li>• Describe the etiology, psycho-pathology, clinical manifestations, diagnostic criteria and management of patients with mood disorders</li> </ul>	<p><b>Nursing management of patient with mood disorders</b></p> <ul style="list-style-type: none"> <li>• Mood disorders: Bipolar affective disorder, Mania depression &amp; dysthymia etc</li> <li>• Etiology, psycho-pathology, clinical manifestations, diagnosis,</li> <li>• Nursing Assessment –History, Physical and mental assessment</li> <li>• Treatment modalities and nursing management of patients with mood disorders</li> <li>• Geriatric considerations</li> <li>• Follow-up and home care and rehabilitation</li> </ul> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Case discussion</li> <li>• Case presentation</li> <li>• Clinical practice</li> <li>• Assessment of patient management problems</li> </ul>
VIII	8	<ul style="list-style-type: none"> <li>• Describe the etiology, psycho-pathology, clinical manifestations, diagnostic criteria and management of patients with neurotic, stress related and somatization disorders</li> </ul>	<p><b>Nursing management of patient with neurotic, stress related and somatization disorders</b></p> <ul style="list-style-type: none"> <li>• Anxiety disorder, Phobias, Dissociation and Conversion disorder, Obsessive compulsive disorder, somatoform disorders, Post traumatic stress disorder</li> <li>• Etiology, psycho-pathology, clinical manifestations, diagnosis</li> <li>• Nursing Assessment-History, Physical &amp; mental assessment</li> <li>• Treatment modalities and nursing management of patients with neurotic, stress related and somatization disorders</li> </ul>

		<p>ment of patients with neurotic, stress related and somatization disorders</p>	<ul style="list-style-type: none"> <li>• Geriatric considerations</li> <li>• Follow-up and home care and rehabilitation</li> </ul> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Case discussion</li> <li>• Case presentation</li> <li>• Clinical practice</li> <li>• Assessment of patient management problems</li> </ul>
IX	5	<ul style="list-style-type: none"> <li>• Describe the etiology psychopathology, clinical manifestations, diagnostic criteria and management of patients with substance use disorders</li> </ul>	<p><b>Nursing management of patient with substance use disorders</b></p> <ul style="list-style-type: none"> <li>• Commonly used psychotropic substance: Classification, forms, routes, action, intoxication &amp; withdrawal</li> <li>• Etiology of dependence: tolerance, psychological and physical dependence, withdrawal syndrome, diagnosis,</li> <li>• Nursing Assessment - History, Physical, mental assessment and drug assay</li> <li>• Treatment (detoxification, antabuse and narcotic antagonist therapy and harm reduction) &amp; nursing management of patients with substance use disorders</li> <li>• Geriatric considerations</li> <li>• Follow-up and home care and rehabilitation</li> </ul> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Case discussion</li> <li>• Case presentation</li> <li>• Clinical practice</li> <li>• Assessment of patient management problems</li> </ul>
X	4	<ul style="list-style-type: none"> <li>• Describe the etiology psychopathology, clinical manifestations, diagnostic criteria and management of patients with personality,</li> </ul>	<p><b>Nursing management of patient with Personality, Sexual &amp; Eating disorders</b></p> <ul style="list-style-type: none"> <li>• Classification of disorders</li> <li>• Etiology, psycho-pathology, characteristics, diagnosis,</li> <li>• Nursing assessment-History, Physical and mental assessment</li> <li>• Treatment modalities and nursing management of patients with Personality, Sexual &amp; Eating disorders</li> <li>• Geriatric considerations</li> <li>• Follow-up and home care and rehabilitation</li> </ul> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Case discussion</li> <li>• Case presentation</li> <li>• Clinical practice</li> <li>• Assessment of patient management problems</li> </ul>

		Sexual & Eating disorders	
XI	6	<ul style="list-style-type: none"> <li>Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of childhood and adolescent disorders including mental deficiency</li> </ul>	<p><b>Nursing management of child-hood and adolescent disorders including mental deficiency</b></p> <ul style="list-style-type: none"> <li>Classification</li> <li>Etiology, psycho-pathology, characteristics, diagnosis, Nursing assessment-History, Physical, mental and IQ assessment</li> <li>Treatment modalities and nursing management of childhood disorders including mental deficiency</li> <li>Follow-up and home care and rehabilitation</li> </ul> <p><i>Teaching Learning Activities</i></p> <ul style="list-style-type: none"> <li>Lecture discussion</li> <li>Case discussion</li> <li>Case presentation</li> <li>Clinical practice</li> <li>Assessment of patient management problems</li> </ul>
XII	5	<ul style="list-style-type: none"> <li>Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of organic brain disorders</li> </ul>	<p><b>Nursing management of organic brain disorders</b></p> <ul style="list-style-type: none"> <li>Classification : ICD?</li> <li>Etiology, psycho-pathology, clinical features, diagnosis, and Differential diagnosis (parkinsons and alzheimers)</li> <li>Nursing assessment-History, Physical, mental and neurological assessment</li> <li>Treatment modalities and nursing management of organic brain disorders</li> <li>Geriatric considerations</li> <li>Follow-up and home care and rehabilitation</li> </ul> <p><i>Teaching Learning Activities</i></p> <ul style="list-style-type: none"> <li>Lecture discussion</li> <li>Case discussion</li> <li>Case presentation</li> <li>Clinical practice</li> <li>Assessment of patient management problems</li> </ul>
XIII	6	<ul style="list-style-type: none"> <li>Identify psychiatric emergencies</li> </ul>	<p><b>Psychiatric emergencies and crisis intervention</b></p> <ul style="list-style-type: none"> <li>Types of psychiatric emergencies and their management</li> <li>Stress adaptation Model: stress and stressor, coping,</li> </ul>

		<p>cies and carry out crisis intervention</p>	<p>resources and mechanism</p> <ul style="list-style-type: none"> <li>• Grief: theories of grieving process, principles, techniques of counseling</li> <li>• Types of crisis</li> <li>• Crisis Intervention: Principles, Techniques and Process</li> <li>• Geriatric considerations</li> </ul> <p>Role and responsibilities of nurse</p> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Demonstration</li> <li>• Practice session</li> <li>• Clinical practice</li> </ul>
XIV	4	<ul style="list-style-type: none"> <li>• Explain legal aspects applied in mental health settings and role of the nurse</li> </ul>	<p><b>Legal issued in Mental Health Nursing</b></p> <ul style="list-style-type: none"> <li>• The Mental Health Act 1987: Act, sections, Articles &amp; their implications etc.</li> <li>• Indian Lunacy Act 1912</li> <li>• Rights of mentally ill clients</li> <li>• Forensic psychiatry</li> <li>• Acts related to narcotic and psychotropic substances and illegal drug trafficking</li> <li>• Admission and discharge procedures</li> </ul> <p>Role and responsibilities of nurse</p> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Case discussion</li> </ul>
XV	4	<ul style="list-style-type: none"> <li>• Describe the model of preventive psychiatry</li> <li>• Describe Community Mental health services &amp; role of the nurse</li> </ul>	<p><b>Community Mental Health Nursing</b></p> <ul style="list-style-type: none"> <li>• Development of Community Mental Health Services:</li> <li>• National Mental Health Programme</li> <li>• Institutionalization Versus Deinstitutionalization</li> <li>• Model of Preventive Psychiatry: Levels of Prevention</li> <li>• Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and Role of nurse</li> <li>• Mental Health Agencies: Government and voluntary, National and International</li> <li>• Mental health nursing issues for special populations: Children, Adolescence, Women, Elderly, Victims of violence and abuse, Handicapped, HIV/AIDS etc.</li> </ul> <p><b>Teaching Learning Activities</b></p> <ul style="list-style-type: none"> <li>• Lecture discussion</li> <li>• Clinical/ field practice</li> <li>• Field visits to mental health service agencies</li> <li>• Assessment of field reports</li> </ul>



## Mental Health Nursing – Practical

**Placement :** Third Year

**Time :**

**Fourth Year**

**Practical - 270 hours (9 Weeks)**

**Clinical Training - 95 hours (2 Weeks)**

Areas	Duration (in week)	Objectives	Skills	Assignments	Assessment Methods
Psychiatric OPD	1	<ul style="list-style-type: none"> <li>• Assess patients with mental health problems</li> <li>• Observe &amp; assist in therapies</li> <li>• Counsel &amp; educate patient, &amp; families</li> </ul>	<ul style="list-style-type: none"> <li>• History taking</li> <li>• Perform mental status examination (MSE)</li> <li>• Assist in Psychometric assessment</li> <li>• Perform Neurological examination</li> <li>• Observe and assist in therapies</li> <li>• Teach patients and family members</li> </ul>	<ul style="list-style-type: none"> <li>• History taking and mental status examination – 2</li> <li>• Health education -1</li> <li>• Observation report of OPD</li> </ul>	<ul style="list-style-type: none"> <li>• Assess performance with rating scale</li> <li>• Assess each skill with checklist</li> <li>• Evaluation of health education</li> <li>• Assessment of observation report</li> <li>• Completion of activity record</li> </ul>
Child Guidance clinic	1	<ul style="list-style-type: none"> <li>• Assessment of children with various mental health problems</li> <li>• Couns</li> </ul>	<ul style="list-style-type: none"> <li>• History taking</li> <li>• Assist in psychometric assessment</li> <li>• Observe and assist in various therapies</li> <li>• Teach family and significant others</li> </ul>	<ul style="list-style-type: none"> <li>• Case work – 1</li> <li>• Observation report of different therapies - 1</li> </ul>	<ul style="list-style-type: none"> <li>• Assess performance with rating scale</li> <li>• Assess each skill with checklist</li> <li>• Evaluation of</li> </ul>

		el and educate children, families & significant others			the observation report
Inpatient ward	6	<ul style="list-style-type: none"> <li>Assess patients with mental health problems</li> <li>To provide nursing care for patients with various mental health problems <ul style="list-style-type: none"> <li>Assist in various therapies</li> </ul> </li> <li>Counsel &amp; educate patients, families &amp; significant others</li> </ul>	<ul style="list-style-type: none"> <li>History taking</li> <li>Perform mental status examination (MSE)</li> <li>Perform Neurological examination</li> <li>Assist in psychometric assessment</li> <li>Record therapeutic communication</li> <li>Administer medications</li> <li>Assist in Electroconvulsive therapy (ECT)</li> <li>Participate in all therapies</li> <li>Prepare patients for Activities of Daily living (ADL)</li> <li>Conduct admission and discharge counseling</li> <li>Counsel and teach patients and families</li> </ul>	<ul style="list-style-type: none"> <li>Give care to 2-3 patients with various mental disorders</li> <li>Case study-1</li> <li>Care plan-2</li> <li>Clinical Presentation - 1</li> <li>Process recording 2</li> <li>Maintain drug book</li> </ul>	<ul style="list-style-type: none"> <li>Assess performance with rating scale</li> <li>Assess each skill with checklist</li> <li>Evaluation of the case study, care plan, clinical presentation, process recording</li> <li>Completion of activity record</li> </ul>
Community Psychiatry	1	<ul style="list-style-type: none"> <li>To identify patients with</li> </ul>	<ul style="list-style-type: none"> <li>Conduct case work</li> <li>Identify individuals with mental health problems</li> <li>Assists in mental health</li> </ul>	<ul style="list-style-type: none"> <li>Case work – 1</li> <li>Observation report on</li> </ul>	<ul style="list-style-type: none"> <li>Assess performance with rating</li> </ul>

		<p>various mental disorders</p> <ul style="list-style-type: none"> <li>To motivate patients for early treatment &amp; follow up</li> <li>To assist in follow up clinic</li> <li>Counsel and educate patient, family and community</li> </ul>	<p>camps and clinics</p> <ul style="list-style-type: none"> <li>Counsel and Teach family members, patients and community</li> </ul>	<p>field visits</p>	<p>scale</p> <ul style="list-style-type: none"> <li>Evaluation of case work and observation report</li> <li>Completion of activity record</li> </ul>
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### Clinical Training

Area	Duration	Objective	Skills	Assessment Methods
Psychiatry ward	2 weeks	Provide comprehensive care to patients with mental health problems	<ul style="list-style-type: none"> <li>Integrated Practice</li> </ul>	<ul style="list-style-type: none"> <li>Assess clinical performance with rating scale</li> </ul>

## Scheme of University Examination for Mental Health Nursing

### *Theory*

There shall be one theory paper of three hours duration carrying 100 marks. Distribution of type of questions and marks for Mental Health Nursing shall be as given under.

#### Distribution of Type of Questions and Marks for Mental Health Nursing

Type of Questions	No. of Questions	Marks	Sub-total
Long Essay (LE)	2	10	20
Short Essay (SE)	10	5	50
Short Answer (SA)	10	3	30
Total Marks			100

### **Practical and Viva Voce**

	Internal Assessment	University Examination	Total
Mental Health Nursing	50	50	100

**Note:** All practical examinations must be held in the respective clinical areas. One internal and one external examiner should jointly conduct practical /clinical examination for each student.