

COURSE TITLE	MENTAL HEALTH NURSING (I & II)
COURSE CODE	20BN0602
COURSE CREDITS	8

Objective:

- 1 Trace the historical development of mental health nursing and discuss its scope, Identify the classification of the mental disorders, Develop basic understanding of the principles and concepts of mental health nursing.
- 2 Apply the Indian Nursing Council practice standards for psychiatric mental health nursing in supervised clinical settings, Conduct mental health assessment, Identify and maintain therapeutic communication and nurse patient relationship, Demonstrate knowledge of the various treatment modalities and therapies used in mental disorders.
- 3 Apply nursing process in delivering care to patients with mental disorders, Provide nursing care to patients with schizophrenia and other psychotic disorders based on assessment findings and treatment/therapies used, Provide nursing care to patients with mood disorders based on assessment findings and treatment/therapies used, Provide nursing care to patients with neurotic disorders based on assessment findings and treatment/ therapies used.
- 4 Apply nursing process in providing care to patients with substance use disorders, and personality and sexual disorders. Apply nursing process in providing care to patients with behavioural and emotional disorders occurring during childhood and adolescence.
- 5 Apply nursing process in providing care to patients with organic brain disorders. Identify and respond to psychiatric emergencies. Carry out crisis interventions during emergencies under supervision.
- 6 Perform admission and discharge procedures as per MHCA 2017. Explore the roles and responsibilities of community mental health nurse in delivering community mental health services.

Course Outcomes: After completion of this course, student will be able to:

- 1 Describe the historical development & current trends in mental health nursing Discuss the scope of mental health nursing Describe the concept of normal & abnormal behaviour, Define the various terms used in mental health Nursing Explain the classification of mental disorders Explain the psychodynamics of maladaptive behaviour Discuss the etiological factors & psychopathology of mental disorders Explain the principles and standards of Mental health Nursing Describe the conceptual models of mental health nursing
- 2 Describe nature, purpose and process of assessment of mental health status, Identify therapeutic communication & techniques, Describe therapeutic relationship, Describe therapeutic impasses and its interventions, Explain treatment modalities and therapies used in mental disorders and role of the nurse
- 3 Describe the etiology, psycho-dynamics/ pathology, clinical manifestations, diagnostic criteria and management of patients with Schizophrenia, and other psychotic disorders, Describe the etiology, psycho-dynamics, clinical manifestations, diagnostic criteria and management of patients with mood disorders, Describe the etiology, psycho-dynamics, clinical manifestations, diagnostic criteria and management of patients with neurotic, stress related and somatization disorders .

Course Outcomes: After completion of this course, student will be able to:

- 4 Describe the etiology, psycho dynamics, clinical manifestations, diagnostic criteria and management of patients with substance use disorders, Describe the etiology, psycho dynamics, clinical manifestations, diagnostic criteria and management of patients with personality, and sexual disorders
- 5 Describe the etiology, psycho pathology, clinical manifestations, diagnostic criteria and management of childhood and adolescent disorders including mental deficiency, Describe the etiology, psycho pathology, clinical manifestations, diagnostic criteria and management of organic brain disorders.
- 6 Identify psychiatric emergencies and carry out crisis intervention, Explain legal aspects applied in mental health settings and role of the nurse, Describe the model of preventive psychiatry, Describe Community Mental health services and role of the nurse

Pre-requisite of course: This course is designed to develop basic understanding of the principles and standards of mental health nursing and skill in application of nursing process in assessment and care of patients with mental health disorders.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
5	12	0	75	15	10	50	50

Contents : Unit	Topics	Contact Hours
1	Introduction Perspectives of Mental Health and Mental Health Nursing, evolution of mental health services, treatments and nursing practices, Mental health team, Nature & scope of mental health nursing, Role & functions of mental health nurse in various settings and factors affecting the level of nursing practice, Concepts of normal and abnormal behaviour	6
2	Principles and Concepts of Mental Health Nursing Definition: mental health nursing and terminology used, Classification of mental disorders: ICD11, DSM5, Geropsychiatry manual classification, Review of personality development, defense mechanisms, Etiology bio-psycho-social factors, Psychopathology of mental disorders: review of structure and function of brain, limbic system and abnormal neurotransmission, Principles of Mental health Nursing, Ethics and responsibilities, Practice Standards for Psychiatric Mental Health Nursing (INC practice standards), Conceptual models and the role of nurse: o Existential model o Psychoanalytical models o Behavioural model o Interpersonal model, Preventive psychiatry and rehabilitation	10
3	Mental Health Assessment History taking, Mental status examination, Mini mental status examination, Neurological examination, Investigations: Related Blood chemistry, EEG, CT & MRI, Psychological tests	6

Contents : Unit	Topics	Contact Hours
4	Therapeutic Communication and Nurse- Patient Relationship Therapeutic communication: Types, techniques, characteristics and barriers, Therapeutic nurse-patient relationship, Interpersonal relationship-, Elements of nurse patient contract,, Review of technique of IPR- Johari window, Therapeutic impasse and its management	6
5	Treatment modalities and therapies used in mental disorders Physical therapies: Psychopharmacology,, Electro Convulsive therapy, Psychological Therapies: Psychotherapy, Behaviour therapy, CBT, Psychosocial: Group therapy, Family therapy, Therapeutic Community, Recreational therapy, Art therapy (Dance, Music etc), Occupational therapy, Alternative & Complementary: Yoga, Meditation, Relaxation, Consideration for special populations	10
6	Nursing management of patient with Schizophrenia, and other psychotic disorders Prevalence and incidence, Classification, Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations, Nursing process ? Nursing Assessment: History, Physical and mental assessment ? Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders ? Geriatric considerations and considerations for special populations ? Follow up and home care and rehabilitation	8
7	Nursing management of patient with mood disorders Prevalence and incidence, Mood disorders: Bipolar affective disorder, mania depression and dysthymia etc., Etiology, psycho dynamics, clinical manifestation, diagnosis, Nursing Assessment History, Physical and mental assessment, Treatment modalities and nursing management of patients with mood disorders, Geriatric considerations/ considerations for special populations, Follow-up and home care and rehabilitation	6
8	Nursing management of patient with neurotic, stress related and somatisation disorders Prevalence and incidence, classifications, Anxiety disorders – OCD, PTSD, Somatoform disorders, Phobias, Disassociative and Conversion disorders, Etiology, psychodynamics, clinical manifestation, diagnostic criteria/ formulations, Nursing Assessment: History, Physical and mental assessment, Treatment modalities and nursing management of patients with neurotic and stress related disorders, Geriatric considerations/ considerations for special populations, Follow-up and home care and rehabilitation	8

Contents : Unit	Topics	Contact Hours
9	<p>Nursing Management of Patients with Substance Use Disorders Prevalence and incidence, Commonly used psychotropic substance: classifications, forms, routes, action, intoxication and withdrawal, Psychodynamics/etiology of substance use disorder (Terminologies: Substance Use, Abuse, Tolerance, Dependence, Withdrawal), Diagnostic criteria/formulations, Nursing Assessment: History (substance history), Physical, mental assessment and drug and drug assay, Treatment (detoxification, antabuse and narcotic antagonist therapy and harm reduction, Brief interventions, MET, refusal skills, maintenance therapy) and nursing management of patients with substance use disorders, Special considerations for vulnerable population, Follow-up and home care and rehabilitation</p>	6
10	<p>Nursing Management of Patient with Personality and Sexual Disorders Prevalence and incidence, Classification of disorders, Etiology, psychopathology, characteristics, diagnosis, Nursing Assessment: History, Physical and mental health assessment, Treatment modalities and nursing management of patients with personality, and sexual disorders, Geriatric considerations, Follow-up and home care and rehabilitation</p>	6
11	<p>Nursing Management of Behavioural & Emotional Disorders occurring during Childhood and Adolescence (Intellectual disability, autism, attention deficit, hyperactive disorder, eating disorders, learning disorder) Prevalence and incidence, Classifications, Etiology, psychodynamics, Characteristics, diagnostic criteria/formulations, Nursing Assessment: History, Physical, mental status examination and IQ assessment, Treatment modalities and nursing management of childhood disorders including intellectual disability, Follow-up and home care and rehabilitation</p>	8
12	<p>Nursing Management of Organic Brain Disorders (Delirium, Dementia, amnesic disorders) Prevalence and incidence, Classification, Etiology, psychopathology, clinical features, diagnosis and Differential diagnosis, Nursing Assessment: History, Physical, mental and neurological assessment, Treatment modalities and nursing management of organic brain disorders, Follow-up and home care and rehabilitation</p>	5
13	<p>Psychiatric Emergencies and Crisis Intervention Types of psychiatric emergencies (attempted suicide, violence/aggression, stupor, delirium tremens and other psychiatric emergencies) and their managements, Maladaptive behaviour of individual and groups, stress, crisis and disaster(s), Types of crisis, Crisis intervention: Principles, Techniques and Process - Stress reduction interventions as per stress adaptation model - Coping enhancement - Techniques of counseling</p>	6

Contents : Unit	Topics	Contact Hours
14	Legal Issues in Mental Health Nursing Overview of Indian Lunacy Act and The Mental Health Act 1987, (Protection of Children from Sexual Offence) POSCO Act, Mental Health Care Act (MHCA) 2017, Rights of mentally ill clients, Forensic psychiatry and nursing, Acts related to narcotic and psychotropic substances and illegal drug trafficking, Admission and discharge procedures as per MHCA 2017, Role and responsibilities of nurses in implementing MHCA 2017	4
15	Community Mental Health Nursing Development of Community Mental Health Services:, National mental health policy viz. National Health Policy, National Mental Health Program, Institutionalization versus Deinstitutionalization, Model of Preventive psychiatry, Mental Health Services available at the primary, secondary, tertiary levels including rehabilitation and nurses' responsibilities, Mental Health Agencies: Government and voluntary, National and International, Mental health nursing issues for special populations: Children, Adolescence, Women Elderly, Victims of violence and abuse, Handicapped, HIV/AIDS etc.	5
Total Hours		100

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Clinical Contact Hours Clinical posting At various Areas of Psychiatric hospitals	240
2	Demonstration on Various Procedures At Psychiatric Lab Demonstration on various procedures At psychiatric Lab	8
Total Hours		248

Textbook :

- 1 A Guide To Mental Health & Psychiatric Nursing, R SHREEVANI, JAYPEE BROTHER PUBLICATION, 2015

References:

- 1 Textbook Of Mental Health Nursing I & II (For BSc Nursing Students) , Textbook Of Mental Health Nursing I & II (For BSc Nursing Students) , BHARAT PAREEK, Vision Health Sciences Publishers, 2025

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation

Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
0.00	0.00	35.00	35.00	30.00	0.00

Instructional Method:

- 1 LECTURE CUM DISCUSSION, DEMONSTRATION IN LAB AND CLINICAL CONTACT HOURS

Supplementary Resources:

- 1 N/A