

COURSE TITLE	MENTAL HEALTH NURSING
COURSE CODE	20GN0203
COURSE CREDITS	6

Objective:

- 1 Describe the concept of mental health and mental illness and the emerging trends in psychiatric nursing.
- 2 Explain the causes and factors of mental illness, its prevention and control.
- 3 Identify the symptoms and dynamic of abnormal human behavior in comparison with normal human behavior.
- 4 Demonstration a desirable attitude and skills in rendering comprehensive nursing care to the mentally ill.

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

- 1 This course is designed to help students develop the concept of mental health and mental illness, its causes, symptoms, prevention, treatment modalities and nursing management of mentally ill for individual, family and community.

Pre-requisite of course: This course is designed to help students develop the concept of mental health and mental illness, its causes, symptoms, prevention, treatment modalities and nursing management of mentally ill for individual, family and community.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
2	8	0	75	15	10	50	50

Contents : Unit	Topics	Contact Hours
1	Introduction to mental health nursing Concept of mental health and mental illness, -Misconceptions related to mental illness, Principles of Mental Health nursing, Definition of terms used in psychiatry, Review of defense mechanisms Mental Health Team	5
2	History of Psychiatry History of Psychiatric Nursing- India and at international level, Trends in Psychiatric Nursing, National mental health programme	4
3	Mental Health Assessment Psychiatry history taking, Mental status examination, Interview technique	4

Contents : Unit	Topics	Contact Hours
4	Therapeutic nurse patient relationship Therapeutic nurse patient relationship, Definition, components and phases, Importance, Communication skills Definition elements,, types, factors influencing communication, barriers(therapeutic impasse)	5
5	Mental Disorders And Nursing Interventions Pathophysiology of human behavior, Etiological theories (genetics, biochemical, psychological etc), Classification of mental disorders., Disorders of thought , motor activity, perception, mood, speech, memory,, concentration, judgment Prevalence, etiology, signs and symptoms, prognosis, medical and Nursing management, Personality & types of personality related to psychiatric disorder, Organic mental disorders ; Delirium, Dementia, Psychotic disorders : -Schizophrenic disorders -Mood (affective) disorders; Mania depression, Bipolar affective disorders(BPAD), Neurotic disorders: Phobia, anxiety disorders, obsessive compulsive disorders, depressive neurosis, conversion disorders, dissociative reaction, psychosomatic disorders, post traumatic stress disorder, Substance use and deaddiction: alcohol, tobacco and other psychoactive substance -Child and adolescent psychiatric disorder;, -Sleep disorder -Eating disorders -Sexual disorders Nursing Management: Nursing process and process recording in caring for patients with various psychiatric disorders	25
6	Bio – Psycho Social Therapies Psychopharmacology – Definition, classification of drugs antipsychotic, Antidepressant, antimanic, antianxiety agents, anti parkinsons, Psychosocial therapies – individual therapies, group therapy, behavior therapy, occupational therapy, family therapy, melieu therapy, Role of nurse in these therapies., Somatic therapy – Electro Convulsive Therapy, insulin therapy,, Role of nurse in these therapies.	12
7	Community Mental Health Concept,importance, scope -Attitudes , Stigma and discrimination related to the mentally ill, -Prevention of mental illness(Preventive Psychiatry) during childhood, Adolescent, adult hood and old age., Community Mental Health Services., Role of Nurse in national mental health programme and Psychiatric care in Community	5
8	Psychiatric Emergencies And Crisis Intervention Types of Psychiatric emergencies: Over Active, under active patient, Violent behaviour,, Suicide, adverse drug reactions, withdrawal symptoms, Acute psychosis etc, Crisis and its intervention: AIDS, Adolescent Crisis	5
9	Forensic Psychiatry / Legal Aspects India Lunatic Act 1912 Narcotic Drugs and psychotropic Act 1965, 1985 Mental Health Act 1987, 2014, Admission and discharge procedures Standards of psychiatric nursing practice., Rights of Mentally ill patients, Legal responsibilities in the care of mentally ill patients.	5
Total Hours		70

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	MENTAL HEALTH NURSING PRACTICAL CLINICAL POSTING CLINICAL POSTING AT VARIOUS PSYCHIATRIC WARD AT VARIOUS HOSPITAL	320
Total Hours		320

Textbook :

- 1 Mental Health and Psychiatric Nursing, R Shreevani, jaypee, 2024

References:

- 1 Textbook of Mental Health Nursing, Textbook of Mental Health Nursing, Eleena Kumari, CBS, 2022

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					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
40.00	40.00	10.00	10.00	0.00	0.00

Instructional Method:

- 1 Exam will be conducted by Gujarat Nursing Council

Supplementary Resources:

- 1 N/A