



<b>Course Code</b> NURS-325	<b>Course Title</b> Mental Health Nursing (Provision and Management of Care)	<b>ECTS Credits</b> 9
<b>Prerequisites</b> NURS-123, Junior Standing	<b>Department</b> Life & Health Sciences	<b>Semester</b> Spring
<b>Type of Course</b> Required	<b>Field</b> Nursing	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Lecturer(s)</b> Ms Davies Sheela	<b>Year of Study</b> 3rd
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> Mental health setting	<b>Co-requisites</b> None

**Objectives of the Course:**

The main objectives of the course are to:

- Help the student to develop knowledge and skills in caring for patients / clients of all ages who are experiencing interference with psychosocial functioning and psychiatric illness.
- Emphasis is directed toward the development of critical thinking through holistic and humanist approaches.
- Teaches the student to develop appropriate nursing competencies and total management of patient care through the use of the nursing process with emphasis on evaluation.

**Learning Outcomes:**

After completion of the course students are expected to be able to:

- Describe a holistic / integrative theoretical framework that serves as the foundation for psychiatric / mental health nursing.
- Identify and describe the major concepts used in psychiatric / mental health practice.
- Identify major psychiatric disorders and therapeutic interventions for individuals experiencing various mental disorders.
- Demonstrate the ability to access current research related to psychiatric / mental health and the ability to critically review and analyze it.
- Provide effective direct care to clients experiencing psychiatric problems.
- Function as a member of the multi-disciplinary team

## Course Contents:

- Foundations of Psychiatric / mental health nursing.
- Student issues relating to clients and the environment.
- Theoretical perspectives, legal / ethical issues, cultural issues.
- Anxiety and related illnesses.
- Mood disorders; depression and mania, schizophrenias.
- Personality disorders; substance related disorders.
- Delirium, dementia.
- Cognitive disorders; sexual disorders; adjustment disorders.
- Eating disorders, childhood and adolescence disorders.
- Therapeutic modalities; crisis intervention.
- Interactive therapies and methods of implementation.
- Psycho-pharmacology and other therapies.
- Survivors of violence / suicide / grief and loss.
- Physiological aspects of mentally ill clients and their implications for the wellbeing of the patient / client.

**Conferencing:** During conferencing, student presentations or discussions, the student demonstrates knowledge and skills with specific examples as to how the knowledge from case studies, research, and epidemiological studies is applied to practice settings in the management of care.

- Psychological concepts, human needs, thoughts, feelings and behavior, stress and anxiety, conflict, frustration and coping.
  - Psychiatric mental health nursing practice concepts: therapeutic communication and individual counseling.
  - Psycho-social assessment and planning of care.
  - Group dynamics and therapeutic groups.
  - Stress management.
  - Crisis theory and intervention.
  - Biological therapies; pharmacy-therapies.
  - Personality traits, styles and disorders.
  - Disorders of development period (children, adolescents, adults and the elderly).
  - Clients with substance-related and eating disorders.
  - Client with anxiety, somatoform and dissociative disorders.
  - Clients with affective disorders, suicide and grief.
- Trauma, violence, abuse, sexual disorders and impulse control disorders.

## Learning Activities and Teaching Methods:

Lectures, Tutorials, Discussions, Seminars / small groups , Simulation, Student directed learning

**Assessment Methods:**

Laboratory Practical Sessions, Tests, Final Examination
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**Required Textbooks / Reading:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Quick Reference to the Diagnostic Criteria 1 <sup>st</sup> ed.	American Psychiatric Association	American Psychiatric Pr	2000	
Psychiatric Mental Health Nursing 2 <sup>nd</sup> ed.	M. K. Fortinash, P. A. Holoday-Worret	New York; London: Mosby	2000	
The Relaxation and Stress Reduction Workbook 5 <sup>th</sup> ed.	M. D. Matthew, E.R. Eshelman	New Harbinger	2000	

**Recommended Textbooks / Reading:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Attitudes and Related Psychosocial Constructs: Theories, Assessment and Research.	L. Aiken	London; New York. Sage	2002	
The anxiety and phobia workbook 3 <sup>rd</sup> ed.	E. J. Bourne	New Harbinger	2000	
Mental Health Nursing: The Nurse Patient Journey 2 <sup>nd</sup> ed	V. Benner Carson	W.B. Saunders	2000	
Managing and Coordinating Nursing Care 3 <sup>rd</sup> ed.	R. J. Ellis, C.L. Hartley, C. Berger	Lippincott, Williams & Wilkins	2000	