

# Mental Health and psychiatric Nursing

Hrs. 70

## Course Description

This course is designed to help students develop the concept of mental illness its causes symptoms. prevention. treatment modalities and nursing management of mentally ill.

## General Objectives

Upon completion of this course the students will be able to:

- Describe the concept of mental health and mental illness and the emerging trends in psychiatric nursing.
- Explain the causes and factors of mental illness, its prevention and control.
- Identify the symptoms and dynamics of abnormal human behaviour in comparison with normal human behaviour.
- Demonstrate a desirable attitude and skills in rendering comprehensive nursing care to the mentally ill.

## Course Content

### Unit-I Introduction

- Meaning of mental health and mental illness.
- Definition of terms used in psychiatry.
- Review of mental mechanisms (ego mechanisms)
- Review of personality and types of personality.

### Unit-II History of Psychiatry

- Contributors to psychiatry
- History of psychiatric nursing
- Trends on psychiatric nursing

### Unit-III Mental Health assessment

- Psychiatric history taking
- Interview technique and mental status examination.

### Unit-IV Community mental health.

- Concept importance and scope.
- Attitude and misconceptions towards mentally ill.
- Prevention of mental illness (Preventive Psychiatry during childhood adolescence adulthood and old age.
- Community mental Health Services.
- Role of Nurses in community mental health services.

### Unit-V Psychiatric Nursing Management

- Definition of psychiatric nursing
- Principles of psychiatric nursing
- Nursing process
- Role of nurses in providing psychiatric nursing care
- Therapeutic nurse-patient relationship.
- Communication skills.

#### Unit-Vi Mental disorders and Nursing Interventions

- Etiology-various etiological theories (genetics biochemical, psychological, etc.)
- classification of mental disorders.
- Organic mental disorder acuter brain syndrome
- Chronic brain syndrome.

##### Functional Mental Disorders

- Prevalence, etiology signs and symptoms, prognosis medical and nursing management
- Schizophrenic disorders.
- Mood disorders
- Manic Depressive psychosis
- Anxiety states

##### Definition etiology, signs, symptoms, medical and nursing management of:

Phobic disorders, obsessive compulsive disorders, depressive neuroses, conversion disorders, dissociative reaction, hypochondriasis, psychosomatic disorders, alcohol, drugs and other psychoactive substance abuse.

#### Unit -VII Bio-Psychosocial therapies

##### Psychopharmacology

- Definition, classification of drugs, antipsychotic, antidepressant, anti-anxiety, agents.
- Role of nurses in psychopharmacology.

##### Psychosocial therapies

- definition of psychosocial therapies
- types of therapies: individual and group therapy, behaviour therapy, occupational therapy
- Role of nurse in these therapies.

##### Somatic therapy

- History technique of electro-convulsive therapy(ECT), indications, contraindications.
- role of nurses before during and after electroconvulsive therapy.

#### Unit-VIII Forensic psychiatry/Legal Aspects.

- Legal responsibilities In care of mentally sick patients
- Procedure for admission and discharge from mental hospital leave of absence.
- Indian Lunatic Act 1912
- Mental Health act 1987
- Narcotic Drugs and psychotropic Act 1985

#### Unit-IX Psychiatric Emergencies and Crisis Intervention

- Over active patient
- Destructive patient
- Suicidal patient