

CLINICAL NURSING I – PSYCHIATRIC NURSING

PLACEMENT: 1ST YEAR

HOURS OF INSTRUCTION: Theory 150 hours + Practical 600 hours = 750 hours

PURPOSE: This course will help the students to build in depth knowledge of psychiatric nursing, various therapeutic modalities used in the field of psychiatry and role of the nurse. To appreciate latest trends and identify researchable area in the field of psychiatric nursing and utilize research findings in their practice.

SPECIFIC OBJECTIVES:

At the end of the course the students will be able to:

1. Appreciate the history and development of field of psychiatry and psychiatric nursing as a specialty
2. Explain the code of ethics and professional conduct including legal aspects of practice of psychiatric nursing.
3. Explain the dynamics of her own behavior and use their insight while relating to people
4. Explain psychopathology of human behavior and personality
5. Use therapeutic communication techniques in all her dealings
6. Maintain professional interpersonal relationships with individuals and groups
7. Diagnose mental disorders and related problems using standard criteria
8. Explain treatment modalities used for managing mental disorders and role of advance nurse practitioner
9. Apply nursing process in providing comprehensive care to patients with mental disorders
10. Teaches psychiatric nursing to undergraduate students & in-service nurses
11. Recognize the role of advance practitioner & as a member of the psychiatric and mental health team
12. Identify latest trends & areas of research in psychiatric & mental health nursing practice

CONTENT OUTLINE

Unit I Introduction:

- History of development and scope of Psychiatry as specialty & Psychiatry Nursing
- Theoretical and conceptual models of psychiatric nursing practice
- Hospital based Vs community based psychiatry practice
- Code of Ethics and Professional conduct and legal aspects of psychiatric nursing practice,
- Principles of Psychiatric Nursing
- Role and functions of psychiatric nurse,
- Community mental health services and role of the nurse in extended care
- Independent practice area in Psychiatric and mental health nursing
- Evidence based practice & researchable areas in psychiatry practice

- Role and responsibility of advance practioner in mental health nursing in teaching & training of students and in-service nurses

Unit II Epidemiology & psychopathology of mental disorders:

- Prevalence, Morbidity, epidemics
- Review of related anatomy and physiology.
- Psychopathology: Biological, psychological and socio-cultural context of etiology of mental disorders
- Classification of mental disorders -international classification of mental disorders and DSM
- Legal aspects of psychiatric practice and Patient's bill of rights

Unit III Personality:

- Development of personality,
- Defense mechanisms,
- Maladjustments,
- Personality disorders,

Unit IV Stress and Coping:

- Theories of Stress
- Stress adaptation syndrome and its management,
- Stressors and illness
- Stress adaptation theory and model of psychiatric nursing practice
- Effect of disaster, war, violence, terrorism & trauma on individuals and groups

Unit V Therapeutic Communication and interpersonal relationship:

- Review communication process, factors affecting communication
- Communication with individuals and in groups,
- Techniques of therapeutic communication
- Barrier of communication with specific reference to psychopathology
- Therapeutic Attitudes
- Therapeutic Nurse- Patient relationship, its phases
- Therapeutic impasse and its management.

Unit VI Assessment and Diagnosis of Mental Disorders:

- History taking,
- Physical examination, Neurological examination,
- Mental status examination, Psychometric assessment
- Investigations: EEG, CAT Scan, MRI Scan, etc.
- Criteria for diagnosis and differential diagnosis, (including neurological & endocrine disorders)
- Concept of dual diagnosis
- Nursing process approach

Unit VII Current treatment modalities and role of the nurse:

- Pharmacological methods: psychopharmacology: Anti-psychotic drugs, Major tranquilizers, Antidepressants, Anxiolytics, sedatives & minor tranquilizers, Anti-epileptics, Anti-cholinergics, Anti-parkinsonism drugs, & drugs used in de addiction
- Somatic methods: Electro convulsive therapy, Insulin coma therapy.
- Psychological methods: psychotherapies- individual and group, Cognitive therapy, Behavior therapy, Family therapy,
- Psychosocial methods: milieu therapy, therapeutic community
- Self help groups, Social skill therapies, Occupational therapy etc.

Unit VIII Causes, clinical features, psychopathology and nursing management of patients with mental health Problems using nursing process approach:

- Management of maladjustments,
- Loss and grief,
- Developmental disorders,
- Anxiety,
- Affective disorders,
- Cognitive disorders,
- Motor activity disorders,
- Altered sensorium,
- Conduct disorders
- Self-destructive responses and suicidal behavior,
- Psycho physiological responses and somatoform disorder
- Sleep disorders
- Abnormal self-concept responses and dissociative disorders
- Personality disorders,
- Problems related to sexual development
- Eating disorders,
- Substance use disorders,
- Organic mental disorders, etc.