



Para- Medical Program

Specialization	Nursing
Course Number	020802161
Course Title	Mental health nursing
Credit Hours	3
Theoretical Hours	1
Practical hours	6

Course Description :

This theory and clinical course provides the Associate Degree Nursing student with technical knowledge and skills necessary in managing various psychiatric mental health disorders. Emphasis is on the use of therapeutic communication, mental status examination, therapeutic use of self with individuals, families, and groups and various therapeutic interventions in clinical placements. The course is designed to enhance the students' awareness and attitudes toward psychiatric mental health illnesses and stigma attached to them.

Course objectives :

Intended Learning Outcomes

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

A. Knowledge & Understanding

1. Acquire knowledge and understanding of concepts of mental health nursing.
2. Explain the concepts of selected theories related to human behaviors.
3. Describe the concepts of stress, adaptation, coping & crisis interventions
4. Identify the major types of mental disorders
5. Differentiate between neurotic & psychotic disorders
6. Describe the aspects of the AD nurse's role in mental health field.

B. Intellectual skills

1. Utilize principles of critical analysis plan of nursing care for patients with mental disorders.
2. Use self therapeutically in interacting with patients suffering from different psychiatric disorders in working through the phases of a therapeutic nurse client relationship
3. Explain the concept of ECT and its advantages, disadvantages & hazards.

C. Subject specific skills

1. Show abilities to verbalize and use concepts of psychiatric and mental health nursing practices
2. Demonstrate a professional behavior and a sense of responsibility in working with patients suffering from psychiatric disorder
3. Addresses health needs/ problems of mentally ill people

D. Transferable skills

1. Recognize ethical issues in psychiatric and mental health.
2. Discuss the barriers to effective communication when caring for clients & their families.
3. Collaborate effectively with other health team members
4. Taking initiative to stop stigma against patients with mental disorders.

Course outline:

Unit No.	Unit Name	Unit Content	Time Needed
1	Mental health, mental illness, and nurses roles	<ul style="list-style-type: none"> • Mental health and Mental health continuum • Mental health nursing • Mental illness • The causes/ theories of causation of mental illness • Mental health stigma • Discussing students' attitudes towards mentally ill • Jordanian standards of mental health nursing 	2
2	Mental state exam	<ul style="list-style-type: none"> - MAIN components - Mini Mental Exam (MME) 	2
3	Review of the ethical and legal issues related to mental health nursing	<ul style="list-style-type: none"> • Patient's rights. • Incompetence and insight • Types of admission and discharge to mental institutions • Legal role of the nurse 	2
3	Client & Nurse relationship	<ul style="list-style-type: none"> • Principles of therapeutic communication • The nurse self-awareness • MAIN concepts in the client nurse relationship • Phases of the therapeutic relationship • Barriers to therapeutic relationship 	2
4	Introduce the concepts of client as person	<ul style="list-style-type: none"> • Theories explaining mental health <ul style="list-style-type: none"> - Freud - Maslow - Rogers • Stress and adaptation in psychiatry • Defense Mechanisms 	2
5	<ul style="list-style-type: none"> • Be familiar with the Classification of mental disorders Psychotic disorders, anxiety disorders, Personality disorders, adjustment disorders, neurodevelopmental disorders, intellectual disability 		2
	A. Schizophrenia Spectrum and Other Psychotic Disorders	<ul style="list-style-type: none"> • identify the clinical features, and nursing interventions for: <ol style="list-style-type: none"> a. Organic disorders <ul style="list-style-type: none"> -Acute delirium -Chronic dementia - Types -Amnesia b. Functional <ul style="list-style-type: none"> -Affective disorders/ mood disorders - Nursing care of patient with Suicide -Schizophrenia – definition- types 	

Unit No.	Unit Name	Unit Content	Time Needed
	B. anxiety disorders	<ul style="list-style-type: none"> • General anxiety disorders • Phobias • Hysterical neurosis • Posttraumatic stress syndrome 	2
	C. Alcoholism and drug dependency	<ul style="list-style-type: none"> • Substance –used disorders • Substance – induced disorders • Major classes of psychoactive drugs and their major effects on the body in intoxication. CNS depressants, CNS stimulants, Cannabis, Hallucinogens, Inhalants <ul style="list-style-type: none"> • Withdrawal symptoms in general 	2
6	Therapeutic Modalities	<ul style="list-style-type: none"> • Review of the main neurotransmitters and their effects • PsychoPharmacology <ul style="list-style-type: none"> o Anti-anxiety agent o Anti-depressant agent o Mood stabilizers o Anti-psychotics agent o Nurses role in administering psychopharmacology. 	2
		Somatic treatment <ul style="list-style-type: none"> • Electroconvulsive therapy (ECT) <ul style="list-style-type: none"> – Definition, Indication, Contraindication, Mechanism, Side effects, Risks associated with (ECT) – Role of the nurse in (ECT) • Seclusion or isolation • Restraints 	1
		<ul style="list-style-type: none"> • Psychotherapy and Behavior therapy <ul style="list-style-type: none"> - Overview - types (individual and group) - Role of the nurse in psychotherapy 	1

Teaching / learning methodology:**Didactic part:**

- o Interactive lectures
- o Small group discussion
- o Role-play
- o Group activities related to caring for psych mental health illnesses
- o Reading assignments
- o Watching movie related to major psychiatric disorders (plus activity worksheet)
- o Guest speakers
- o Handouts

Clinical part:

- Seminars and student presentations
- Case study
- Clinical evaluation

Exams and method of evaluation:

According to the study instructions

References :

1. Boyd, M.A. (2018). Psychiatric Nursing: contemporary practice (6th Ed.). Lippincott Williams & Wilkins; Philadelphia.
2. Townsend C. Mary (2014) Psychiatric Mental Health Nursing : Concepts of Care (8thEd.) F. A Davis Company , Philadelphia.
3. Townsend C. Mary (2014). Psychiatric Nursing : Assessment, Care Plans, and Medications (9th Ed.) F. A Davis Company , Philadelphia.
4. Videbeck Sheila A. (2014) Psychiatric-Mental Health Nursing (6th Ed). Wolters Kluwer health; New York
5. Halter (2013). Varcarolis' Foundations of Psychiatric Mental Health Nursing: A Clinical Approach (7th edition) Saunders Elsevier.