



Psychiatric and Mental Health Nursing (Elective) Module

Bachelor of Science (Honours) in Nursing Degree
Department of Nursing and Midwifery
Faculty of Allied Health Sciences
University of Sri Jayewardenepura

**PSYCHIATRIC AND MENTAL HEALTH NURSING
(ELECTIVE) MODULE**

**Published by
DEPARTMENT OF NURSING AND MIDWIFERY
2021**

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Abbreviations

| | |
|-------|-------------------------------------|
| CSTH: | Colombo South Teaching Hospital |
| MSE: | Mental Status Examination |
| NIMH: | National Institute of Mental Health |
| SGD: | Small Group Discussion |
| USJ: | University of Sri Jayewardenepura |

INTRODUCTION

Mental health is an integral component of the health of an individual. World Health Organization (2022) states that mental health is “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community”. Promoting and protecting the mental well-being of individuals as well as fulfilling the needs of individuals with mental disorders are essential components in health care systems. Mental health and psychiatric nurses have a wide range of roles and responsibilities in promoting mental health, protecting mental well beings, preventing mental disorders and caring for people with mental health disorders, nationally and internationally. These roles include care provider, teacher/educator, administrator, researcher, consultation, crisis worker, advocator, and counsellor. The elective Psychiatric and Mental Health Nursing module is designed to transform nursing students into excellent mental health and psychiatric nurses in various mental health institutes and community settings. Culturally competent care will be enhanced through this module to meet the social, cultural, and linguistic needs of patients/clients, families and communities.

Module description:

| | |
|----------------|---|
| Credits: | 06 (300hrs) |
| Placement: | Term 12 (4 th year) |
| Prerequisites: | Knowledge of Mental Health and Psychiatric Nursing |
| Teaching Unit: | Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura (USJ), Sri Lanka Department of Psychiatry, Faculty of Medical Sciences, USJ, Sri Lanka National Institute of Mental Health (NIMH), Mulleriyawa New Town, Sri Lanka, Psychiatric Unit, Colombo South Teaching Hospital (CSTH), Sri Lanka |

Course learning outcomes:

At the end of the course, the students will be able to;

1. Provide nursing care efficiently for patients in a psychiatric & mental health setting.
2. Develop skills in identifying and solving nursing problems in a psychiatric & mental health setting.
3. Discuss the relevant treatments and rehabilitation of patients with psychiatric and mental health problems.
4. Explore the range of health care and other resources available to the needs of patients/clients in a variety of mental health settings.
5. Appreciate the importance of a team approach in managing patients with psychiatric and mental health problems and the role of the nurse as a team member.
6. Enhance knowledge of cultural competence in psychiatric nursing
7. Deliver health education to the families in special aspects of educational and supportive needs

Main content areas and student contact hours

| | Main content areas: | Lecture/Discussion/Tutorial/SGD/Role Play (Hours) |
|----|--|--|
| 1. | Efficient nursing care for patients in a psychiatric & mental health setting. | 02 |
| 2. | Skills in identifying and solving nursing problems in a psychiatric & mental health setting | 05 |
| 3 | Treatment and rehabilitation of patients with psychiatric and mental health problems. | 03 |
| 4 | Range of health care and other resources available to the needs of patients/clients in a variety of mental health settings. | 02 |
| 5. | Importance of team approach in managing patients with psychiatric and mental health problems and the role of the nurse as a team member. | 03 |
| | Total hours | 15 |

1. Efficient nursing care for patients in a psychiatric & mental health setting.

| Intermediate objectives | Broad Content Area | Activity | Duration | Department |
|--|--|--------------------|----------|--------------------------|
| To describe the nursing care management of Psychiatric emergencies | <ul style="list-style-type: none"> • Spacing, Appearance, Focus, Exchange, Stabilisation, Treatment (S.A.F.E.S.T.) approach | Lecture/discussion | 02 hours | Nursing & Midwifery, USJ |
| | <ul style="list-style-type: none"> • Assessment of psychiatric emergencies <ul style="list-style-type: none"> ✓ Aggression and violence ✓ Deliberate self-harm and suicidal ideation ✓ Emergencies related to psychotropic drug actions | Clinical placement | | NIMH |

4. Range of health care and other resources available to the needs of patients/clients in a variety of mental health settings.

| Intermediate objectives | Broad Content Area | Activity | Duration | Department |
|--|---|--------------------|----------|-------------------------------|
| To describe the forensic psychiatry | <ul style="list-style-type: none"> Forensic psychiatry | Lecture | 02 hours | Department of Psychiatry, USJ |
| To demonstrates skills of psychiatric nursing in varieties of mental health settings | <ul style="list-style-type: none"> Psychiatric nursing in varieties of psychiatric/ mental health settings | Clinical placement | | NIMH |
| To describe community-based psychiatric resources | <ul style="list-style-type: none"> Community-based psychiatric resources in Sri Lanka | Special visits | | Community |

5. Importance of team approach in managing patients with psychiatric and mental health problems and the role of nurse as a team member.

| Intermediate objectives | Broad Content Area | Activity | Duration | Department |
|---|---|---|----------|--|
| To describe the therapeutic communication | <ul style="list-style-type: none"> Therapeutic communication | Roleplay | 01 hour | Nursing & Midwifery, USJ |
| To understand community psychiatry – assertive outreach | <ul style="list-style-type: none"> Community psychiatry – Assertive outreach | Lecture/ discussion Case –based discussions (with community psychiatric nurse) | 01 hour | Department of Nursing & Midwifery, USJ, CSTH/ NIMH |
| To describe the multi-professional teamwork | <ul style="list-style-type: none"> Multi-professional teamwork | Small Group Discussion | 01 hour | Department of Nursing & Midwifery, USJ |

Teaching / Learning activities:

Students will be placed in psychiatric and mental health settings in consultation with hospital staff for 06 - 08 weeks. They have to practice as a shadow nurse in the clinical setting under the supervision of academic staff members, nurse managers and nurses. Learning will also be facilitated by a small group teaching/problem-oriented tutorial once a week. The practice settings will include University Psychiatric Units, Mental Health Hospitals, and the students will also visit clinics, families, rehabilitation centres and social services.

Clinical placements

Clinical practicum: Application of nursing care at National Institute of Mental Health (NIMH) and Colombo South Teaching Hospital (CSTH);

1. Acute wards and intermediate wards (NIMH, CSTH)
2. long-term wards (NIMH)
3. Electro convulsion therapy unit (NIMH, CSTH)
4. Psychogeriatric unit (NIMH)
5. Out Patient Department (OPD) and psychiatric emergency care unit (NIMH)

Clinical practicum: Observation, client/ family assessment, rehabilitation activities and health education at NIMH;

1. Forensic psychiatry unit
2. Learning disability unit
3. Adolescent psychiatric unit
4. Perinatal psychiatric unit
5. Deegayu centre (psycho geriatric care)
6. Halfway home (A long-term care facility for chronic mentally ill female patients)

Clinical practicum: Experiences (observation) at other special units at NIMH

1. Nawodaya centre (day centre) (specially for clinic dates at neurotic conditions)
2. Rehabilitation unit

3. Occupational unit
4. Horticulture unit
5. Psychotherapy unit
6. Helpline centre
7. Villas (paying wards)

Special visits

1. Dayamina (Day centre for differently abled children)
2. Sahanaya (National Council for Mental Health)
3. Melmadura (centre for treatment and rehabilitation for drug-dependent patients)
4. Sarvodaya (community mental health programme)
5. SOS children's village (Piliyandala)
6. A community outreach clinic (in the Colombo district)

Night duty during the clinical placement:

- The students will be allocated to work on five-night duty shifts during the clinical placement at CSTH and NIMH.

Assessment of Learning

Bachelor of Science Honours in Nursing - Part IV Examination

1. Individual presentations:

At the completion of the module, the students have to make a presentation on patients that they have studied and cared for. The students are required to provide a descriptive analysis and evaluation of their experience in providing nursing care for those patients during their practice placement in order to assess the achievement of the learning objectives of the subject/ module.

2. Reflective portfolio:

Students are expected to write a reflective portfolio throughout the placement on their experience gained at different institutions, including on special visits aforementioned. They will reflect on and analyze different cases they studied and communicate through the portfolio.

3. Clinical case and viva:

At the completion of the module, the student will be given a patient to obtain the history, perform the mental health examination within a given time and plan nursing care. Students' skills in assessment, identification of actual and potential problems, possible treatment strategies and planning of nursing care are evaluated.

| Subject/Course Unit | Component of Assessment | Time Allocation | Marks Allocated | |
|---|-------------------------|-----------------|-----------------|------|
| Nursing Elective: Psychiatric and Mental Health Nursing | Clinical case | 20 minutes | 40% | 100% |
| | Viva | 15 minutes | 20% | |
| | Case study report | | 40% | |

Note:

In nursing elective subjects, only the clinical case and viva will be held at a subsequent attempt.

Recommended reading materials:

- Michael Gelder, Richard Mayou, & John Geddes (2005). *Psychiatry: Oxford core text*, 3rd Ed. Oxford University press.
- Mary C. Townsend & Karyn I. Morgan (2018). *Psychiatric Mental Health Nursing Concepts of Care in Evidence-Based Practice*, 9th Ed. David Company
- Paul Harrison, Philip Cowen, Tom Burns, & Mina Fazel. (2018). *Shorter Oxford Textbook of Psychiatry*, 7th Ed. Oxford university press.
- Rajesh Kumar (2020). *Psychiatry & Mental Health Nursing*. Elsevier
- Varuni De Silva & Raveen Hanwella (2014). *Handbook of Clinical Psychiatry- a practical Guide*, 2nd Ed. Kumaran Book House
- *The ICD-10 Classification of Mental and Behavioural Disorders*, World Health Organization. Retrieved from <https://www.who.int/classifications/icd/en/bluebook.pdf>.

References

- *BSc. Nursing (HONS) curriculum*, University of Sri Jayewardenepura, Sri Lanka.
- Gelder, M., Mayou, R., & Geddes, J. (2005). *Psychiatry: Oxford core text*, 3rd Ed. Oxford University press.
- Harrison, P., Cowen, P., Burns T., & Fazel, M. (2018). *Shorter Oxford Textbook of Psychiatry*, 7th Ed. Oxford university press.
- Kumar, R. (2020). *Psychiatry & Mental Health Nursing*. Elsevier
- *The ICD-10 Classification of Mental and Behavioural Disorders*, World Health Organization. Retrieved from <https://www.who.int/classifications/icd/en/bluebook.pdf>.