



Psychiatric and Mental Health Nursing 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 MODULE**

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Module Development Committee

1. Dr. S.M.K.S. Seneviratne
2. Dr. A.A.T.D. Amarasekara
3. Mrs. T.L.C. Lasanthika
4. Dr. M.K.D.L. Meegoda
5. Ms. E.T. Jagoda
6. Dr. I.M.P.S. Ilankoon
7. Dr. R.M.T.B. Abeyratne
8. Mr. U.H.M. Nasmil
1. Prof. S.T. Kathriarachchi
2. Dr Ramani Perera
3. Dr Dulshika Wass
4. Dr Jayamal De Silva
5. Dr Yasodha Rohanachandra
6. Dr Prasangika Seneviratne
7. Dr Manisha Dalpatadu
8. Dr Venura Palihawadana
9. Dr Luckshika Amarakoon

Abbreviations:

CSTH:	Colombo South Teaching Hospital
ECT:	Electro Convulsive Therapy
ICD-10:	International Classification of Diseases – 10
MSE:	Mental Status Examination
NIMH:	National Institute of Mental Health
USJ:	University of Sri Jayewardenepura

INTRODUCTION

Mental health is an integral component of 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 of the mental well-being of individuals as well as fulfilling the needs of individuals with mental disorders are essential components in health care systems. Nurses have a prime role and responsibilities of maintaining mental well-being and caring for the mentally ill. The Psychiatric and Mental Health Nursing module is designed to enhance the knowledge, skills and attitudes of nursing students in successfully dealing with the care of patients with mental disorders in various settings. It will also help them to gain an understanding of their own behaviour and that of patients to facilitate holistic care of patients with mental disorders.

Module description:

Credits: 04

Placement: Term 7-9 (3rd year)

Prerequisites: None

Teaching Unit: Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura (USJ), Sri Lanka

Department of Psychiatry, USJ, Sri Lanka

National Institute of Mental Health (NIMH), Mulleriyawa New Town, Sri Lanka

Colombo South Teaching Hospital (CSTH), Kalubowila, Dehiwala, Sri Lanka

Subject	Lecture/ Tutorial	Lecture credits	Lab Hours	Lab credits	Practice Hours	Practice credits	Total Hours	Total credits
Psychiatric & Mental Health Nursing	30	02	-	-	120 (5 weeks)	02	150	4

Module Learning Outcomes:

At the end of this module, students will be able to:

1. Describe the epidemiology of mental health problems
2. Demonstrate understanding of mental health care delivery in Sri Lanka
3. Discuss the scope of mental health nursing
4. Describe the concept of normal & abnormal behaviour
5. Identify the mental health problems and the changing trends in psychiatric nursing care
6. Demonstrate understanding of the etiological factors/ Psychopathology of mental disorders
7. Demonstrate skills in therapeutic communication and build nurse-patient relationships
8. Demonstrate skills in conducting Mental State Examination (MSE)
9. Apply general principles of psychiatric nursing in the care of patients with mental disorders
10. Apply the nursing process in solving nursing problems of patients with mental disorders
11. Explain treatment modalities and therapies used in mental disorders and the role of the nurse
12. Describe the role of a nurse in the prevention of mental health problems/ psychiatric illness and promotion of mental health.

Main units of the module:

	Main units:	Lecture (Hours)
1.	Concepts of psychiatric and mental health nursing	02
2.	The theoretical basis of psychiatric and mental health nursing	02
3	Reception and discharge of a patient in the psychiatry unit	(Clinical Teaching)
4	Therapeutic communication and the nurse-patient relationship	03
5.	Psychopathology	16
6.	Nursing interventions for patients undergoing therapies in mental health care systems	02
7.	Mental Health	01
8.	Prevention of mental illness and promotion of mental health	04

Unit 1: Concepts of Psychiatric and Mental Health Nursing

Intermediate objectives	Broad Content Area	Activity	Duration	Department		
To describe the concept of Psychiatric and Mental Health Nursing	<ul style="list-style-type: none"> • Introduction to mental health and psychiatric nursing. <ul style="list-style-type: none"> - Concepts of mental health - Components of positive mental health - Mental health team - Scope of psychiatric nursing 	Lecture/ discussion	2 hours	Nursing & Midwifery, USJ Department of Psychiatry, USJ		
To describe psychiatric epidemiology in a culturally diverse society.	<ul style="list-style-type: none"> • Psychiatric epidemiology in a culturally diverse society. 					
To describe the organizational set-up of mental health services in Sri Lanka and in the world.	<ul style="list-style-type: none"> • Organizational set up of mental health services in Sri Lanka and in the world 					
To describe the issues and trends in Psychiatric and Mental Health Nursing.	<ul style="list-style-type: none"> • Issues and trends in Psychiatric and Mental Health Nursing. 					

Unit 2: The theoretical basis of Psychiatric and Mental Health Nursing.

Intermediate objectives	Broad Content Area	Activity	Duration	Department
To describe the theories for interdisciplinary psychiatric care.	<ul style="list-style-type: none"> • An overview to psychiatric nursing theories <ul style="list-style-type: none"> - Hildegard Peplau - Theory of interpersonal relations - Psychoanalytic theory - Behaviorism - Jean Piaget: Theory of Cognitive Stages of Development - Humanistic Theories - Abraham Maslow, Carl Rogers 	Lecture/ discussion	2 hours	Nursing & Midwifery, USJ
To understand the therapeutic environment.	<ul style="list-style-type: none"> • Therapeutic environment in mental health 			
To describe the principles of psychiatric nursing.	<ul style="list-style-type: none"> • Principles of psychiatric nursing. 			

Unit 3: Reception of a patient in the psychiatry unit

Intermediate objectives	Broad Content Area	Activity	Duration	Department
<p>To identify the types of admission, discharge transfers and parole procedure</p> <p>To describe the role of the nurse in admission and discharge</p>	<ul style="list-style-type: none"> Types of admission Discharge transfers and parole Role of the nurse in admission and discharge 	<p>Clinical Teaching</p> <p>Clinical placements (Out Patient Department at NIMH and psychiatric wards)</p>		<p>Nursing & Midwifery, USJ</p> <p>Department of Psychiatry, USJ</p>
To describe the term “Informed consent”	<ul style="list-style-type: none"> Informed consent 			
To describe how to handle patients’ personal properties	<ul style="list-style-type: none"> Patients’ personal properties 			
To describe the legal implications of receiving and discharging patients	<ul style="list-style-type: none"> Legal implications of receiving and discharging patients, Patients’ rights, Mental health act, Nurses responsibility in maintaining confidentiality and breaches of confidentiality in mental health care 			
To describe how to deal with relatives	<ul style="list-style-type: none"> Dealing with relatives 			

Unit 4: Therapeutic communication and nurse-patient/client relationship

Intermediate objectives	Broad Content Area	Activity	Duration	Department
To understand the concept of therapeutic communication	<ul style="list-style-type: none"> • Concept of therapeutic communication - Definition - Principles - Process - Barriers - Effective techniques - Cultural awareness - Nurse-patient/client interaction 	Lecture/ discussion	2 hours	Nursing & Midwifery, USJ
To understand the concept of nurse-patient relationship	<ul style="list-style-type: none"> • Stages of establishing nurse-patient relationship and activities involve in each stage. 	Lecture/ discussion	1 hour	

Unit 5: Psychopathology

Intermediate objectives	Broad Content Area	Activity	Duration	Department
To describe the psychopathology of mental disorder	<ul style="list-style-type: none"> • Overview of the psychopathology, diagnostic criteria and classification <ul style="list-style-type: none"> - Dynamics and principles - Diagnostic criteria - History taking - MSE - Classification of mental disorders (ICD 10 Classification) 	Lecture/ discussion Clinical placements (history taking and MSE)	1 hour	Nursing & Midwifery, USJ Department of Psychiatry, USJ CSTH
To describe the organic mental disorders and nursing management	<ul style="list-style-type: none"> • Delirium presenting with psychiatric symptoms and dementia <ul style="list-style-type: none"> - Aetiology - Signs and symptoms - Principles of treatment 	Lecture/ discussion Clinical placement (Deegayu day centre and psychogeriatric units at NIMH)	1 ½ hour	NIMH
To describe the substance abuse and nursing management	<ul style="list-style-type: none"> • Substance abuse and related mental health problems <ul style="list-style-type: none"> - Alcohol - Nicotine - Cannabis, Heroin and other Psychoactive Substances 	Lecture/ discussion Clinical placement (acute, intermediate and long term care wards)	1 hour	

To describe Functional disorders and nursing management (Schizophrenia)	<ul style="list-style-type: none"> • Schizophrenia <ul style="list-style-type: none"> - Aetiology - Signs and symptoms - Prognosis - Principles of treatment - Nursing management 	Lecture/ discussion Clinical placements (acute, intermediate and long term care wards)	3 hours	
To describe the affective (mood) disorders and nursing management	<ul style="list-style-type: none"> • Bipolar Affective Disorder (BAD), Depression, Mania <ul style="list-style-type: none"> - Aetiology - Signs and symptoms - Treatment - Nursing management 	Lecture/ discussion Clinical placements (acute, intermediate and long term care wards)	2 hours	
To describe the neurotic disorders and nursing management (Neurotic, stress-related and somatoform disorder; the behavioural syndromes associated with physiological disturbances and	<ul style="list-style-type: none"> • Neurotic, stress-related and somatoform disorder <ul style="list-style-type: none"> - ObsessiveCompulsive Disorder - Phobias - Anxiety disorders and Panic Disorder, and its' nursing management - Post-traumatic Stress Disorder and Grief - Ego defense mechanism 	Lecture/ discussion Clinical placements (psychiatric wards and Nawodaya day centre at NIMH)	3 ½ hours	

<p>physical factors; disorders of adult personality)</p>	<ul style="list-style-type: none"> - Somatoform disorders and nursing management • Behavioural syndromes associated with physiological disturbances and physical factors <ul style="list-style-type: none"> - Overview of sexual dysfunction (lack of sexual desire, vaginismus, premature ejaculation, impotence) - Eating problems and nursing management for the patients with eating disorders - Sleeping disorders and nursing management for the patients with sleeping disorders 			
	<ul style="list-style-type: none"> • Disorders of adult personality <ul style="list-style-type: none"> - Personality disorders and nursing management 		1 hour	
<p>To describe the childhood mental problems and nursing management</p>	<ul style="list-style-type: none"> • Childhood mental problems <ul style="list-style-type: none"> - Care of the child with intellectual disability (mental subnormality /learning disability) - Attention-Deficit/ Hyperactivity Disorder (ADHD) - Autism spectrum disorder 	<p>Lecture/ discussion</p> <p>Clinical placement (“Arunodaya” adolescent unit and learning disability unit at NIMH)</p>	1 hour	

	- Childhood anxiety and depression			
To describe the psychiatric emergencies and nursing management	<ul style="list-style-type: none"> • Psychiatric emergencies - Assessment of risk in a patient - Assessment of psychiatric emergencies <ul style="list-style-type: none"> ✓ Aggression and violence ✓ Deliberate self-harm and suicidal ideation ✓ Emergencies related to psychotropic drug action - Management of a patient with suicidal ideation and aggressive behaviour 	<p>Lecture/ discussion</p> <p>Clinical teaching of nursing interventions for handling aggressive behaviours, prevention of deliberate self-harm in the ward, and restraining and seclusion</p>	2 hours	

Unit 6: Nursing interventions for patients undergoing therapies in mental health care

Intermediate objectives	Broad Content Area	Activity	Duration	Department
To describe the psychotropic drugs & Electro convulsive therapy	<ul style="list-style-type: none"> • Somatic (physical) therapies - Psychotropic drugs - Electro convulsive therapy (ECT) 	Lecture/ discussion; Clinical teaching of nursing strategies for non-compliance of medication Clinical visit (ECT units)	1 hour	Nursing & Midwifery, USJ Department of Psychiatry, USJ CSTH NIMH
To describe the psychotherapies and counselling	<ul style="list-style-type: none"> • Cognitive Behavioral Therapy • Supportive psychotherapy • Problem solving counseling • Grief counseling 	Lecture/ discussion	1 hour	
To describe the group therapy and occupational therapy	<ul style="list-style-type: none"> • Psychological therapies (psychotherapy) and rehabilitation <ul style="list-style-type: none"> - Group therapy <ul style="list-style-type: none"> ✓ Group and group process ✓ Effectiveness and productivity ✓ Psychotherapy ✓ Play therapy ✓ Psychodrama 	Clinical Teaching Clinical placements (Nawodaya day centre, Forensic unit, horticulture therapy unit, rehabilitation/occupational therapy unit)		

	<ul style="list-style-type: none"> - Rehabilitation <ul style="list-style-type: none"> ✓ Occupational therapy ✓ Horticulture - Family meeting 	Practical /tutorials: Educating patients and family members		
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Unit 7: Mental Health

Intermediate objectives	Broad Content Area	Activity	Duration	Department
To describe counselling and psycho-education	<ul style="list-style-type: none"> • Roles of the psychiatric nurse in counselling and psycho-education 	Lecture/discussion	1 hour	Nursing & Midwifery, USJ

Unit 8: Prevention of mental illness and promotion of mental health

Intermediate objectives	Broad Content Area	Activity	Duration	Department
To describe the community mental health programme and role of the nurse in community mental health	<ul style="list-style-type: none"> Community mental health programme Role of the nurse in community mental health 	Lecture/ discussion	4 hours	Nursing & Midwifery, USJ
To describe the principles of psychiatric social work	<ul style="list-style-type: none"> Principles of psychiatric social work 	Group discussions during clinical practices with a social worker and a community psychiatric mental health nurse		Department of Psychiatry, USJ
To describe the prevention of suicide, rape and sexual assault	<ul style="list-style-type: none"> Prevention of suicide, rape, sexual assault, child abuse and neglect 	Clinical placements (Horticulture therapy unit/ rehabilitation unit)		CSTH
To describe the identification of stress and anxiety of the families with the mentally ill	<ul style="list-style-type: none"> Identification of stress and anxiety of the families with the mentally ill 			NIMH
To describe the rehabilitation and follow up	<ul style="list-style-type: none"> Rehabilitation and follow up 			
To describe the crisis intervention	<ul style="list-style-type: none"> Crisis intervention 			

Clinical Practice: 05 weeks (120 hrs)

Students will be placed in psychiatry wards and out-patient departments to practice nursing interventions in various illnesses. They will observe, record and report the behaviour of selected patients.

Assessment: BSc Hons (Nursing) Part III Examination:

Theory: MCQ (30)	- 30%
SEQ (04)	- 40%
Clinical skills assessment	- 30%

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

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>.