CLINICAL SPECIALITY - II

PSYCHIATRIC (MENTAL HEALTH) NURSING

Placement: II Year

Hours of Instruction
Theory 150 hrs
Practical 950 hrs
Total : 1100 Hours

Course Description

This course is designed to assist students in developing expertise and in-depth understanding in the field of Psychiatric Nursing. It will help students to develop advanced skills for nursing intervention in various psychiatric conditions. It will enable the student to function as psychiatric nurse practitioner/specialist. It will further enable the student to function as educator, manager, and researcher in the field of Psychiatric nursing

Objectives

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

1. Apply the nursing process in the care of patients with mental disorders in hospital and community
2. Demonstrate advanced skills/competence in nursing management of patients with mental disorders
3. Identify and care for special groups like children, adolescents, women, elderly, abused and neglected, people living with HIV/AIDS.
4. Identify and manage psychiatric emergencies.
5. Provide nursing care to critically ill patients with mental disorders
6. Utilize the recent technology and various treatment modalities in the management of patients with mental disorders
7. Demonstrate skills in carrying out crisis intervention.
8. Appreciate the legal and ethical issues pertaining to psychiatric nursing.
9. Identify areas of research in the field of psychiatric nursing.
10. Prepare a design for layout and describe standards for management of Psychiatric units/emergency units/hospitals
11. Teach psychiatric nursing to undergraduate students & in-service nurses.

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Course Content

Unit	Hours	Content
I	2	**Principles and practice of Psychiatric nursing** ▫ Review
II	10	**Crisis Intervention** ▫ Crisis, Definition ▫ Phases In The Development of A Crisis ▫ Types of Crisis; Dispositional , Anticipated Life Transitions Traumatic Stress, Maturational/ Development , Reflecting Psychopathology ▫ Psychiatric Emergencies and their management ▫ Grief and grief reaction ▫ Crisis Intervention; Phases ▫ Post traumatic stress disorder (PTSD) ▫ Role of the Nurse
III	4	**Anger/ Aggression Management** ▫ Anger and Aggression, Types, Predisposing Factors ▫ Management ▫ Role of The Nurse
IV	5	**The Suicidal Client** ▫ Epidemiological Factors ▫ Risk Factors • **Predisposing Factors:** Theories of Suicide-Psychological, Sociological ,Biological ▫ Nursing Management
V	5	**Disorders of Infancy, Childhood, and Adolescence** ▫ Mentally Challenged ▫ Autistic Disorders ▫ Attention-Deficit/Hyperactivity Disorder ▫ Conduct Disorders, behavioural disorders ▫ Oppositional Defiant Disorder ▫ Tourette's Disorders ▫ Separation Anxiety Disorder ▫ Psychopharmacological Intervention and Nursing Management
VI	5	**Delirium, Dementia, and Amnestic Disorders** ▫ Delirium ▫ Dementia ▫ Amnesia ▫ Psychopharmacological Intervention and Nursing Management
VII	10	**Substance-Related Disorders** ▫ Substance-Use Disorders ▫ Substance-Induced Disorders ▫ Classes Of Psychoactive Substances ▫ Predisposing Factors

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Unit	Hours	Content
		▫ The Dynamics Of Substance-Related Disorders ▫ The Impaired Nurse ▫ Codependency ▫ Treatment Modalities For Substance-Related Disorders and Nursing Management
VIII	10	**Schizophrenia and Other Psychotic Disorders (Check ICD10)** ▫ Nature of the Disorder ▫ Predisposing Factors ▫ Schizophrenia -Types • Disorganized Schizophrenia • Catatonic Schizophrenia • Paranoid Schizophrenia • Undifferentiated Schizophrenia • Residual Schizophrenia ▫ Other Psychotic disorders • Schizoaffective Disorder • Brief Psychotic Disorder • Schizophrenicform Disorder • Psychotic Disorder Due to a General Medical Condition • Substance-Induced Psychotic Disorder ▫ Treatment and Nursing Management
IX	8	**Mood Disorders** ▫ Historical Perspective ▫ Epidemiology ▫ The Grief Response ▫ Maladaptive Responses To Loss ▫ Types Of Mood Disorders ▫ Depressive disorders ▫ Bipolar disorders ▫ Treatment and Nursing Management
X	8	**Anxiety Disorders** ▫ Historical Aspects ▫ Epidemiological Statistics ▫ How Much is too Much? ▫ Types • Panic Disorder • Generalized Anxiety Disorder • Phobias • Obsessive-Compulsive Disorder • Posttraumatic Stress Disorder • Anxiety Disorder Due to a General Medical Condition • Substance-Induced Anxiety Disorder ▫ Treatment Modalities ▫ Psychopharmacology & Nursing Management
XI	5	**Somatoform And Sleep Disorders** ▫ Somatoform Disorders ▫ Historical Aspects

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Unit	Hours	Content
		• Epidemiological Statistics • Pain Disorder • Hypochondriasis • Conversion Disorder • Body Dysmorphic Disorder □ Sleep Disorder □ Treatment Modalities and Nursing Management
XII	**4**	**Dissociative Disorders and Management** □ Historical Aspects □ Epidemiological Statistics □ Application of the Nursing Management □ Treatment Modalities and Nursing Management
XIII	**4**	**Sexual And Gender Identity Disorders** □ Development Of Human Sexuality □ Sexual Disorders □ Variation In Sexual Orientation □ Nursing Management
XIV	**4**	**Eating Disorders** □ Epidemiological Factors □ Predisposing Factors : Anorexia Nervosa And Bulimia Nervosa obesity □ Psychopharmacology □ Treatment & Nursing Management
XV	**4**	**Adjustment and Impulse Control Disorders** □ Historical and Epidemiological Factors • Adjustment Disorders • Impulse Control Disorders □ Treatment & Nursing Management
XVI	**4**	**Medical Conditions due to Psychological Factors** □ Asthma □ Cancer □ Coronary Heart Disease □ Peptic Ulcer □ Essential Hypertension □ Migraine Headache □ Rheumatoid Arthritis □ Ulcerative Colitis □ Treatment & Nursing Management
XVII	**8**	**Personality Disorders** □ Historical perspectives □ Types Of Personality Disorders • Paranoid Personality Disorder • Schizoid Personality Disorder • Antisocial Personality Disorder • Borderline Personality Disorder

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Unit	Hours	Content
		• Histrionic Personality Disorder • Narcissitic Personality Disorder • Avoidance Personality Disorder • Dependent Personality Disorder • Obsessive-Compulsive Personality Disorder • Passive-Aggressive Personality Disorders □ Identification, diagnostic, symptoms □ Psychopharmacology □ Treatment & Nursing Management
XVIII	8	**The Aging Individual** □ Epidemiological Statistics □ Biological Theories □ Biological Aspects of Aging □ Psychological Aspects of Aging □ Memory Functioning □ Socio-cultural aspects of aging □ Sexual aspects of aging □ Special Concerns of the Elderly Population □ Psychiatric problems among elderly population □ Treatment & Nursing Management
XIX	5	**The person living with HIV Disease** □ Psychological problems of individual HIV/AIDS □ Counseling □ Treatment & Nursing Management
XX	5	**Problems Related to Abuse or Neglect** □ Vulnerable groups, Women, Children, elderly, psychiatric patients, under privileged, challenged □ Predisposing Factors □ Treatment & Nursing management- Counseling
XXI	7	**Community Mental Health Nursing** □ National Mental Health Program- Community mental health program □ The Changing Focus of care □ The Public Health Model □ The Role of the Nurse □ Case Management □ The community as Client • Primary Prevention • Populations at Risk • Secondary prevention • Tertiary Prevention □ Community based rehabilitation
XXII	5	**Ethical and Legal Issues in Psychiatric/Mental Health Nursing** □ Ethical Considerations □ Legal Consideration

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Unit	Hours	Content
		• Nurse Practice Acts • Types of Law • Classification within Statutory and Common Law • Legal Issues in Psychiatric/Mental Health Nursing • Nursing Liability
XXIII	**5**	**Psychosocial rehabilitation** □ Principles of rehabilitation □ Disability assessment □ Day care centers □ Half way homes □ Reintegration into the community □ Training and support to care givers □ Sheltered workshops □ Correctional homes
XXIV	**5**	**Counseling** □ Liaison psychiatric nursing □ Terminal illnesses-Counseling □ Post partum psychosis-treatment, care and counseling □ Death dying- Counseling □ Treatment, care and counseling – • Unwed mothers • HIV and AIDS
XXV	**5**	**Administration and management of psychiatric units including emergency units** □ Design & layout □ Staffing, □ Equipment, supplies, □ Norms, policies and protocols □ Quality assurance □ Practice standards for psychiatric nursing □ Documentation
XXVI	**5**	**Education and training in psychiatric care** □ Staff orientation, training and development, □ In-service education program, □ Clinical teaching programs.

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Practicals

Total = 960 Hours
1 Week = 30 Hours

S.No.	Area of Posting	No. of Week	Total Hours
1	Acute Psychiatric Ward	4	120 Hours
2	Chronic Psychiatric Ward	4	120 Hours
3	De-addiction Unit	4	120 Hours
4	Psychiatric Emergency Unit	4	120 Hours
5	O.P.D (Neuro and psychiatric)	3	90 Hours
6	Child Psychiatric Unit and child guidance clinic	2	60 Hours
7	Post natal ward	1	30 Hours
8	Family Psychiatric Unit	2	60 Hours
9	Field visits	2	60 Hours
10	Rehabilitation	2	60 Hours
11	Community Mental Health Unit	4	120 Hours
	Total	**32 Weeks**	**960 Hours**

Essential Psychiatric nursing skills

Procedures Observed

1. Psychometric tests
2. Personality tests
3. Family therapy
4. Assisted
5. CT
6. MRI
7. Behavioral therapy.

Procedures Performed

1. Mental status examination
2. Participating in various therapies – Physical; ECT,
3. Administration of Oral, IM, IV psychotropic drugs
4. Interviewing skills
5. Counseling skills
6. Communication skills
7. Psychoeducation
8. Interpersonal relationship skills
9. Community Survey for identifying mental health problems
10. Rehabilitation therapy
11. Health education and life skills training.
12. Supportive psychotherapic skills
13. Group therapy
14. Milieu therapy
15. Social/Recreational therapy.
16. Occupational therapy.

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NURSING MANAGEMENT

Placement: II year

Hours of Instruction
Theory 150 Hours
Practical 150 Hours
Total : 300 Hours

Course Description:

This course is designed to assist students to develop a broad understanding of Principles, concepts, trends and issues related to nursing management. Further, it would provide opportunity to students to understand, appreciate and acquire skills in planning, supervision and management of nursing services at different levels to provide quality nursing service.

Objectives:

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

1.Describe the philosophy and objective of the health care institutions at various levels.

2.Identify trends and issues in nursing.

3.Discuss the public administration, health care administration vis a vis nursing administration.

4.Describe the principles of administration applied to nursing.

5.Explain the organization of health and nursing services at the various levels / institutions.

6.Collaborate and co-ordinate with various agencies by using multisectoral approach.

7.Discuss the planning, supervision and management of nursing workforce for various health care settings.

8.Discuss various collaborative models between nursing education and nursing service to improve the quality of nursing care.

9.Identify and analyse legal and enthical issues in nursing administration.

10.Describe the process of quality assurance in nursing services.

11.Demonstrate leadership in nursing at various levels.

COURSE – PLAN

UNIT	HRS	CONTENT
I	10	❑ Philosophy, purpose, elements, principles & scope of administration. ❑ Indian Administrative system vis a vis health care delivery system: National, State and Local, Indian Constitution. ❑ Planning Processes: Five year plans, various committee reports on Health State and National Health Policies, National Population Policy on AYUSH & plans.
II	10	**MANAGEMENT: -** ❑ Functions of administration. ❑ Planning and control. ❑ Co- ordination and delegation ❑ Decision making – decentralization basic goals of decentralization ❑ Concept of management. **NURSING MANAGEMENT: -** ❑ Concept, types and principles. ❑ Vision and mission statements. ❑ Philosophy, aims and objectives ❑ Current trends and issues in Nursing administration ❑ Theories and models. Ap application to nursing service and education.
III	15	PLANNING :- ❑ Planning process: concept, principles. ❑ Mission, philosophy, objectives. ❑ Strategic planning ❑ Operational plans. ❑ Management plans ❑ Programme evaluation and review technique (PERT), Gantt chart, management by objectives (MBO). ❑ Planning new venture. ❑ Planning for change Application to nursing service and education
IV	15	ORGANISATION :- ❑ Concept, principles, objectives, types and theories, minimum requirements for organization, developing an organizational structure, levels, organizational effectiveness and organizational climate ❑ Organizing nursing services and patient care : methods of patient assignment – advantages and disadvantages, primary nursing care.

UNIT	HRS	CONTENT
		❑ Planning and organizing : hospital, unit and ancillary services (specially central sterile supply department, laundry, kitchen, lab. Services, emergency etc.) ❑ Disaster management : plan, resources, drill., etc. Application to nursing service and education
V	15	**HUMAN RESOURCES FOR HEALTH :-** ❑ Staffing ❑ Recruitment : credentialing, selection, placement, promotion ❑ Retention . ❑ Personnel policies ❑ Termination ❑ Staff development programme. ❑ Duties and responsibilities of various category of nursing personnel.
VI	15	**DIRECTING :-** ❑ Roles And Functions ❑ Motivation : Intrinsic, extrinsic, creating motivating climate, motivational theories. ❑ Communication : process, types, strategies, interpersonal communication, channels,barriers,problems, confidentiality, public relations ❑ Delegation; common delegation errors ❑ Managing conflicts: process, management, negotiation, consensus ❑ Collective bargaining: health care labour laws, unions, professional associations, role of nurse manager ❑ Occupational health and safety. Application to nursing service and education
VII	10	• Material Management • Concepts, principles and procedures : Specifications • ABC analysis • VED (very important and essential daily use) analysis • Planning equipments and supplies for nursing care : unit and hospital • Inventory control • Condemnation Application to nursing service and education

UNIT	HRS	CONTENT
VIII	15	**Controlling** • Quality assurance Standards Models Nursing audit • Performance appraisal : Tools, formats, Management, interviews • Supervision and management : concepts and principles • Discipline : service rules, self discipline, constructive versus destructive discipline, problem employees, disciplinary proceedings enquiry etc. Application to nursing service and education
IX	15	**Fiscal planning** • Steps • Plan and non-plan, zero budgeting, mid-term appraisal, capital and revenue • Budget estimate, revised estimate, performance budget • Audit • Cost effectiveness • Cost accounting • Critical pathways • Health care reforms • Health economics • Budgeting for various units and levels Application to nursing service and education
X	10	**Nursing informatics** • Trends • General purpose • Use of computers in hospital and community • Patient record system • Nursing records and reports • Management information and evaluation system (MIES) • E-nursing, Telemedicine, telenursing • Electronic medical records
XI	10	**Leadership** • Concepts, Types Theories • Styles • Manager behaviors • Leader behaviors • Effective leader : Characteristics, skills • Group dynamics • Power and politics • Lobbying • Critical thinking and decision making • Stress management Application to nursing service and education

UNIT	HRS	CONTENT
XII	10	**Legal and ethical issues** **Laws and ethics** • Ethical committee • Code of ethics and professional conduct • Legal system : Types of law, tort law, and liabilities • Legal issues in nursing : negligence, malpractice, invasion of privacy, defamation of character • Patient care issues, management issues, employment issues • Medico legal issues • Nursing regulatory mechanisms : licensure, renewal, accreditation • Patients rights • Rights of special groups : children, women, HIV, handicap • Infection control • Standard safety measures

Practical

1. Prepare prototype personal files for staff nurses, faculty and cumulative records
2. Preparation of budget estimate, Revised estimate and performance budget
3. Plan and conduct staff development programme
4. Preparation of Organization Chart
5. Developing nursing standards / protocols for various units
6. Design a layout plan for speciality units / hospital, community and educational institutions
7. Preparation of job description of various categories of nursing personnel
8. Prepare a list of equipments and supplies for speciality units
9. Assess and prepare staffing requirement for hospitals, community and educational institutions
10. Plan of action for recruitment process
11. Prepare a vision and mission statement for hospital, community and educational institutions
12. Prepare a plan pf action for performance appraisal
13. Identify the problems of the speciality units and develop plan of action by using problem solving approach
14. Plan a duty roster for speciality units / hospital, community and educational institutions
15. Prepare : anecdotes, incident reports, day and night reports, handing and taking over reports, enquiry, nurses notes, official letters, curriculum vitae, presentation etc.
16. Prepare a plan for disaster management
17. Group work
18. Field appraisal report.

ESSENTIALS FOR A P. EXP.

1) DEMONSTRATION
2) PREPARATION/STUDY MATERIAL & PRESENTATION
3) ANALYSIS STUDY-REPORT

(GUIDE LINE TO BE PROVIDED) THAT IS

AIMS-OBJECTIVES EVALUATION

AREA FOR EXPERIENCE

- PREPARATION FOR DUTY ROSTER UNIT
- PREPARATION FOR INVENTORY
- PROCESS OF CONDEMNATION
- SUPERVISION FOR NSG/NON NSS STABB ?
- CLINICS FOR TRAINEE NURSES (BEDSIDE)
- OBSERVATIONAL STUDY OF NURSES ADM AREA.

VISIT- APECIFIC Department

C S S D, kitchen

Waste disposal

Special unit

College Demonstration format

- Cumulative Record
- Personal Appraisal
- Various evaluation performe
- Organizational charts
- Job description
- Recruitment Process
- Vision-Mission statement
- Standing orders/protocol
- Staff development programme
- Model budget

Practical Experience:-Observational Study Report Preparation.

SN	Departments/Area	Weeks	Hours
1	Hosptial Administration Nursing service administartion Nursing education administartion	$1^1/_2$	60 hrs.
2	Community Health Administartion	$1^1/_2$	60 hrs.
3	Visit to Specialised Unit /Hosptial	1 (5 hrs. per day)	30 hrs.
	Total		150 hrs.

Hosptial Administration: -

- Account Section
- CSSD
- Dietary Section
- Waste Disposal etc.

Nursing Services Administration:-

- Office of Nursing Superintendent
- Departmental Incharge

Nursing Education Administration:-

- Office of Principal of School/College of Nursing

Community Health Administration: -

- DHS/DHO/CHC/RH/NGO/Govt.Agencies

Assignments: - Theory

- Seminar
- Module Preparation (Staff development programme)
- Vision Mission Statement
- Standing orders
- Job Description
- Cumulative reword
- Evaluation Performa
- Personal Appraisal
- Recruitment process.

Method of Teaching: -

- Lecture Discussion
- Group Discussion
- Field Visit
- Project work
- Seminar Presentation

INTERNAL ASSESSMENT

THEORY

1. Mid Term -	50
2. Pre- term -	75
3. Seminar / Presentation	100
4. Evaluation for Performance appraisal	50

	275

Practical Experience Evaluation

1. Evaluation Criteria for writing report on Duties and responsibilities of Nursing Personnel 50 Marks

2. Clinical Performance Evaluation : Nursing Service Administration 100 Marks

ASSIGNMENT FORMAT FOR SEMINAR

Introduction to the topic__
Unit background
Concept, definition
History
Subject matter
Application in Nursing field
Summary
Conclusion
References

EVALUATION CRITERIA FOR SEMINAR PRESENTATION

Subject
Topic Date
Name of student Time
Group Maximum Marks : 100

SN.	Criteria	Rating					Remarks
		1	2	3	4	5	
1	Introduction						
2	Organization of Content						
3	Presentation of topic						
4	Relevant examples						
5	Relevant statistical data						
6	Group participation						
7	Control of group						
8	Conclusion						
	AV Aids						
9	Appropriate to subject						
10	Proper use of A/V Aids						
11	Self explanatory						
12	Attractive						
13	Planning and preparation						
14	Use of Modern technology						
	Physical facilities						
15	Environment						
16	Classroom preparation						
17	Over lay out						
	Personal Appearance						
18	Voice & clarity						
19	Mannerisms						
20	References						

Remarks & signature of supervisor-
Date :
Signature of student
Date :

ASSIGNMENT FORMAT FOR WRITING PERFORMANCE APPRAISAL :-

Guidelines :-

1 Define the purpose of assessment

2 Decide as to which groups are to be assessed

3 Select and define the qualities to be assessed on a Five point Rating scale.

4 Include the following areas

- Quality of performance
  - Quantity of work
  - Quality of work
- Mental qualities
  - Ability to learn
  - Adaptability
  - Originality
  - Reasoning powers
- Supervisory qualities
  - Leadership
  - Organizing ability
  - Cooperation
- Personal qualities
  - Honesty
  - Self control
  - Initiative
  - Appearance
  - Attitude towards fellow workers
  - Attitude towards work
- Capacity for further development
  - Intelligence
  - Acceptance of responsibility
  - To Lead a group

EVALUATION CRITERIA FOR WRITING PERFORMANCE APPRAISAL

(Maximum Marks : 50)

SN.	Criteria	Marks Allotted	Marks Obtained	Total
1	Preparation of Tool	20		
2	Content	10		
3	Comprehension	10		
4	Conclusion	05		
5	References	05		
	Total	**50**		

Remarks & signature of supervisor-
Date :

Signature of student
Date :

CLINICAL EVALUATION PERFORMS NURSING SERVICE ADMINISTRATION

Name of the student — Field placement
Period : — Name of the supervisor

DECECTION :- To facilitate the use of the clinical evaluation performs, typical activities behavior are described on a five point scale. The direction of all scale is from lowest (1) to highest (5). Mark your evaluation by placing a tick mark in the column, describing the student's standing in relation to other students in the general level experiences :-

1 Poor 2 Fair 3 Good 4 Very good 5 Excellent

Marks : 100

SN	SUPERVISOR TASKS	Rating					Remarks
		1	2	3	4	5	
1	Organizing ability						
2	Leadership						
3	Responsibility for equipments & supplies						
4	Maintenance of cleanliness of ward						
5	Assisting in Ward activity (Pharmacy, Dietary etc)						
6	Written & oral report						
7	Teaching						
8	Supervision of nonprofessional workers						
9	Problem solving ability						
	WORK PERFORMANCE						
1	Knowledge						
2	Skill (Accuracy & speed)						
3	Maintaining nursing & scientific principles						
	PERFSONAL QUALITIES						
1	Communication skill						
2	Attitude towards work						
3	Self confidence						
4	Inter – personal relationship						
5	Emotional stability						
6	Punctuality						
7	Cooperation						
8	Reliability						

Remarks & signature of supervisor-
Date :

Signature of student
Date :

ASSIGNMENT FORMAT FOR WRITING REPORT ON DUTIES AND PESPONSIBLITIES OF NURSING PERSONNEL (NURSING SUPERINTENDENT, WARD IN CHARGES).

Introduction

Aim of the assignment

Objectives of the study

Qualification

Total years of service

Experience in Administration

Date of appointment in the Hospital for the assignment

Write the job description of each of the categories of the above employees in the hospital under Administrative, Supervisory, Clinical, Teaching, Records, Reports & Returns and other duties such as staff welfare, committee procedures ….

Conclusion
References

EVALUATION CRITERIA FOR WRITING REPORT ON

DUTIES AND RESPONSIBLITIES OF NURSING PERSONNEL

(Maximum Marks : 50)

SN.	Criteria	Marks Allotted	Marks Obtained	Total
1	Introduction	10		
2	Organization of content	20		
3	Comprehensive	10		
4	Conclusion	05		
5	References	05		
	Total	**50**		

Remarks & signature of supervisor-
Date :

Signature of student
Date :

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Journals:

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3. Nursing journal of India.
4. Nurses of India
5. Indian journal of medical ethics.
6. Indian journal of holistic nursing.
7. Journal of nursing practice and research.
8. Journal of advance nursing practice.
9. Herald of health
10. Health screen.
11. Health action