



PANJAB UNIVERSITY, CHANDIGARH-160014 (INDIA)
(Estd. under the Panjab University Act VII of 1947-enacted by the Govt. of India)

FACULTY OF MEDICAL SCIENCES

OUTLINES OF TESTS SYLLABI AND COURSES OF READING

FOR

Post Basic Diploma in Psychiatry Nursing

For the Examination 2015

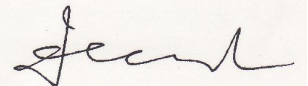
PREFACE

Mental Health has been, recognized as a major Public Health problem only in recent years. The world health report 2001 has drawn attention to the fact that about nearly 45 crore estimated to be suffering from mental and behavioural disorders globally. Only minority are adequately cared for. It is estimated that by 2020, 15% of the disability-adjusted life-years (Dalys) is lost due to mental and behavioural disorder.

Although India has a vast network of Community Health Centre and Primary Centre alongwith rapidly growing private sectors, there is severe shortage of trained Mental Health Professionals including Nurses. National Mental Health Programme recognizes the Services need to be planned for minimum of Population of one crore who suffer from the serious mental Disorder. Attempt is being made to restructure and re-strategy the National Mental Health Programme of all India. Action Plan with a vision for 2020 has been proposed with a focus on the efforts that need to be undertaken under the Umbrella under the District Health Care system.

National Health Policy (NHP 2002) recognizes the need for training of Nurses in various speciality courses to function effectively in the Health Care Team. In this direction Indian Nursing to provide Specialised Nursing Care to the patients in the Hospital and in the community.

I take this opportunity to acknowledge the contribution of Dr. K. Reddemma, Professor & HQD, NIMHANS, Bangalore and other expert Nursing personnel in preparing this syllabus. I also acknowledge Ms. K.S. Bharati from Indian Nursing Council for designing and formatting the documents.



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President
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INTRODUCTION

The World Health Report 2001 clearly identifies a number of risk factors that pose major threats to the health of the mankind. The aggressive market oriented liberalising economics in combination with an invasive media have helped in the rapid expansion of hazardous life styles. The social, biological and psychological strengths of the past are slowly being replaced by a fragile life pattern of people making them more vulnerable to social, mental and psychological problems at all ages. 30-35 million people in India require mental health services.

A recent metanalysis of epidemiological studies concluded that the prevalence Estimate of 58.2 per 1000 population. Among the various problems organic psychoses 0.4/1000 schizophrenia 2.7/1000 affective disorders 12.3/1000 mental retardation 6.9/1000 neurotic disorders 20/1000 and alcohol related problems are found to be higher in urban than in rural areas. They are more prevalent in women than in men and age group affected one more frequently in 35-44 years and more common in lower socio-economic strata. 1.5 million suffer from severe mental disorders, 5,7 million persons suffer from various psychiatric disorders requiring immediate help at any give point of time. At present the national prevalence is 73/1000.

There is an acute shortage of trained psychiatric nurse in the country. Trained psychiatric nurse can effectively participate as care givers to the institutions and in the community. They can effectively participate in preventive aspects quality of mental health care. Common mental disorders are also linked to significant disability and impaired quality of life. It has been observed that work loss due to illness affects quality of life and that families face an increased financial burden in addition to the disruption of family and leisure activities.

NHP- 2002 envisages a network of decentralized mental health services for ameliorating the more common categories of disorders. The programme outline for such a disease would involve the diagnosis of common disorders, and the prescription of common therapeutic drugs, by general duty medical staff, In regard to mental health institutions for in – door treatment of patients, the policy envisages the upgrading of the physical infrastructure of such institutions at Central General Duty expense so as to Secure the human rights of this vulnerable segment of society.

Currently, there is trend to have smaller mental health care setups, rather than large mental hospitals, general hospital psychiatric units, district mental health units. District Mental health centres, and District rehabilitation centres, community based mental health care needs well trained nurses. Need for special services like child mental health care needs well trained nurses. Need for special services like child mental health, geriatric mental health care, care of drug and alcohol dependence individuals, criminal mentally ill, further emphasizes the need for trained psychiatry nurse.

Post basic diploma in psychiatric Nursing is designed to develop specially trained psychiatric Nurses. The outcome of the programme will be to have more nurse prepared as psychiatric nurses providing competent care at the institutional and communicate levels.

PHILOSOPHY

The mentally ill person's sense of well being and emotional equilibrium are distributed. The various mental functions like thinking, emotions, memory, intelligence and decision- making etc can be distributed. Talk and behaviour can become abnormal. As a result the ability to work satisfactorily and lead normal life can be impaired, thus causing burden to the individual family and the society at large.

Nursing care of such individual is a challenging task. Nurses need to develop empathetic understanding of the problems of the patient and their family members. Nursing care of such patients should be based on holistic approach with belief in psycho social and rehabilitative foundations of nursing.

Indian Nursing Council believes that registered nurses need to be trained in psychiatric nursing care in clinical and community settings in order to provide competent care to psychiatric patients. Expanding roles of nurse and advances in technology necessitates additional training to prepare them for effective participation in psychiatric nursing care.

PURPOSE

The students after completion of the courses will be able to:-

1. Provide quality nursing care to individuals suffering from mental and emotional disorders.
2. Manage and supervise care of mentally ill patients in clinical and community settings.
3. Teach nurse, allied health professionals, family members and communities in areas related to psychiatric nursing.
4. Keep pace with the developments in other related discipline for effective management of psychiatric patients.
5. Conduct research in areas of psychiatric nursing

COURSE DESCRIPTION

This course is designed to offer advanced education and clinical skills for registered nurse (GNM or B.sc. Nursing) with specialized knowledge and skills in curative, preventive, and promotive aspects of psychiatric nursing and mental health care.

GUIDELINES

A. The Government (State/Centre/ Autonomous) nursing teaching institution offering Diploma or degree programmes in nursing having parent/ affiliated Government Hospital facilities for Psychiatric care.

OR

B. Other non- Govt. Nursing teaching institution offering diploma or degree programmes in nursing having parent Hospital facilities of psychiatric care.

OR

C. Minimum of 50 bedded institutes of psychiatry and mental health having all types of patients (acute, chronic, adult psychiatric beds, child psychiatric beds and de-addiction facilities), with advanced diagnostic, therapeutic and state of the art clinical facilities.

RECOGNITION PROCEDURE

1. Any institute which wishes to start post basic diploma in Psychiatric/ mental health nursing should obtain the No Objection / Essentiality certificate from the State government. The institutions which are already recognized by INC for offering diploma/degree programmes in nursing are exempted for obtaining the No Objection / Essentiality certificate.
2. The Indian Nursing council on receipt of the proposal from the Institution to start nursing program will undertake the inspection to assess suitability with regard to physical infrastructure, clinical facility and teaching faculty in order to give permission to start the programme.
3. After the receipt of the permission to start the nursing programme from Indian Nursing Council, the institution shall obtain the approval from the State Nursing Council and Examination Board/ University.
4. Institution will admit the students only after taking approval of State Nursing Council and Examination Board / University.
5. The Indian Nursing Council will conduct inspection for two consecutive years for continuation of the permission to conduct the programme.

STAFFING

1. Full time teaching faculty in the ratio of 1:5.

Qualification: M.Sc. Nursing with psychiatric nursing speciality.

Experience: Minimum three years.

2. Guest faculty- multi- disciplinary in related specialities.

BUDGET

These should have budgetary provision for staff salary, honorariums for part time teachers, clerical assistance, library and contingency expenditure for the programme in the overall budget of the institution.

PHYSICAL FACILITIES

1. Class room – 1
2. Library – Library having current books, journals and periodicals related to Psychiatry, Psychology, Psychiatric nursing, Nursing administration, Nursing Education, Nursing research and Statistics.
3. Teaching Aids – facilities for use of
 - Over- head projectors,
 - Slide projector
 - TV with VCR or VCR
 - LCD Projector
 - Computer
 - Psychometric instruments
 - ECT machine
4. Office facilities-
 - Services of typist, peon, safai karmachari
 - Facilities for office, equipment and supplies, such as
 - Stationery
 - Computer with printer
 - Xerox machine/ Risograph
 - Telephone and fax

CLINICAL FACILITIES

Minimum of 50 bedded institutes of psychiatry and mental health having all types of patients (acute, chronic, adult psychiatric beds, child psychiatric beds and de-addiction facilities), with advanced diagnostic, therapeutic and state of the art clinical facilities

ADMISSION TERMS AND CONDITION

The student seeking admission to this course should:

1. Be a registered nurse (R.N & R.M) OR EQUIVALENT
2. Posses a minimum of one year experience as staff nurse
3. Nurse from other countries must obtain an equivalence certificate from INC before admission
4. Be Physically fit

5. Number of seats –

- Psychiatric Hospital which is having 50-100 beds- number of seats =5-10
- Psychiatric Hospital which is having 101-250 beds– number of seats =10-20
- Psychiatric Hospital having more than 251-500 beds – number of seats = 20-30

ORGANIZATION OF THE COURSE

A. Duration : Duration of the courses is One academic year

B. Distribution of the course in weeks:

1. Teaching Theory & Clinical practice	...	42 weeks
2. Internship	...	4 weeks
3. Examination (including preparation)	...	2 weeks
4. Vacation	...	2 weeks
5. Public holiday	...	2 weeks
		<hr/>
		52 weeks
		<hr/>

C. Course objectives:

General Objectives

At the end of the course the student will be able to develop an understanding of philosophy, principles, methods and issues, management, education and research in mental health nursing.

Specific Objectives:

At the end of the student will be able to:

1. Describe the concepts and principles of psychiatric / mental health nursing.
2. Demonstrate therapeutic skills of Inter Personal Relationships Communication and counselling.
3. Demonstrate skill in providing psychiatric nursing care.
4. Provide emergency psychiatric nursing care and crisis intervention.
5. Apply nursing process in caring of psychiatric patients.
6. Participate effectively as a member of the health team
7. Participate actively in prevention & promotive strategies of mental health care with special reference to at risk & vulnerable groups.
8. Organize and demonstrate skills in management of psychiatry nursing services including rehabilitation units
9. Make a plan for organization of psychiatric nursing units.
Conduct research in psychiatric nursing/ mental health nursing
10. Teach and supervise nurse, allied health workers family and community.

D. Course of Studies

	Theory	Practical Integrated clinical practice
1. Clinical Nursing I (Inclusive of foundation courses – 60 hrs)	155 Hours	1280 hours
2. Clinical Nursing II	155 hours	
3. Trends & Principles of Nursing management,(Clinical teaching) Elementary Research and Statistics)	90 hours (30+30+30)	
4. Internship		160 hours
TOTAL	400 hours	1440 hours

- Hours distribution for theory and practice 42 weeks x 40 hours/week=1680 hours
- Block classes 4 weeks x 40 hours/week=160 hours
- Integrated theory & clinical practice 38 weeks x 40 hours/week=1520 hours
 - (Theory 400 hours) Theory 6 hours/week 38 weeks x 6 hours/week= 240 hours
 - Clinical experience 34 hours/weeks 38 weeks x 34 hours/week=1280 hours
- Internship : 4 weeks x 40 hours = 160 hours

E. Clinical Experience

Total 1280 hours will be distributed on the following clinical area.

SI. NO.	AREA OF POSTING	DURATION
1.	Acute Male Psychiatric Ward	4 weeks
2.	Acute Female Psychiatric Ward	4 weeks
3.	Chronic Male Psychiatric Ward	4 weeks
4.	Chronic Female Psychiatric Ward	4 weeks
5.	De-addiction Unit	4 weeks
6.	Psychiatric Emergency Unit and O.P.D	4 weeks
7.	Child Psychiatric Unit	4 weeks
8.	Family Psychiatric Unit	2 weeks
9.	Community Mental Health Unit	4 weeks
10.	Rehabilitation/ Occupational Therapy Unit	4 weeks
	TOTAL	38 weeks

EXAMINATION SCHEME

	Int Ass. Marks	Ext. Ass Marks	Total Marks	Exam Hours
A. Theory				
Clinical Nursing I	50	150	200	3
Clinical Nursing II	50	150	200	3
Trends, Principles of Nursing Management Education and Research and statistics	50	150	200	3
B. Practical				
Clinical Nursing	100	100	200	
Grand Total	250	550	800	

F. Condition for Admission to Examination

The Student

1. Has attended not less than 75% of the theoretical instruction hours in each subject during the one year
2. Has done not less than 75% of the clinical practical hours. However, students should make up 100% of attendance for integrated practice experience and internship in term of hours and activities before awarding the certificate.

EXAMINATION

The examination to be conducted by the State Nursing Registration Council/ State Nursing Examination Board/University recognized by the Indian Nursing Council

STANDARD OF PASSING

1. In order to pass a candidate should obtain at least 50% marks separately in internal Assessment and external examination in each of the theory and practical papers.
2. a) Less than 60% is Second division,
b) 60% and above and below 75% is First division,
c) 75% and above is Distinction.
3. Students will be given opportunity of maximum of 3 attempts for passing

CERTIFICATION

- A. TITLE- Diploma in **Psychiatric/ Mental Health Nursing**
- B. A diploma is awarded upon successful completion of the prescribed study programme which will state that
 - i) Candidate has completed the prescribed course of Psychiatric/Mental health Nursing.
 - ii) Candidate has had clinical experience at hospital
 - iii) Candidate has passed the prescribed examination.

CURRICULUM

CLINICAL NURSING I (Including Foundation courses)

Description:

The Courses is designed to develop an understanding of the dynamics of human behaviour and principles, practices of psychiatric nursing.

Objectives:

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

- Apply the knowledge of basic sciences related to psychiatric nursing
- Describe the concepts and principles of psychiatric nursing
- Make culturally sensitive bio-psychosocial health assessment
- Apply nursing process in caring of psychiatric patients
- Communicate effectively with patients & family
- Develop therapeutic nurse patient relationship

Theory=155 hours

Subject	Hours	Content
Unit I	30	PSYCHOLOGY Introduction. <ul style="list-style-type: none">• Definition and scope of psychology.• Branches of psychology.• Methods of psychology.• Models of understanding abnormal behaviour (Medical model, Statistical model, Sociocultural model, Humanistic model)• Application of psychology in nursing. Perspectives of understanding mental illness; <ul style="list-style-type: none">• Psychoanalytic perspective.• Interpersonal perspective.• Behaviouristic perspective.• Cognitive behavioural perspective Basic psychological progress: <ul style="list-style-type: none">• Attention and concentration.• Perception.• Motivation.• Learning.• Memory• Emotions.• Intelligence.• Thinking and solving problems.• Personality Developmental perspectives : <ul style="list-style-type: none">• Issues related to infancy.• Issues related to Childhood.• Issues related to Adolescence.• Issues related to Adulthood.• Issues related to Old age. Psychological assessment : <ul style="list-style-type: none">• Overview of psychological assessment.• Types of psychological tests.• Application of psychological testing in mental health

		<p>Stress, coping and adjustment :</p> <ul style="list-style-type: none"> • Overview of stress and its influences. • Strategy of coping. • Coping with illness and disability. • Crisis intervention. <p>Psychological therapies:</p> <ul style="list-style-type: none"> • Overview of psychotherapies. • Application of psychotherapies in mental health. • Individual psychotherapy. • Counselling. • Client centred therapy. • Behaviour therapy. • Cognitive behaviour therapy. • Family therapy • Group therapy • Role of nurse in psychotherapy. <p>Behaviour Modification in mental health:</p> <ul style="list-style-type: none"> • Principles of behaviour modification (Behavioral analysis, reinforcement, Punishment, Token economy, Contingency management, Operant principles). • Behaviour modification with chronically mentally ill. • Behaviour modification with children.
Unit II	10	<p>Sociology</p> <ul style="list-style-type: none"> • Review <ul style="list-style-type: none"> • Social organization & community recourses • Leadership roles in community • Family and family relationships • Socio cultural influences • Groups and group dynamics • Mass behaviour
Unit III	5	<p>Microbiology</p> <ul style="list-style-type: none"> • Review <ul style="list-style-type: none"> • Immunity • Infection • Principles of asepsis, Sterilization & disinfection • Diagnostic tests in microbiology & related nurses' responsibility • Standard safety measures & biomedical waste management
Unit IV	8	<p>Applied Anatomy & Physiology</p> <ul style="list-style-type: none"> • Review <ul style="list-style-type: none"> • Brain and behaviour; limbic system • Endocrine system • Sensory organs
Unit V	12	<p>Pharmacology</p> <ul style="list-style-type: none"> • Review <ul style="list-style-type: none"> • Pharmacokinetics • Antipsychotics

		<ul style="list-style-type: none"> • Anti depressants • Anxiolytics • Anti epileptic • Psychotropic Drugs • Drug reaction & toxicity • Principles of drug administration, role of nurse and care of drugs
Unit VI	5	Genetics <ul style="list-style-type: none"> • Meaning of genetics and heredity • Mendelian laws of inheritance • Genetic related to psychiatric disorders • Genetic Counselling • Nurse role in genetic counselling
Unit VII	10	Introduction to psychiatry and psychiatric nursing. <ul style="list-style-type: none"> • History of psychiatry • History of psychiatric nursing. • Scope of psychiatry and psychiatric nursing practice • Epidemiology • Recent trends in psychiatric nursing. • National mental health program. • Importance of psychiatric nursing concepts in general nursing.
Unit VIII	10	Concepts in psychiatric nursing. <ul style="list-style-type: none"> • Basic concepts in psychiatric nursing • Terms used in psychiatric nursing. • Mental Health and mental hygiene and its relation to psychiatric nursing.
Unit IX	10	Introduction to principles of psychiatric nursing. <ul style="list-style-type: none"> • Principles of psychiatric nursing. • Application of principles of psychiatric nursing in clinical setting. • Problems encountered in application of psychiatric nursing principle.
Unit X	10	Psychiatry nursing techniques <ul style="list-style-type: none"> • History taking and interviewing. • Mental Status examinations. • Investigation in psychiatry. • Observing and recording. • Process recording.
Unit XI	5	Standards of psychiatric nursing. <ul style="list-style-type: none"> • Standards of psychiatric nursing.
Unit XII	10	Introduction of nursing process. <ul style="list-style-type: none"> • Assessment • Psychiatric nursing diagnosis. • Nursing care plan • Implementation • Evaluation

Unit XIII	10	<p>Introduction to communication & inter personal relations.</p> <ul style="list-style-type: none"> • Communication, types, techniques, therapeutic communication, barriers in communication. • Inter personal relationships skills. • Nurse patient relationship.
Unit XIV	10	<p>Nursing procedures.</p> <ul style="list-style-type: none"> • Admission. • Discharge. • Transfer • Escape • Suicide/ Death.
Unit xv	10	<p>Counselling:</p> <ul style="list-style-type: none"> • Types, process, techniques • Counselling; clients, vulnerable groups, families, community

CLINICAL NURSING- II

Description:

This Course is designed to develop understanding of specific nursing intervention for psychiatric disorders, substance abuse disorder, anxiety disorders, organic brain syndromes. The course content further develops understanding of management of abnormal behaviours among children and adolescents, individual with personality disorder, emotional problems of elderly. The candidates shall develop understanding in their role in various therapies and participate effectively in community mental health and legal aspects of care.

Objectives:

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

1. Describe various psychiatric disorders
2. Provide nursing care to patients with psychiatric and substance use disorders based on nursing process approach
3. Participate in crisis intervention
4. Manage psychiatric rehabilitation programmes in the community.
5. Carry out community survey for identification of mental health problems
6. Participate in prevention and health promotion activities related to mental health.
7. Draw health care map for individual's families group to guide them to community resources for mental health.
8. Demonstrate understanding of legal aspects of psychiatric nursing including Acts pertaining to mental health and illness.

Subject	Hours	Content
Unit I	5	Classification. <ul style="list-style-type: none">• ICD-10: Classification of mental and emotional disorders.• Etiology of psychiatric disorders.• Symptomatology of mental disorders.
Unit II	15	Neurotic- Stress related and somatoform disorders <ul style="list-style-type: none">• Causes, Psychopathology, Clinical types, Clinical features, Prognosis, Management: Drug, psychosocial and behavioural approaches and Nursing management of<ol style="list-style-type: none">a. Anxiety disorders.b. Phobic disorders.c. Obsessive – compulsive disorder.d. Conversion and dissociative disorders.e. Dysthymia and somatoform disorder

Unit III	18	<p>Schizophrenia form disorders</p> <ul style="list-style-type: none"> • Causes, Psychopathology, Clinical types, Clinical features, Prognosis, Management: Drug, psychosocial and behavioural approaches and Nursing management of Schizophrenia form disorders
Unit IV	10	<p>Mood (Affective) Disorders.</p> <ul style="list-style-type: none"> • Causes, Psychopathology, Clinical types, Clinical features, Prognosis, Management: Drug, psychosocial and behavioural approaches and Nursing management of mood (Affective) disorders.
Unit V	5	<p>Personality disorders.</p> <ul style="list-style-type: none"> • Causes, Psychopathology, clinical types, clinical features, Prognosis, Management: Drug, psychosocial and behavioural approaches and Nursing management of <ul style="list-style-type: none"> a. Disorders of personality and behaviour. b. Disorders of psychosexual functions.
Unit VI	10	<p>Substance abuse and related disorder.</p> <ul style="list-style-type: none"> • Causes, Psychopathology, clinical types, clinical features, Prognosis, management: Drug, psychosocial and behavioural approaches and Nursing management of Substance abuse and related disorders, alcoholic anonymous associations (AAA).
Unit VII	5	<p>Organic Disorders-</p> <ul style="list-style-type: none"> • Causes, Psychopathology, clinical types, clinical features, Prognosis, management: Drug, psychosocial and behavioural approaches and Nursing management of dementia, epilepsy, trauma and infections

Unit VIII	15	<p>Behavioural and emotional disorders of children and adolescents</p> <p>Causes, Psychopathology, Clinical types, Clinical features, Prognosis, Management: Drug, psychosocial and behavioural approaches and Nursing management of Behavioural and Emotional disorders of childhood and Adolescence.</p> <ul style="list-style-type: none"> • Pervasive development disorder: Autism, Affective disorder. • Specific Learning development disorder; Disorder of speech & learning. • Emotional and conduct disorders. • Enuresis and Encopresis. • Attention deficit hyperactive disorder (ADHD)
Unit IX	5	<p>Post traumatic stress disorder (PTSD)</p> <p>Causes, Symptoms, management, role of a nurse</p>
Unit X	5	<p>Mentally challenged.</p> <p>Causes, pathology, classification, clinical features, Prognosis,</p> <p>Management: Drug training, psychosocial and behavioural approaches and Nursing management of mentally challenged</p>
Unit XI	7	<p>Nursing management of geriatric patients.</p> <ul style="list-style-type: none"> • Emotional problems • Physical problems.
Unit XII	5	<p>Nursing management of psychiatric emergencies.</p> <ul style="list-style-type: none"> • Aggression/Excitement • Suicide • Drug toxicity • Catatonic stupor
Unit XIII	20	<p>Therapies.</p> <ul style="list-style-type: none"> • Pharmacotherapy. • Psychotherapy. • Rehabilitation therapy. • Physical therapy. • Group therapy. • Social/recreational therapy. • Behavioural therapy. • Occupational therapy. • Milieu therapy • Therapeutic community • Nurses role on various therapies
Unit XIV	15	<p>Community mental health nursing</p> <ul style="list-style-type: none"> • Introduction. • Historical development of community mental health nursing. • Role of nurse in implementing national mental health program, district mental health program, district rehabilitation program

		<ul style="list-style-type: none"> • Information, Education and communication (IEC):Concept principles, approaches and methods • Role of nurse in prevention of mental disorders and promotional mental health.
Unit XV	5	Crisis Intervention. <ul style="list-style-type: none"> • Definition. • Types • Phases • Crisis intervention and nurse role.
Unit XVI	5	Other care setting for psychiatry <ul style="list-style-type: none"> • General hospital psychiatry. • Consultation and liaison psychiatry. • Special clinics (Geriatric & Gynopsychiatry, halfway homes, day care centres etc). • Self help groups
Unit XVII	5	Legal psychiatry and nurse role. <ul style="list-style-type: none"> • Indian lunacy Act 1912. • Mental health Act 1987. • Narcotic Drug prevention and Supplies Act.

Supervision & Management, Clinical teaching, Elementary research & Statistics

Total Hours: 90

Section-A	Supervision & management	- 30 HRS
Section-B	Clinical Teaching	- 30 HRS
Section-C	Elementary research & Statistics	- 30 HRS

Description:

This course is designed to develop an understanding of the principles of supervision and management, clinical teaching and research.

Objectives:

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

1. Describe Professionals trends.
2. Describe role of nurse in management and supervision of nursing personnel in psychiatric nursing care.
3. Teach nurse and allied health workers about psychiatric nursing.
4. Describe research process and perform basic statistical tests.
5. Plan and conduct research in psychiatric nursing.

Unit	Hours	Subject
Unit I	20	<p>SUPERVISION & MANAGEMENT</p> <ul style="list-style-type: none"> ☐ MANAGEMENT <ul style="list-style-type: none"> • Definition & Principles • Elements of management of psychiatric care :- planning, organizing, Staffing, reporting, recording and budgeting • Psychiatric ICU management :- Time material & personnel • Layout and design of an Ideal Psychiatric ward, psychiatric ICU and mental hospitals ☐ Clinical supervision <ul style="list-style-type: none"> • Introduction, definition and objectives of supervision • Principles & Functions of supervision • Qualities of supervisors • Responsibilities of clinical supervisors • Practice standards of Psychiatric units

		<ul style="list-style-type: none"> -Policies and procedures - Establishing Standing orders and protocols • Orientation programme for new recruits <ul style="list-style-type: none"> <input type="checkbox"/> Quality Assurance Programme in psychiatric units <ul style="list-style-type: none"> • Nursing audit <input type="checkbox"/> Performance Appraisal <ul style="list-style-type: none"> • Principles of Performance evaluation • Tools of performance appraisal <ul style="list-style-type: none"> -Rating scales -Checklists -Peer reviews • -Self appraisal <input type="checkbox"/> Staff development <ul style="list-style-type: none"> • Introduction & purposes • In- service education • Continuing education
Unit II	5	<ul style="list-style-type: none"> <input type="checkbox"/> Professional trends <ul style="list-style-type: none"> • Introduction • Code of ethics, code of professional conduct and practice standards of Nursing in India • Ethical issues in psychiatric care • Expanding role of the nurse : specialist nurse, psychiatric Nurse Practitioner etc • Professional organizations
Unit III	5	<ul style="list-style-type: none"> <input type="checkbox"/> Medico- legal aspects <ul style="list-style-type: none"> • Legislations and regulations related to psychiatric care • Consumer protection Act (CPA) • Negligence & Malpractice • Legal responsibilities of nurse <ul style="list-style-type: none"> -Case studies of judgement with regard to negligence of services in the psychiatric care settings • Records and reports • Role of the nurse in legal issues
Unit IV	30	<ul style="list-style-type: none"> <input type="checkbox"/> Teaching learning process <ul style="list-style-type: none"> • Introduction and concepts • Principles of teaching and learning • Formulation of Learning objectives • Lesson Planning • Teaching methods <ul style="list-style-type: none"> -Lecture -Demonstration, simulation

		<ul style="list-style-type: none"> -Discussion -Role play -psycho drama -Clinical teaching methods -Micro teaching -Self leaning -Computer assisted learning <ul style="list-style-type: none"> • Evaluation <ul style="list-style-type: none"> - Assessment of Students <ul style="list-style-type: none"> ○ Purposes ○ Type ○ Steps ○ Tools for assessing knowledge, skill and attitude • Use of media in teaching learning process
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Unit V	30	<ul style="list-style-type: none"> <input type="checkbox"/> Research <ul style="list-style-type: none"> • Research and research process • Types of research • Research Problem/Questions • Review of Literature • Research approaches and designs • Sampling • Data Collection: Tools & Techniques • Analysis and interpretation of data • Communication and utilization of Research • Research priorities in Psychiatric care <input type="checkbox"/> Statistics <ul style="list-style-type: none"> • Sources and presentation of Data <ul style="list-style-type: none"> _ qualities and quantitative _ Tabulation; frequency distribution, percentiles _ Graphical presentation • Measures of central tendency- mean; median; mode • Measures of variance • Normal Probability and tests of significance • Co-efficient of correlation. • Statistical packages and its application • Preparing a research proposal <input type="checkbox"/> Application of computers

Teaching Learning Activities

(i) Methods of Teaching

- ✓ Lecture
- ✓ Demonstration & Discussion
- ✓ Supervised practice
- ✓ Seminar
- ✓ Process recording
- ✓ Role Play
- ✓ Psycho drama
- ✓ Workshop
- ✓ Conference
- ✓ Skill training
- ✓ Simulations
- ✓ Field visits
- ✓ Computer assisted learning
- ✓ Research project

(ii) A.V. Aids:

- ✓ Over head projector
- ✓ Slide Projector
- ✓ Black board
- ✓ Graphic Aids
- ✓ Programmed- Video shows
- ✓ Models & Specimens
- ✓ LCD projector
- ✓ Computer
- ✓ Psychometric testing instruments

METHODS OF ASSESSMENT:

- ✓ Written examination
- ✓ Objective type Short notes
- ✓ Assignments
- ✓ Process recording
- ✓ Case studies/ care notes
- ✓ Clinical presentation
- ✓ Seminars
- ✓ Project

ESSENTIAL CLINICAL/PRACTICAL ACTIVITIES

- | | | |
|--|---|----------|
| - Patient Care Assignments | | |
| - Writing of Nursing care plan for assigned psychiatric patients | | |
| - Process recording | — | 5 |
| - Writing Case Studies | — | 5 |
| - Case presentation | — | 5 |
| - Writing Observation report | | |
| - Planned health teaching | — | 5 |
| - Community survey/Project | — | 1 |
| - Clinical teaching | — | 3 |
| - Family case study in the community | — | 1 |
| - Conduct bedside rounds | | |

- Prepare clinical rotation plan
- Prepare clinical teaching plan for students
- Perform clinical evaluation of students/staff
- Unit management plan-Designing
- Supervision techniques- Writing unit report, Performance appraisal, Guidance, Staff assignment , material management
- Maintenance of Records and Reports

Essential Psychiatric nursing skills

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