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**Course Information**

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| **Course Title: Psychiatric and Mental Health Nursing – Clinical** | **Course Number: 1403461** |
| **Faculty: Nursing** | **Credit Hours: 3** |
| **Department: Community and Mental Health Nursing** | **Pre-requisite: Psychiatric and Mental Health Nursing – Theory** |
| **Semester and Academic Year:**  | **Lecturers:**  |
| **Office Hours:** |  |

**General Course Description**

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The clinical Training of this course is aimed at applying the knowledge, attitude, and practice skills in real situations through direct interaction with the mentally ill patient. This should help students apply nursing process & offer quality care based on patients’ needs.

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**Course Objectives**

1. Describe the role of psychiatric and mental health nurse in various psychiatric settings.
2. Demonstrate the role of psychiatric nurse in different therapeutic modalities.
3. Recognize the role of psychiatric nurse as a member of the psychiatric and mental health team.
4. Discuss legal and ethical consideration in psychiatric health.
5. Gain knowledge about various treatment modalities and their applications.
6. Apply treatment modalities to treat mentally ill service users.
7. Evaluate the appropriateness

of treatment modalities

**Expected Learning Outcomes**

* Demonstrate critical thinking in evaluating the usefulness of treatment modalities in various psychiatric setting.
* Employ the nursing process in identifying and discussing psychiatric problems and problem-solving strategies.
* Incorporate evidence-based nursing practice and identify the areas of research in the field of psychiatric nursing.
* Establish and maintain therapeutic relationship with clients.
* Correctly use psychiatric terminology to describe a service user's symptoms.
* Choose the appropriate interviewing techniques to gather information for a holistic assessment.
* Apply the components of a holistic assessment, including mental status examination, mini-mental status examination, and other psychological tests.
* Apply the nursing process approach in caring for patients with mental disorders.
* Apply ethical guidance while evaluating psychiatric service users.
* Apply various treatment modalities.
* Evaluate the feasibility of applying different treatment interventions in different training settings.
* Promotes self-esteem of clients, self, and others.
* Describe the psychopharmacological agents, their effects, and nurses’ role.
* Name the five major families of psychotropic medications.
* List at least four indications for each family of psychotropic medications.
* Discuss at least three strategies used in clinical settings for reducing side effects.
* Describe the management of at least three common side effects of each major family of psychotropic medications.
* Discuss at least three interventions that have been shown to increase clients’ compliance.
* Demonstrate therapeutic communications skills in all social interaction themes.
* Play an active role in teaching service users and their families about the importance of medication compliance, side effect management, and social support.
* Collaborate with the healthcare team to improve the quality of nursing practice by utilizing evidence-based practices.

**Course Plan**

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| **Week** | **Topic** | **Learning Method** |
| **One** (Feb 25- 29) | * Course Intro
* Illustrating the syllabus
* Assigning seminars to students
* Psychiatric signs and symptoms lecture part one
 | On campus |
| **Two** (Mar 3-7) | Psychiatric signs and symptoms lecture part two& Electroconvulsive therapy | On campus |
| **Three** (Mar 10 – 14) | Anger and aggression management& Therapeutic communication | Clinical training |
| **Four** (Mar 17 – 21) | Therapeutic and non-therapeutic techniques Therapeutic relationship  | Clinical training |
| **Five** (Mar 24 – 28) | Treatment modalities | On campus |
| **Six** (Mar 31- April 04 | Illustrating required evaluation sheets:- Assessment sheet- Care plans | On campus |
| **Seven** (April 7 – 11) | Illustrating Clinical activities (physical exercises; group discussion; recreational activities; and occupational therapy) | On campus |
| **Eight** (April 14 – 18)Starting students’ seminars | * Nsg interventions for schizophrenia
* Anti-psychotic medication
 | On campus |
| **Quiz (15%) on Thursday April 18 at the Faculty of Nursing – time to be determined** |
| **Nine** (April 21 – 25) | * Extrapyramidal symptom
* Anti-parkinsonism medication
 | On campus |
| **Ten** (April 28- May 2) | * Ngs interventions for MDD
* Suicide assessment and intervention
 | On campus & Clinical training |
| **Eleven** (May 05 – May 09 | * Anti-depressant medication
* Nsg interventions for bipolar disorders

Anti-convulsant and anti-manic medication | On campus & Clinical training |
| **Twelve** (May 12 – 16) | * Nsg intervention for general anxiety disorders
* Anti-anxiety medication
* Nsg interventions for substance use disorders
 | On campus & Clinical training |
| **Thirteen** (May 19 – 23) | Nsg interventions for eating disordersNsg interventions for cognitive disordersNsg interventions for seclusion and restraints |
| **Fourteen** (May 26-30) | **Oral Examination (20%)****Written Examination (20%) on Thursday, May 30, at 10:00am** |
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**Expected Learning Outcomes**

* Interactive lectures
* Group work
* Student-led presentation
* Group discussion
* Role modeling
* Reading material
* Assignments

**Appraisal Methods**

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| **Appraisal Method** | **Grade Percentage** |
| Punctuality  | 5% |
| Care plans | 10% |
| Presentation (student seminar) | 10% |
| Quiz | 15% |
| Activities | 10% |
| Assessment sheets | 10% |
| Oral Exam | 20% |
| Written Exam | 20% |
| Total | 100% |
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**Required Textbooks**

**Primary:**

* Townsend, M. (2021). Essential of psychiatric mental health nursing: Concept of care in Evidence Based Practice.(8h ed). Philadelphia: F. A. Davis Company.

**Secondary**

* Fortinash, K.M., & Holoday Worret, P.A. (2006). *Psychiatric nursing care plans.* (5th ed.). San Diego: Mosby Inc.
* O'Brien,P., Kennedy, W., & Ballard, K.( 2008). Psychiatric mental health nursing: An introduction to theory and practice.(10th ed.). Canada: Jones & Bartlett Publisher.

**General Instructions**

* The student must attend the minimum required hours of class time.
* Absence or repeated delays in attendance should not exceed 15% of the total required term hours.
* Students who exceed this limit without a valid medical or emergency excuse acceptable to, and approved by the Dean/ Head of Department, shall not be allowed to sit for the final exam and will fail the entire class.
* Late arrival twice will be considered as a day absence.
* Late submission of required assignments will result in reduced grades.
* Student seminars need to be submitted at least **one week prior** to his/her seminar date.