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**Course Information**

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| **Course Title**: Psychiatric-Mental Health Nursing | **Course Number:**1403460 |
| **Faculty:** Nursing | **Credit Hours:**3 |
| **Department:** Community & Mental Health Nursing | **Pre-requisite:** Adult Health Nursing |
| **Semester and Academic Year:** | **Lecturer:** |

**Course Description**

This course was designed to prepare and equip the student to the necessary knowledge & attitudes needed in the field of Mental Health Nursing. This course also includes materials on how to improve interpersonal communication skills, counseling methods approaches on how to deal with different cases with psychiatric &mental illnesses. A thorough description of various mental illnesses are illustrated throughout this course, with an emphasis on the nursing care aspect for those clients.

**Course Objectives**

* Describe the nature, philosophy, and scope of psychiatric and mental health nursing
* Define psychiatric and mental health nursing and related terms
* Discuss the concepts of mental health and mental illness
* Discuss the principles of health education in psychiatric and mental health nursing
* Describe the therapeutic communication skills necessary for interacting with service users with psychiatric disorders and their families.
* Discuss psychiatric-mental health concepts, theories and specific therapeutic interventions used with service users demonstrating a variety of psychiatric behaviors and disorders

**Expected Learning Outcomes**

* Compare selected theories, conceptual frameworks, and research related to human behavior and the etiology, prevention, and management of selected psychiatric disorders and behavioral issues.
* Analyze the relationship of biophysical, cultural, psychosocial, and spiritual issues in nursing assessment, diagnosis, planning, intervention, and evaluation involving service users with mental health disorders and problems.
* Describe the importance of collaboration with other professionals and members of the psychiatric health care system in providing nursing care for service users with psychiatric disorders

**Course Plan Distribution & Learning Resources**

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| **Topic** | **Expected Learning Outcome** | **Reference** | **Week of the Semester** |
| **Introduction to Mental Health Nursing**  **Historical & Theoretical Concepts** | 1. Identify gross anatomical structures of the brain and describe their functions. 2. Discuss the physiology of neurotransmission in the central nervous system. 3. Describe the role of neurotransmitters in human behavior. 4. Discuss the association of endocrine functioning to the development of psychiatric disorders. 5. Describe the role of genetics in the development of psychiatric disorders. 6. Discuss the correlation of altered brain function to various psychiatric disorders. | Chapter 3 | Week 1 |
| **Ego Defense Mechanisms** | 1. Discuss the history of psychiatric care. 2. Define mental health and mental illness. 3. Discuss cultural elements that influence attitudes toward mental health and mental illness. 4. Describe psychological adaptation responses to stress. 5. Correlate adaptive and maladaptive responses to the mental health/mental illness continuum. | Chapters 2 | Week 2 |
| **Schizophrenia Spectrum and Other Psychotic Disorders** | 1. Discuss the concepts of schizophrenia and other psychotic disorders. 2. Identify predisposing factors in the development of these disorders. 3. Describe various types of schizophrenia and other psychotic disorders. 4. Identify symptomatology associated with these disorders and use this information in client assessment. 5. Formulate nursing diagnoses and outcomes of care for clients with schizophrenia and other psychotic disorders. 6. Identify topics for client and family teaching relevant to schizophrenia and other psychotic disorders. 7. Describe appropriate nursing interventions for behaviors associated with these disorders. | Chapter 24 | Week 3 |
|  | First quiz will be due this week exact date and day will be arranged later |  |  |
| **Depressive Disorders** | 1. Recount historical perspectives of depression. 2. Discuss epidemiological statistics related to depression. 3. Describe various types of depressive disorders. 4. Identify predisposing factors in the development of depression. 5. Discuss implications of depression related to developmental stage. 6. Identify symptomatology associated with depression and use this information in client assessment. 7. Formulate nursing diagnoses and goals of care for clients with depression. | Chapter 25 | Week 4 |
| **Bipolar & Related Disorders** | 1. Recount historical perspectives of bipolar disorder. 2. Discuss epidemiological statistics related to bipolar disorder. 3. Describe various types of bipolar disorders. 4. Identify predisposing factors in the development of bipolar disorder. 5. Discuss implications of bipolar disorder related to developmental stage. 6. Identify symptomatology associated with bipolar disorder and use this information in client assessment. 7. Formulate nursing diagnoses and goals of care for clients experiencing a manic episode. | Chapter 26 | Week 5 |
| **Anxiety, Obsessive-Compulsive, and Related Disorders (1)** | 1. Differentiate among stress, anxiety, and fear. 2. Discuss historical aspects and epidemiological statistics related to anxiety, obsessive-compulsive, and related disorders. 3. Differentiate between normal anxiety and psychoneurotic anxiety. 4. Describe types of anxiety, obsessive-compulsive, and related disorders, and identify symptomatology associated with each. Use this information in client assessment. 5. Identify predisposing factors in the development of anxiety, obsessive-compulsive, and related disorders. 6. Formulate nursing diagnoses and outcome criteria for clients with anxiety, obsessive-compulsive, and related disorders. 7. Describe appropriate nursing interventions for behaviors associated with anxiety, obsessive-compulsive, and related disorders. | Chapter 27 | Week 6 |
|  | Second quiz will be due this week, exact date and day will be arranged later |  |  |
| **Anxiety, Obsessive-Compulsive, and Related Disorders (2)**  **&**  **Trauma- and Stressor-Related Disorders (1)** | 1. Discuss historical aspects and epidemiological statistics related to trauma- and stressor-related disorders. 2. Describe various types of trauma- and stressor-related disorders and identify symptomatology associated with each; use this information in client assessment. 3. Identify predisposing factors in the development of trauma- and stressor-related disorders. 4. Formulate nursing diagnoses and goals of care for clients with trauma- and stressor-related disorders. 5. Describe appropriate nursing interventions for behaviors associated with trauma- and stressor-related disorders. | Chapter 28 | Week 7 |
| **Trauma- and Stressor-Related Disorders (2)**  **&**  **Personality Disorders (1)** | 1. Discuss the transactional model of communication. 2. Identify types of preexisting conditions that influence the outcome of the communication process. 3. Define *territoriality, density*, and *distance* as components of the environment. 4. Identify components of nonverbal expression. 5. Describe therapeutic and nontherapeutic verbal communication techniques. 6. Describe motivational interviewing as a communication strategy. 7. Describe active listening. 8. Discuss therapeutic feedback. | Chapter 32 | Week 8 |
|  | Midterm exam |  |  |
| **Personality Disorders (2)**  **&**  **Neurocognitive Disorders (1)** | 1. Define and differentiate among various neurocognitive disorders (NCDs). 2. Discuss predisposing factors implicated in the etiology of NCDs. 3. Describe clinical symptoms and use the information to assess clients with NCDs. 4. Identify nursing diagnoses common to clients with NCDs and select appropriate nursing interventions for each. 5. Identify topics for client and family teaching relevant to NCDs. 6. Discuss criteria for evaluating nursing care of clients with NCDs. | Chapter 22 | Week 9 |
| **Neurocognitive Disorders (2)**  **&**  **Substance-Related Disorders (1)** | 1. Define *addiction, intoxication*, and *withdrawal*. 2. Discuss predisposing factors implicated in the etiology of substance-related and addictive disorders. 3. Identify symptomatology and use the information in assessment of clients with various substance-related and addictive disorders. 4. Identify nursing diagnoses common to clients with substance-related and addictive disorders and select appropriate nursing interventions for each. 5. Identify topics for client and family teaching relevant to substance-related and addictive disorders. 6. Describe relevant outcome criteria for evaluating nursing care of clients with substance-related and addictive disorders. 7. Discuss the issue of substance-related and addictive disorders within the nursing profession. | Chapter 23 | Week 10 |
| **Substance-Related Disorders (2)** | 1. Define *addiction, intoxication*, and *withdrawal*. 2. Discuss predisposing factors implicated in the etiology of substance-related and addictive disorders. 3. Identify symptomatology and use the information in assessment of clients with various substance-related and addictive disorders. 4. Identify nursing diagnoses common to clients with substance-related and addictive disorders and select appropriate nursing interventions for each. 5. Identify topics for client and family teaching relevant to substance-related and addictive disorders. 6. Describe relevant outcome criteria for evaluating nursing care of clients with substance-related and addictive disorders.   Discuss the issue of substance-related and addictive disorders within the nursing profession. | Chapter 23 | Week 11 |
| **Third quiz will be due this week, exact date and day will be arranged later** | | | |
| **Somatic Symptoms & Dissociative Disorders** | 1. Discuss historical aspects and epidemiological statistics related to somatic symptom and dissociative disorders. 2. Describe various types of somatic symptom and dissociative disorders and identify symptomatology associated with each; use this information in client assessment. 3. Identify predisposing factors in the development of somatic symptom and dissociative disorders. 4. Formulate nursing diagnoses and goals of care for clients with somatic symptom and dissociative disorders. 5. Describe appropriate nursing interventions for behaviors associated with somatic symptom and dissociative disorders.   Evaluate the nursing care of clients with somatic symptom and dissociative disorders. | Chapter 29 | Week 12 |
| **Eating Disorders& ADHD** | 1. Identify and differentiate among several eating disorders. 2. Discuss epidemiological statistics related to eating disorders. 3. Describe symptomatology associated with anorexia nervosa, bulimia nervosa, and obesity, and use the information in client assessment. 4. Identify predisposing factors in the development of eating disorders. 5. Formulate nursing diagnoses and outcomes of care for clients with eating disorders. 6. Describe appropriate interventions for behaviors associated with eating disorders. 7. Identify topics for client and family teaching relevant to eating disorders.   Evaluate the nursing care of clients with eating disorders. | Chapter 31 | Week 13 |
|  | ***Make up week*** |  | Week 14 |
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**Teaching Strategies & Methods**

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| **1** | Interactive Lectures |
| **2** | Group Discussion |
| **3** | Home Assignments |
| **4** | Online Resources |
| **5** | Referred Media & Other Resources |

**Methods of Assessment**

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| **Due Week** | **Method of Assessment** | **Proportion of Final Grade** |
| **Week 8** | Midterm Exam | 30% |
| **Week 3, 6, 11** | Quizzes | 20% |
| **Week 15 or 16 as per university final exams’ schedule** | Final Exam | 50% |
|  | | 100% |

**Required Textbooks**

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

Or

* Townsend, M. (2017). Essential of psychiatric mental health nursing: Concept of care in Evidence Based Practice.(7th ed). Philadelphia: F. A. Davis Company.
* 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**

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| **Additional Notes, Office hours, Incomplete Exams, Reports, Papers, …etc** | **No** |
| 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 the final exam and shall fail the entire course | **1** |
| Late arrival twice will be considered as a day absence | **2** |
| The student should Respect the rights of others to hold various points of view | **3** |
| Become familiar with program requirements and expectations stated in the graduate book, as appropriate | **4** |