

SYLLABUS OF POST BASIC DIPLOMA IN PSYCHIATRY/MENTAL HEALTH NURSING

Number of Courses/Papers and Total Number of Theory and Practical Hours Post Basic Diploma in Psychiatry/Mental Health Nursing

#	Course	Theory hours	Practical hours
1	Clinical Nursing-I (including Foundation Course- Psychiatry/Mental Health Nursing)	155	1280
2	Clinical Nursing-II (Psychiatry/Mental Health Nursing)	155	
3	Supervision & Management, Clinical Teaching, Elementary Research & Statistics (Psychiatry/Mental Health Nursing)		
i)	Supervision & Management	30	
ii)	Clinical Teaching	30	
iii)	Elementary Research & Statistics	30	
4	Internship		160
	TOTAL	400	1440

**POST BASIC DIPLOMA PSYCHIATRIC/MENTAL HEALTH NURSING
CLINICAL NURSING I (INCLUDING FOUNDATION COURSE)
PSYCHIATRIC/MENTAL HEALTH NURSING
THEORY=155 HOURS**

Description:

The course is designed to develop an understanding of the dynamics of human behaviour and principles and 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

Unit I Psychology

30 Hours

Introduction.

- Definition and scope of psychology.
- Branches of psychology.
- Methods of psychology.
- Models of understanding abnormal behaviour (Medical model, Statistical model, Socio cultural model, Humanistic model)
- Application of psychology in nursing.

Perspectives of understanding mental illness;

- Psychoanalytic perspective.
- Interpersonal perspective.
- Behaviouristic perspective.
- Cognitive behavioural perspective

Basic psychological progress:

- Attention and concentration.
- Perception.
- Motivation.
- Learning.
- Memory
- Emotions.
- Intelligence.
- Thinking and solving problems.
- Personality

Developmental perspectives :

- Issues related to Infancy.
- Issues related to Childhood.

- Issues related to Adolescence.
- Issues related to Adulthood.
- Issues related to Old Age.

Psychological assessment :

- Overview of psychological assessment.
- Types of psychological tests.
- Application of psychological testing in mental health

Stress, coping and adjustment:

- Overview of stress and its influences.
- Strategy of coping.
- Coping with illness and disability.
- Crisis intervention.
- Stress management

Psychological therapies:

- 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.

Behaviour Modification in mental health:

- Principles of behaviour modification (Behavioural analysis, reinforcement, Punishment, Token economy, Contingency management, Operant principles).
- Behaviour modification with chronically mentally ill.
- Behaviour modification with children.

Unit II Sociology

10 Hours

- Review
- Social organization & community resources.
- Leadership roles in community
- Family and family relationships
- Socio cultural influences
- Groups and group dynamics
- Mass behaviour

Unit III Microbiology

5 Hours

- Review

- Immunity
- Infection
- Principles of asepsis, Sterilization & disinfection
- Diagnostic tests in microbiology & related nurses' responsibility
- Standard safety measures & biomedical waste management

Unit IV Applied Anatomy & Physiology 8 Hours

- Review
- Brain and behaviour; limbic system
- Endocrine system
- Sensory organ
- Neurotransmitters

Unit V Pharmacology 12 Hours

- Review
- Pharmacokinetics
- Antipsychotics
- Anti depressants
- Anxiolytics
- Anti epileptic
- Psychotropic Drugs
- Mood Stabilizers
- Drug reaction & toxicity
- Principles of drug administration, role of nurse and care of drugs

Unit VI Genetics 5 Hours

- Meaning of genetics and heredity
- Mendelian laws of inheritance
- Genetic related to psychiatric disorders
- Genetic Counselling
- Nurse role in genetic counselling

Unit VII Introduction To Psychiatry And Psychiatric Nursing 10 Hours

- 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 Concepts In Psychiatric Nursing 10 Hours

- Basic concepts in psychiatric nursing

- Terms used in psychiatric nursing.
- Mental Health and mental hygiene and its relation to psychiatric nursing.
- Normality and Abnormality.
- Multidisciplinary Team in Mental Health Nursing.

Unit IX Introduction To Principles Of Psychiatric Nursing.

10 Hours

- Principles of psychiatric nursing.
- Application of principles of psychiatric nursing in clinical setting.
- Problems encountered in application of psychiatric nursing principle.

Unit X Psychiatry Nursing Techniques

10 Hours

- History taking and interviewing.
- Mental Status Examinations.
- Mini Mental Status Examination.
- Investigation in psychiatry.
- Observing and recording.
- Process recording.

Unit XI Standards Of Psychiatric Nursing

5 Hours

- Standards of psychiatric nursing.
- Barriers in implementing standards in psychiatric nursing.

Unit XII Introduction Of Nursing Process

10 Hours

- Assessment
- Psychiatric nursing diagnosis.
- Nursing care plan
- Implementation
- Evaluation
- Psychometric Assessment.

Unit XIII Introduction To Communication & Inter Personal Relations

10 Hours

- Communication, types, techniques, therapeutic communication, barriers in communication.
- Inter personal relationships skills.
- Nurse patient relationship.
- Barriers to therapeutic nurse patient relationship.

Unit XIV Nursing Procedures

10 Hours

- Admission.
- Discharge.
- Transfer
- Escape

- Suicide/ Death.
- Electroconvulsive Therapy.

Unit XV Counselling

10 Hours

- Types, process, techniques
- Counselling; clients, vulnerable groups, families, community
- Grief.

**POST BASIC DIPLOMA PSYCHIATRIC/MENTAL HEALTH NURSING
CLINICAL NURSING II PSYCHIATRIC/MENTAL HEALTH NURSING
THEORY=155 HOURS**

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.

Unit I Classification

5 Hours

- ICD-10: Classification of mental and emotional disorders.
- DSM-IV Classification.
- Etiology of psychiatric disorders.
- Symptomatology of mental disorders.

Unit II Neurotic- Stress Related And Somatoform Disorders

15 Hours

- Causes
- Psychopathology
- Clinical types
- Clinical features
- Prognosis
- Management: Drug, psychosocial and behavioural approaches and Nursing management of
 - a. Anxiety disorders.
 - b. Phobic disorders.
 - c. Obsessive – compulsive disorder.
 - d. Conversion and dissociative disorders.

- e. Dysthymia and somatoform disorder

Unit III Schizophrenia form Disorders

18 Hours

- Causes
- Psychopathology
- Clinical types
- Clinical features
- Prognosis
- Management: Drug, psychosocial and behavioural approaches and Nursing management of Schizophrenia form disorders

Unit IV Mood (Affective) Disorders

10 Hours

- Causes
- Psychopathology
- Clinical types,
- Clinical features
- Prognosis
- Management: Drug, psychosocial and behavioural approaches and Nursing management of mood (Affective) disorders.

Unit V Personality Disorders

5 Hours

- Causes
- Psychopathology
- Clinical types
- Clinical features
- Prognosis
- Management: Drug, psychosocial and behavioural approaches and Nursing management of
 - a. Disorders of personality and behaviour.
 - b. Disorders of psychosexual functions.

Unit VI Substance Abuse And Related Disorder

10 Hours

- 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 Organic Disorders

5 Hours

- Causes
- Psychopathology
- Clinical types
- Clinical features

- Prognosis
- Management: Drug, psychosocial and behavioural approaches and Nursing management of dementia, epilepsy, trauma and infections.

Unit VIII Behavioural and emotional disorders of children and adolescents 15 HourS

- 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.
- 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 Post Traumatic Stress Disorder (PTSD) 5 Hours

- Causes
- Symptoms
- Management
- Role of a nurse

Unit X Mentally Challenged. 5 Hours

- Causes
- Pathology
- Classification
- Clinical features
- Prognosis
- Management: Drug training, psychosocial and behavioural approaches and Nursing management of mentally challenged.

Unit XI Nursing Management of Geriatric Patients. 7 Hours

- Emotional problems
- Physical problems.
- Elder Abuse.

Unit XII Nursing Management of Psychiatric Emergencies 5 Hours

- Aggression/Excitement
- Suicide
- Drug toxicity
- Catatonic stupor
- Sexual Abuse, Rape .

Unit XIII Therapies.**20 Hours**

- Pharmacotherapy.
- Psychotherapy.
- Rehabilitation therapy.
- Physical therapy.
- Group therapy.
- Social/recreational therapy.
- Behavioural therapy.
- Occupational therapy.
- Milieu therapy
- Therapeutic community
- Play Therapy
- Family Therapy.
- Nurses role on various therapies

Unit XIV Community Mental Health Nursing**15 Hours**

- Introduction.
- Historical development of community mental health nursing.
- Role of nurse in implementing national mental health program, district mental health program, district rehabilitation program
- Information, Education and communication (IEC):Concept principles, approaches and methods
- Role of nurse in prevention of mental disorders and promotional mental health.
- Role of NGO in mental health.
- School mental health program.

Unit XV Crisis Intervention.**5 Hours**

- Definition.
- Types
- Phases
- Crisis intervention and nurse role.

Unit XVI Other Care Setting For Psychiatry**5 Hours**

- General hospital psychiatry.
- Consultation and liaison psychiatry.
- Special clinics (Geriatric & Gynae-psychiatry, halfway homes, day care centres etc).
- Self Help Groups.

Unit XVII Legal Psychiatry And Nurse Role.**5 Hours**

- Mental Health Care Act 2017.
- Narcotic Drug Prevention and Supplies Act.

**POST BASIC DIPLOMA PSYCHIATRIC/MENTAL HEALTH NURSING
SUPERVISION & MANAGEMENT, CLINICAL TEACHING, ELEMENTARY RESEARCH &
STATISTICS PSYCHIATRIC/MENTAL HEALTH NURSING
TOTAL HOURS: 90**

Section-A	Supervision & Management
Section-B	Clinical Teaching
Section-C	Elementary Research & Statistics

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 professional's 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 I Supervision & Management

20 Hours

▪ **Management**

- 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**

- Introduction, definition and objectives of supervision
- Principles & Functions of supervision
- Qualities of supervisors
- Responsibilities of clinical supervisors
- Practice standards of Psychiatric units
 - Policies and Procedures
 - Establishing Standing orders and protocols
- Orientation programme for new recruits

▪ **Quality Assurance Programme In Psychiatric Units**

- Nursing audit
- Performance Appraisal
- Principles of Performance evaluation
- Tools of performance appraisal
 - Rating scales
 - Checklists
 - Peer reviews
 - Self appraisal

▪ **Staff Development**

- Introduction & purposes
- In- service education
- Continuing education

Unit II Professional Trends

5 Hours

- 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 Medico- Legal Aspects

5 Hours

- Legislations and regulations related to psychiatric care
- Consumer Protection Act (CPA)
- Negligence & Malpractice
- Legal responsibilities of nurse
 - 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 Teaching Learning Process

30 Hours

- Introduction and concepts
- Principles of teaching and learning
- Formulation of Learning objectives
- Lesson Planning
- Teaching methods
 - Lecture
 - Demonstration, simulation
 - Discussion
 - Role play
 - Psycho drama

- Clinical teaching methods
- Micro teaching
- Self leaning
- Computer assisted learning
- Evaluation
 - Assessment of Students
 - Purposes
 - Type
 - Steps
- Tools for assessing knowledge, skill and attitude
- Use of media in teaching learning process

Unit V Research

30 Hours

- 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

Statistics

- Sources and presentation of Data
 - Qualitative 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

Application of computers

**POST BASIC DIPLOMA PSYCHIATRIC/MENTAL HEALTH NURSING
ESSENTIAL CLINICAL/PRACTICAL ACTIVITIES**

ASSIGNMENTS

- 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 - 5
- Planned health teaching - 5
- Community survey/ research 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.