**University / Academy** : Beni Sueif

**Faculty / Institute :** Nursing

**Program:** Under Graduate : 4th year

**Course specifications**

 **(توصيف مقرر دراسي)**

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| **M E D (الرمز الكودي)** ( ) | **Course Title: (اسم المقرر)** Psychiatric & Mental Health Nursing | **Level / year:** 4th year**(الفرقة / المستوى)**1st semester2nd semester  |
| **Credit / taught hours :****(عدد الوحدات الدراسية )****Theory : (نظري)** 3 **hrs/ week.****Clinical : (عملي)** 12**hrs/ week.** | 1. **Specialty :**

**(التخصص )**Psychiatric & Mental Health Nursing  |

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| --- | --- |
|  **1- Overall aims of Course:** At the end of this course, the fourth year student should be able to:  - demonstrate the knowledge attitude and skills that allow them to assess an individual psychological state and within a general nursing framework to plan and implement nursing interventions based on self-understanding and nursing process | 1. **Course**

**Objective :****(هدف المقرر)**  |
|  | 1. **Intended Learning Outcomes**
 |
| * + - Identify roles of the psychiatric nurse.
		- Identify measures to prevent job stress and burnout in psychiatric nursing.
		- Recognize the parameter of mental health and mental illness.
		- Describe the different defenses or coping mechanism that protect the ego against anxiety.
		- Identify the usefulness and unhealthy uses of defenses or coping mechanism.
		- Describe the historical perspective of the care of mentally ill through the years.
		- Identify the signs and symptoms on patients at the out-patient clinic.
		- Identify the nursing communication model.
		- Describe the characteristics of a therapeutic relationship.
		- Identify the principles that guide the psychiatric nurse behavior.
		- Identify the types of a crisis.
		- Identify levels of personality.
		- Identify levels of mind.
		- Explain group norms and how they are developed and enforced.
		- Define three major categories of group roles.
		- Identify the uses, effect and side effects of E.C.T.
		- Identify the behavioral manifestations and dynamics of children and adolescent disturbances.
		- Define the process of aging.
		- Describe the normal physiological and changes occurring during aging.
		- Define substance abuse and dependency.
		- Describe the dynamics physical effects, behavioral changes, medical consequences, social and family problems, and specific characteristics of abuse and dependency.
		- Define community mental health nursing.
		- Describe the philosophy upon which community mental health is based.
		- Identify concept of stress.
		- Identify the different sources of stress.
		- Identify self system.
		- Describe self image.
		- Define the counseling relationship.
		- Identify areas of woman health.
		- Define woman health.
		- Identify the components, characteristics and goals of a therapeutic milieu.
 | 1. **Knowledge**

**(المعلومات والمفاهيم )** |
| * + - Analyze roles of the psychiatric nurse.
		- Explain the parameter of mental health and mental illness.
		- Explain the different defenses or coping mechanism that protect the ego against anxiety.
		- Compare the historical perspective of the c are of mentally ill through the years.
		- Explain the different terminology, signs and symptoms related to psychiatric nursing.
		- Explain the nursing communication model differentiate between social, intimate and therapeutic relationship.
		- Explain the principles that guide the psychiatric nurse behavior.
		- Differentiate between maturational and situational crisis.
		- Explain levels of mind.
		- Explain group norms and how they are developed and enforced.
		- Compare styles of group leadership and their effects on group members functioning.
		- Explain the uses effect and side effects of E.GT.
		- Analyze the role of the nurse in preventive and therapeutic measures.
		- Explain the normal physiological and psychological changes occurring during aging.
		- Differentiate among various types of substances abused dependency disorders.
		- Differentiate among primary, secondary and tertiary prevention in community mental health nursing.
		- Explain relaxation technique.
		- Explain self concept.
		- Differentiate between counseling and psychotherapy.
		- Explain the role of psychiatric nurse in woman psychiatric disorder.
		- Explain the components, characteristics, and goals of a therapeutic milieu.
 | 1. **Intellectual :**

**(المهارات الذهنية )** |
| * + - Apply measure to prevent job stress and burnout in psychiatric nursing.
		- Develop the parameter of mental health and mental illness.
		- Calculate the different defenses or coping mechanism the protect the ego against anxiety.
		- Calculate the historical perspective of the care of mentally ill through the years.
		- Describe the different terminology, signs and symptoms related to psychiatric nursing.
		- Apply techniques of therapeutic communication.
		- Apply therapeutic relationship.
		- Calculate psychiatric nursing principles in dealing with patients.
		- Prepare a comprehensive nursing care plan for the patient in crisis based on nursing process.
		- Apply growth and development theories in psychiatric nursing.
		- Develop the process o structuring a group.
		- Apply the care to the patient after electroconvulsive therapy.
		- Prepare the management plan for children and adolescent disturbances.
		- Apply nursing process in caring of aging.
		- Apply the nursing process to substance abuse and dependency disorders.
		- Calculate the role of the nurse in community mental health.
		- Develop problem solving technique.
		- Describe self-concept.
		- Apply counseling relationship.
		- Prepare a plan of care for woman with depression.
		- Apply general guidelines for facilitating a therapeutic milieu.
 | 1. **Professional**

**(المهارات المهنية )**  |
| * + - Evaluate measures to prevent job stress and burnout in psychiatric nursing.
		- Design the parameter of mental health and mental illness.
		- Evaluate the usefulness and unhealthy uses of the defenses or coping mechanism.
		- Evaluate the historical perspective of the care of mentally ill through the years.
		- Evaluate observations using the right terminology.
		- Design techniques of therapeutic communication.
		- Evaluate the therapeutic relationship.
		- Criticize psychiatric nursing principles in dealing with psychiatric patients.
		- Evaluate a nursing case plan for the patient in crisis based on nursing process.
		- Criticize growth and development theories.
		- Criticize the individual and group therapy.
		- Design a nursing care plan for patient prepared for E.C.T.
		- Evaluate the role of the nurse in preventive and therapeutic measures for children and adolescent disturbances.
		- Great a management plan in caring of aging.
		- Create a management plan to substance abuse and dependency disorders.
		- Criticize the role of the nurse in community mental health.
		- Create a social support net work.
		- Evaluate self awareness.
		- Evaluate counseling model of helping.
		- Evaluate a plan of care for woman with depression.
		- Criticize the nurse’s role and functions within the therapeutic milieu.
 | 1. **General and Transferable**

**(المهارات العامة )**  |
| **Theoretical part:** | 1. **Course content:**

**(محتوى المقرر )**  |
| **practical** | **lecture** | **Total hours(60)** | **Topic** |
| 12 hour | 1Lecture | 3 hrs | 1. Introduction to Psychiatric course.
 |
| 12 hour | 1Lecture | 3 hrs | 1. Concepts of Mental health & Mental illness
 |
| 12 hour | 1Lecture | 3 hrs | 1. Defense Mechanism
 |
| 12 hour | 1Lecture | 3 hrs | 1. Historical perspectives in Psychiatry & psychiatric Nursing.
 |
| 12 hour | 1Lecture | 3 hrs | 1. Signs and symptoms of psychiatry
 |
| 12 hour | 1Lecture | 3 hrs | 1. Therapeutic communication
 |
| 12 hour | 1Lecture | 3 hrs | 1. General principles of psychiatric Nursing.
 |
| 12 hour | 1Lecture | 3 hrs | 1. Crisis Intervention.
 |
| 12 hour | 1Lecture | 3 hrs | 1. Developmental Theories
 |
| 12 hour | 1Lecture | 3 hrs | 1. Psychotherapy
 |
| 12 hour | 1Lecture | 3 hrs | 1. Electroconvulsive therapy
 |
| 12 hour | 1Lecture | 3 hrs | 1. Child Psychiatry & adolescens’ problems
 |
| 12 hour | 1Lecture | 3 hrs | 1. Psycho geriatric Nursing
 |
| 12 hour | 1Lecture | 3 hrs | 1. Substance abuse & drug dependence
 |
| 12 hour | 1Lecture | 3 hrs | 1. Community mental health nursing
 |
| 180 hour | 15Lecture | 45 hrs | **Total** |
| 1. Lectures.
2. Group discussion.
3. Simulation.
4. Presentation
5. Post clinical conference.
6. Role play.
7. Subtitled assignments
 | 1. **Teaching and learning Methods :**

**(أساليب التعليم والتعلم)** |
| After discovering disabled students there are many things faculty can do to help them, including:1. providing course materials in accessible formats
2. ensuring buildings and facilities are accessible
3. encouraging flexible teaching methods
4. providing support during exams, so that all students are assessed fairly
5. allowing additional time to complete courses
6. interpret words into sign language
7. periodical exam for frequent evaluation.
8. referring to professional care staff such as : Instructor Academic Advisor  . Associate Dean for Academic Affairs
 | 1. **Teaching methods of disabled students:**

**(أساليب التعليم والتعلم للطلاب المتعثرين (** |
| 1. **Student Assessment Methods:**

**(طرق تقويم الطلاب )** |
| 1. Quizzes to assess student progress.
2. Checklist to assess skills.
3. Exams to assess students’ knowledge.
4. Oral exam in the clinical area to assess knowledge related to patient care.
5. Clinical evaluation sheet to assess overall students’ knowledge, skills and attitudes.
6. Assignments to assess knowledge in specific areas.
 | **Methods used for :**1. **Assessment:**

**(الأساليب المستخدمة )** |
| Assessment 1 Assignments at the 3rd week of semester.Assessment 2 First quiz at 4th weekAssessment 3 Second quiz at 5th week Assessment 4 Midterm exam at the 7th week. Assessment 5Clinical practical exam at the 10th week.Assessment 6 Final exam At the end of semester.  | 1. **Time :**

**(التوقيت )** |
| Written exam 80 % Oral Examination. 20 %Practical exam 20 %Semester Work 80 %**Total**  200 %  | 1. **Weighting for assessment:**

**( توزيع الدرجات )** |

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| 1. **List of References:**

**(قائمة الكتب الدراسية والمراجع )** |
|  | 1. **Course Notes :**

**(مذكرات )** |
| * + - Decherney., P. (2002): Woman’s Health Principles and Clinical Practice. 1st ed., B.C. Decker Inc. London.
		- Fortinash, M., K. (2004): Psychiatric Mental Health Nursing. 3rd ed., Mosby. USA.
		- Wanda., K.M. (2003): Johnson’s Psychiatric Mental Health Nursing. 5th ed., Lippincott, Williams and Wilkings, New York.
		- Basavanthappa,B.T**. (2007):** Psychiatric Mental Health Nursing. 2cd ed., Jaypee.
		- Nicol, M.(2007): Essential mental health nursing skills. London, New York.
		- Videbeck, S.L.(2008)Psychiatric Mental Health Nursing. 4th ed., Lippincott, Williams and Wilkings, New York.
		- Antai-Otong, D. (2008): Psychiatric nursing; Biological &behavioral concepts. Canada, 2ed,
		- Schultz., J. and Videbeck, S.L.. (2009): Lippincott ‘S Manual of Psychiatric Nursing Care Plans. 8th ed., Lippincott., New York.
 | 1. **Essential Books (Text books):**

**(كتب ملزمة)** |
| - Yahoo .com .- MSN .com .-AltaVista .com | 1. **Periodicals Web sites,…etc**

**(دوريات علمية أو نشرات )** |
| 1. Psychiatric hospital.
2. Data show.
3. Video tape.
4. Flip chart.
5. White board.
 | 1. **Facilities required for teaching and learning:**
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**Date of course 1/3/2015**

**Head of department:**

**Assist .Proff.Dr: Ghada Mourad**