

UNIT PLAN

R.D.MEMORIAL COLLEGE OF NURSING,BHOPAL

UNIT PLAN

COURSE & YEAR BSc Nursing 3RD year

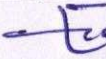
SUBJECT Mental health

UNIT 1


PRESCRIBED HOURS 5

ALLOTTED HOURS 8

UNIT	OBJECTIVES	HR.	TOPIC/ CONTENT	METHOD OF TEACHING	A.V. AIDS	NAME OF THE TEACHER	EVALUATION
1	Describes The Historical Development &Current Trends In MHN	5. 1	Introduction • Perspectives Of Mental Health And Mental Health Nursing: Evolution Of Mental Health Services, Treatments And Nursing Practices.	Lecture Discussion	PPT & Black Board		Asking Question & Oral Test
	Discuss The Epidemiology Of Mental Health Problems	1	Current trends in Mental Health Nursing	Explanation And Discussion	PPT		
	Describe The National Mental Health Act	1	• Prevalence And Incidence Of Mental Health Problems And Disorders.	Lecture Cum Discussion	PPT		Assignment
		1	• Mental Health Act .National Mental Health Programme				

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	&Programmes						
	Explain the nature & scope of MH	1	<ul style="list-style-type: none"> • Mental Health Team • Nature And Scope Of Mental Health. 	Discussion	PPT		Class Test
	Discusse TheRole Of Mental Health Nurse	1	Role And Functions Of Mental Health Nurse In Various Settings And Factors Affecting The Level Of Nursing.	Lecture Cum Discussion			Essay
	Explain The Concept Of Normal & Abnormal Behaviour	1	<ul style="list-style-type: none"> • Concepts of normal and abnormal behaviour 				Short answer


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UNIT PLAN

COURSE & YEAR BSc Nursing III year

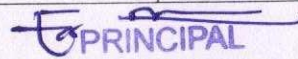
SUBJECT Mental health nursing

UNIT III

PRESCRIBED HOURS 8

ALLOTTED HOURS 8

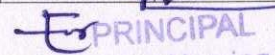
UNIT	OBJECTIVES	HOURS	TOPIC/ CONTENT	METHOD OF TEACHING	A.V. AIDS	NAME OF THE TEACHER	EVALUATION		
III	Describe Nature, Purpose And Process Of Assessment Of Mental Health Status	8	Assessment Of Mental Health Status	Lecture	PPT		Demonstration		
		1	• History Taking	Discussion					
		2	• Mental Status Examination						
		1	• Mini Mental Status Examination	Demonstration			Clinical Practice	Demonstration	
	Demonstrate The Neurological Exam	1	• Neurological Examination: Review	Lecture Cum Demonstration.	Chart				Demonstration
				Discuss The Lab Investigations					
	Explain the Psychological test	2	• Psychological Tests Role And Responsibilities Of Nurse	Practice Session	PPT		Test		


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UNIT PLAN

COURSE & YEAR BSc Nursing III year
SUBJECT Mental health nursing
UNIT IV
PRESCRIBED HOURS

UNIT	OBJECTVES	HOURS	TOPIC/ CONTENT	METHOD OF TEACHING	A.V. AIDS	NAME OF THE TEACHER	EVALUATION
IV	Identify therapeutic communication techniques & discuss the types of therapeutic communication	6 2	Therapeutic communication and nurse-patient relationship • Therapeutic communication: Types, Goals, techniques, characteristics	Lecture discussion Demonstration	PPT		Clinical practice
	Describe The role of nurse in therapeutic relationship	2	Types of relationship, phases, tasks & Ethics and responsibilities of nurse in NPR	Lecture discus ion Demonstration	PPT		Clinical practice
	Discuss about Johari Window	1	Review of technique of IPR-Johari Window	Lecture discussion	PPT		Written test
	Explain the Therapeutic impasses	1	Therapeutic impasse and its interventions.				


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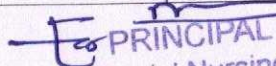
SUBJECT Mental health nursing

UNIT VI

PRESCRIBED HOURS 5

ALLOTTED HOURS 6

UNIT	OBJECTVES	HOURS	TOPIC/ CONTENT	METHOD OF TEACHING	A.V. AIDS	NAME OF THE TEACHER	EVALUATION
VI	Describe the classification of Schizophrenia	(5) 1	Nursing management of patient with Schizophrenia, and other psychotic disorders Classification: ICD	Lecture cum Discussion	PPT		Short answer
	Discuss the etiology, psychopathology & diagnosis	1 2	Etiology, psycho-pathology, clinical manifestations, diagnosis Nursing Assessment-History, Physical and mental assessment				
	Explain the treatment modalities & nursing management of patient with Schizophrenia.	2	Treatment modalities and nursing management of patients with Schizophrenia and other psychotic disorders.	Lecture cum Discussion	PPT		Essay


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COURSE/YEAR : B.Sc (N) III YEAR

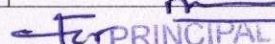
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SUBJECT : Mental Health Nursing

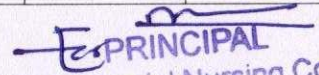
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UNIT -V

UNIT	OBJECTIVES	HR	CONTENT / TOPICS	METHOD OF TEACHING	A.V. AIDS	NAME OF THE TEACHER	EVALUATION
V	Describe the Classification of Psychopharmacology	2	Treatment modalities and therapies used in mental disorders • Psycho Pharmacology Classification of Psychopharmacology	Lecture discussion	PPT		Oral test
	Explain about Anti Psychotic drugs	2	Anti Psychotic drugs – Def,Types,Action, S/E,Nurses role	Lecture discussion	PPT		Assignment on Drug Book
	Eloborates the Types,Action,S/E,nurses role of Anti Depressive drugs.	2	Anti Depressive Drugs Def,Types,Action, S/E,Nurses role	Lecture discussion	PPT		“
	Describe the about anti anxiety drugs.	1	Anti Anxiety drugs Def,Types,Action, S/E,Nurses role	Lecture discussion	PPT		“
	Explain about the Def,Types,Action, S/E,Nurses role of mood stablizer	1	Mood StabilizerDef,Types,Action, S/E,Nurses role,Sedatives, Depressant & other types.	Lecture discussion	PPT		“
	Explain various	2	• Psychological therapies: Therapeutic community, psycho therapy-Individual&	Group work Practice session	PPT		Clinical Practice

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therapies used in mental disorders and role of the nurse .	2	Family Therapy				
		psycho-analytical, cognitive & Behavioural Therapy	Practice Session	Vedio		Practice
	1	Group Therapy,				”
	1	, Play, Psycho-drama , music & Dance Therapy	Role play	Demo & Vedio		Assignment
	1	Recreational and Light therapy	Lecture			
	2	Relaxation therapies: Yoga, Meditation	Demonstration	Vedio		Redemo
	1	Bio feedback.	Lecture			
	1	• Alternative systems of medicine Occupational therapy	Lecture	PPT		Assignment
	1	• Physical Therapy: electro convulsive therapy	Lecture	PPT		
	1	• Geriatric considerations Role of nurse in above therapies	Lecture	”		Class test
Explain the alternative system of medicine						


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COURSE & YEAR BSc Nursing III year

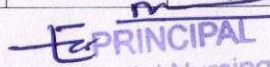
SUBJECT Mental health nursing

UNIT VII

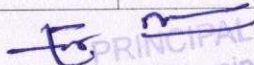
PRESCRIBED HOURS 5

ALLOTTED HOURS 6

UNIT	OBJECTVES	HOUR	CONTENT / TOPIC	METHOD OF TEACHING	A.V. AIDS	NAME OF THE TEACHER	EVALUATION
VII	Describe the Mood disorders: Bipolar affective disorder, Mania depression and dysthymia .	5	Nursing management of patient with mood disorders	Lecture cum Discussion	PPT		Asking Questions
		1	• Mood disorders: Bipolar affective disorder				
	Explain Etiology, psycho-pathology, clinical manifestations, diagnosis of Mania & Depression	1	• Etiology, psycho-pathology, clinical manifestations, diagnosis of Mania	Discussion	PPT		Short answers
		1	• Etiology, psycho-pathology, clinical manifestations, diagnosis of Depression				
	Elaborates the Nursing Assessment-History, Physical and mental Assement for mania	2	Nursing Assessment-History, Physical and mental Assement for Mania & Depression	Explanation	PPT		"
							Careplan


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	& Depression						
	<p>Explain about Treatment modalities and nursing management of patients with mood disorders .</p> <p>Describe the Geriatric considerations & follow-up care</p>	<p>2</p> <p>1</p>	<ul style="list-style-type: none"> • Treatment modalities and nursing management of patients with mood disorders . • Geriatric considerations • Follow-up and home care and rehabilitation 	<p>Discussion</p> <p>Lecture cum Discussion</p>	<p>PPT</p> <p>PPT</p>		Written test


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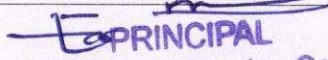
SUBJECT Mental health nursing

UNIT VIII


PRESCRIBED HOURS 8

ALLOTTED HOURS 9

UNIT	OBJECTVES	HOURS	CONTENT / TOPIC	METHOD OF TEACHING	A.V. AIDS	NAME OF THE TEACHERS	EVALUATION
VIII	Describe the etiology, psycho- pathology, clinical manifestations, diagnostic criteria and management of anxiety disorder.	(8) 2	Nursing management of patient with neurotic, stress related and somatization disorders Etiology, psycho-pathology, clinical manifestations, diagnosis & Treatment modalities and nursing management of Anxiety disorder	Lecture cum Discussion	PPT		Short Answers
	Describe the etiology, psycho- pathology, clinical		Etiology, psycho-pathology, clinical manifestations, diagnosis &				


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manifestations, diagnostic criteria and management of patient with Phobia, OCD & PTSD	2	Treatment modalities and nursing management. of Phobias, Obsessive compulsive disorder, & Posttraumatic stress disorder	Group Discussion	PPT		MCQ
Explain the Etiology, psycho-pathology, clinical manifestations, diagnosis & Management of patient with Dissociative disorders	2	Etiology, psycho-pathology, clinical manifestations, diagnosis Nursing Assessment-History, Physical and mental assessment of patient with Dissociation and Conversion disorder & Treatment modalities and nursing management	Lecture	PPT		Oral test
Eloborates the Treatment modalities and nursing management of patients with somatization disorders.	2	Etiology, psycho-pathology, clinical manifestations, diagnosis & Treatment modalities and nursing management of patients with somatization disorders	Discussion	PPT		Test
Explain the Geriatric considerations ,Follow-up and home care and rehabilitation.	1	Geriatric considerations ,Follow-up and home care and rehabilitation.				


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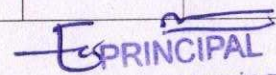
SUBJECT Mental health nursing

UNIT IX


PRESCRIBED HOURS 5

ALLOTTED HOURS 6

UNIT	OBJECTVES	HOUR	CONTENT / TOPIC	METHOD OF TEACHING	A.V. AIDS	NAME OF THE TEACHER	EVALUATION
IX	Describe the classification of Psychotropic Substances	(5)	Nursing management of patient with Substance use disorders	Lecture cum Discussion	Black Board & Chart		Questioning
		1	Commonly, used psychotropic substance: Classification, forms, routes, action, intoxication and withdrawal				
	Explain the etiology of dependence	1	Etiology of dependence: tolerance, psychological and physical dependence, withdrawal syndrome, diagnosis,	Explanation			
	Describe the		Nursing Assessment-History, Physical, mental				

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Nursing assessment in substance use.	1	assessment and drug assay.		PPT		Oral Question
Discuss the treatment & role of patient with substance use disorder	1	Treatment (detoxification, anti abuse and narcotic antagonist therapy and harm reduction) Nursing management of patients with substance use disorders.	Group discussion			
Explain the Geriatric considerations & follow up care	1	Geriatric considerations Follow-up and home care and rehabilitation	Discussion	PPT		Assignment


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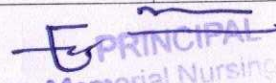
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COURSE & YEAR BSc Nursing III year
SUBJECT Mental health nursing
UNIT X
PRESCRIBED HOURS 5
ALLOTTED HOURS 6

UNIT	OBJECTVES	HOURS	CONTENT / TOPIC	METHOD OF TEACHING	A.V. AIDS	NAME OF THE TEACHERS	EVALUATION
X	Describe the definition, classification, & Treatment of Patient with Personolity disorders.	(4) 2	Nursing management of patient with Personality, Sexual and Eating disorders • Classification of disorders Etiology, psycho-pathology, characteristics, diagnosis. Nursing Assessment-History, Physical and mental assessment & Treatment modalities and nursing management of patients with Personality disorder.	Lecture cum Discussion	Black board		Writing Assignment
	Discuss the classification, Etiology & Management of Patient with	2	Classification of disorders ,Etiology, psycho-pathology, characteristics, diagnosis. Nursing Assessment-History, Physical and mental assessment & Treatment	Lecture cum Discussion	PPT		Class test


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	Sexual disorders		modalities and nursing management of patients with Sexual disorder.				
	Explain the types, etiology & Psychopathology of patient with Eating disorders	2	Classification of disorders , Etiology, psycho-pathology, characteristics, diagnosis	Group Discussion	PPT		Asking Questions
	Describe thenursing management of patients with eating disorder.	1	Nursing Assessment-History, Physical and mental assessment & Treatment modalities and nursing management of patients with eating disorder.	Discussion	PPT		Essay
	Tell about the • Geriatric considerations Follow-up home care rehabilitation	1	<ul style="list-style-type: none"> • Geriatric considerations • Follow-up and home care and rehabilitation. 	Discussion			


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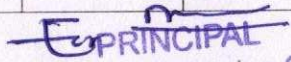
SUBJECT Mental health nursing

UNIT XI


PRESCRIBED HOURS 6

ALLOTTED HOURS 8

UNIT	OBJECTVES	HOUR	CONTENT / TOPIC	METHOD OF TEACHING	A.V AIDS	NAME OF THE TEACHER	EVALUATION
XI	Describe the classification, etiology & Psychopathology of childhood disorders	(6)	Nursing management of childhood and adolescent disorders including mental deficiency	Lecture cum Discussion	PPT & BLACK BOARD		Short answer
		2	Classification Etiology, psycho-pathology, characteristics, diagnosis of childhood disorders				Short answer
	2	Classification Etiology, psycho-pathology, characteristics, diagnosis of adolescent disorders	Lecture cum Discussion	PPT & BLACK BOARD	Essay		
	1	Nursing Assessment-History, Physical, mental and IQ assessment for childhood and adolescent disorders.					
	2	Treatment modalities and nursing management of childhood & adolescent disorders including mental deficiency	Group	PPT & BLACK BOARD			
	1	Follow-up and home care and Rehabilitaion.					


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	Discuss the treatment modalities for childhood and adolescent disorders.			Discussion			
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UNIT PLAN

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SUBJECT Mental health nursing

UNIT XII

PRESCRIBED HOURS 5

ALLOTTED HOURS 6


UNIT	OBJECTIVES	HOUR	CONTENT/TOPIC	METHOD OF TEACHING	A.V AIDS	NAME OF THE TEACHER	EVALUATION
XII	Describe the classification, etiology, s/s & diagnosis of org. Brain disorders	2	Nursing management of organic brain disorders <ul style="list-style-type: none"> • Classification: ICD? • Etiology, psycho-pathology, clinical features, diagnosis and Differential diagnosis (parkinsons and alzheimers) • Nursing Assessment-History, Physical, mental and neurological assessment. • Treatment modalities and nursing management of organic brain disorders • Geriatric considerations & Follow-up 	Lecture cum Discussion	PPT & BLACK BOARD		Essay
	Discuss the assessment for org. brain disorders	1		Lecture cum Discussion	PPT & BLACK BOARD		Clinical practice
	Explain the treatment modalities for org. brain disorder	2		Group Discussion	PPT & BLACK BOARD		Essay
		1					


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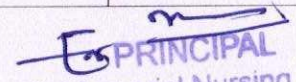
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COURSE & YEAR BSc Nursing III year
 SUBJECT Mental health nursing
 UNIT XIII
 PRESCRIBED HOURS 5
 ALLOTTED HOURS 7

UNIT	OBJECTIVES	HOURS	CONTENT/TOPIC	METHOD OF TEACHING	A.V AIDS	NAME OF THE TEACHERS	EVALUATION
XIII	Identify the psychiatric emergencies	(6) 2	Psychiatric emergencies and crisis intervention Types of psychiatric emergencies and their Management.	Lecture cum Discussion	PPT& BLACK BOARD		Oral Questions
	Explain the stress adaptation model	1	Stress adaptation Model: stress and stressor, coping, resources and mechanism.		PPT& BLACK BOARD		Essay
	Discuss the Grief process	1	Grief: Theories of grieving process, principles, techniques of counselling.	Lecture cum Discussion	PPT& BLACK BOARD		Short answer
	Describe the	2	Types of Crisis Intervention, Principles,		PPT& BLACK		

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crisis & its intervention		Techniques and Process.				
Explain the role of nurse in crisis	1	Geriatric considerations Role and responsibilities of nurse in crisis.	Group Discussion	BOARD		Essay


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UNIT PLAN

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SUBJECT Mental health nursing

UNIT XIV

PRESCRIBED HOURS 5

ALLOTTED HOURS 6

UNIT	OBJECTIVES	HOURS	CONTENT/TOPIC	METHOD OF TEACHING	AIDS	NAME OF THE TEACHER	EVALUATION
XIV	Explain the legal aspects in Mental Health settings	(4) 1	Legal issues in Mental Health Nursing <ul style="list-style-type: none"> • The Mental Health Act 1987: Act, Sections, Articles and their implications etc. • Indian Lunacy Act.1912 • Rights of mentally ill clients. • Forensic psychiatry ,Acts related to narcotic and psychotropic substances and illegal drug trafficking . • Admission and discharge procedures Role and responsibilities 	Lecture cum Discussion	PPT& BLACK BOARD		Assignment
	Describe the Indian lunacy act	1		Lecture cum Discussion	PPT& BLACK BOARD		Essay
	Discuss the Forensic act	1		Group Discussion	PPT& BLACK BOARD		Short answers
	Explain the admission & discharge procedure	1					

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COURSE & YEAR BSc Nursing III year


SUBJECT Mental health nursing

UNIT XV

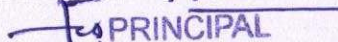
PRESCRIBED HOURS 4

ALLOTTED HOURS 7

UNIT	OBJECTIVES	HOUR	CONTENT/TOPIC	METHOD OF TEACHING	A.V AIDS	NAME OF THE TEACHER	EVALUATION
XV	Describe the Development of Community Mental Health Services.	(4) 1	Community Mental Health Nursing • Development of Community Mental Health Services:	Lecture cum Discussion	PPT& BLACK BOARD		Oral Questions
	Explain about National Mental Health Programme.	1	• National Mental Health Programme		PPT& BLACK BOARD		Test
	Elaborates the Institutionalization Versus Deinstitutionalization	1	• Institutionalization Versus Deinstitutionalization.	Lecture cum Discussion	PPT& BLACK BOARD		
	Explain about Levels of Prevention .	1	• Model of Preventive psychiatry: Levels of Prevention .				Test
	Describe Mental Health	1	• Mental Health Services ,secondary, tertiary	Group	PPT& BLACK BOARD		


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Services.		levels including rehabilitation and Role of nurse.	Discussion			Assignment
Explain the Mental Health Agencies Government and voluntary, National and International	1	<ul style="list-style-type: none"> • Mental Health Agencies Government and voluntary, National and International 				
Describe the Mental Health nursing issues for special populations	1	<ul style="list-style-type: none"> • Mental health nursing issues for special populations: Children, Adolescence, Women, Elderly, Victims of violence and abuse, Handicapped, HIV /AIDS etc. 	Lecture cum Discussion	PPT & BLACK BOARD		Test


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