

Course Specifications

Course name: Mental Health Nursing

Course stages /Semester: Fourth Year/ First semester.

Study Year: 2023-2024

1. Credit Hours: Total of (7) credits Theory (4) credits Clinical (3) credits

Course Calendar: Total (15) hours Weekly Theory (3) hrs. Clinical (12) hrs.

Teacher name: Dhafer Ameen Jabbar **Certificate:** MSc. In Nursing

General objectives / Goals

At the end of the course the student will be able to:

1. Discuss the trends, foundations, and concepts of mental health nursing.
2. Identify the community based nursing care (mental health promotion and mental illness prevention.)
3. Describe the ethical and legal issues in nursing.
4. Identify the mental health nursing theories.
5. Implement therapeutic communication and interpersonal relationship.
6. Apply the nursing process in providing the nursing care for the client.
7. Identify and assist in providing special treatment modalities.
8. Describe different types of psychiatric disorders.
9. Recognize client behaviors and problems.
10. Assess the mental health statues of client.
11. Chang the student's attitudes toward mental health and mental illness nursing.
12. Appraise the nurse's role in the community mental health nursing.

Clinical related skills/ if present ...

1. Apply the nursing process in providing the nursing care for the client.
2. Assess the mental health statues of client.
3. Identify and assist in providing special treatment modalities.

Methods of teaching (theory)

Learning Resources :

Blackboard, Overhead Projector, Posters, Handouts, video-films

Teaching / Learning Strategies :

Lectures, Small group's discussion, Role playing, Demonstration

Clinical teaching methods

Learning Resources :

Psychiatric clinics and Psychiatric teaching hospitals.

Teaching / Learning Strategies :

Writing reports, Case study.

Methods of evaluation

1 st theory exam.	5%
2 nd theory exam.	5%
Clinical evaluation	10%
Reports	5%
Quizzes	10%
Seminars	5%
Final theory exam.	40%
Final clinical exam.	20%

Total 100%

Degree percentages/ divisions:

Theory (60)

1st theory exam	5%
2nd theory exam.	5%
Quizzes	10%
Final theory exam	40%

Clinical / Lab (40)

Clinical evaluation	10%
Seminars	5%
Report	5%
Final Clinical exam	20%

Resources and references

- Blackboard, Overhead Projector, Posters, Handouts, video-films
- Psychiatric clinics and Psychiatric teaching hospitals.

References:

- Videbeck, S. (2020). **Psychiatric-Mental Health Nursing**, 8th edition, Lippincott Williams & Wilkins.
- Linda M. Gorman, 2014, *Neeb's Fundamentals of Mental Health Nursing*, 4th edition.
- Margaret Jordan H., 2014, **Foundations of Psychiatric Mental Health Nursing**, 7th edition, Margaret Jordan Halter.
- Mary C. Townsend, 2018, **Psychiatric Mental Health Nursing**, 9th edition.

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List of contents:

Week number	Lecture title	Expected Date
1.	Foundations of Mental Health	16/9/2023
2.	Theories in mental health nursing I	23/9/2023
3.	Theories in mental health nursing II	30/9/2023
4.	Building the Nurse–Client Relationship	7/10/2023
5.	Trauma and Stressor-Related Disorders PTSD	14/10/2023
6.	Anxiety disorders I	21/10/2023
7.	Anxiety disorders II	28/10/2023
8.	Obsessive–Compulsive and related Disorders	4/11/2023
9.	Schizophrenia I	11/11/2023
10.	Schizophrenia II	18/11/2023
11.	Mood disorders and Suicide I	25/11/2023
12.	Mood disorders and Suicide II	2/12/2023
13.	Addiction	9/12/2023
14.	Somatic Symptom Illnesses	16/12/2023
15.	Cognitive disorder	23/12/2023

The Clinical Content

1. Orientation to the clinical area. (6) hrs.
2. Orientation to the admission and discharge procedures. (6) hrs.
3. Demonstration for patient assessment: (6) hrs.
 - a. Taking history.
 - b. Physical examination.
 - c. Mental status examination.
4. Observing clinical instructor while interviewing & (12) hrs.
5. Communicating with psychiatric patients.
6. Observing clinical instructor while using therapeutic technique to the patients. (6) hrs.
7. Clinical practice in the psychiatric female unit. (18) hrs.
8. Clinical practice in the psychiatric male unit. (18) hrs.
9. Clinical practice in the substance abused patients unit. (12) hrs.
10. Assist in providing nursing care to patients with ECT. (6) hrs.

Signature

Date: 12 / 9 / 2023

Head of department signature

Faculty Dean Approval

