



# Course Specification

— (Bachelor)

Course Title: **Psychiatry & Mental health nursing**

Course Code: **NUR 26442**

Program: **Bachelor of Nursing Sciences**

Department: **Nursing**

College: **Applied Medical Science**

Institution: **University of Bisha**

Version: **6**

Last Revision Date: **20-8-2023**





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## A. General information about the course:

### 1. Course Identification

<b>1. Credit hours: ( 3+2 )</b>					
<b>2. Course type</b>					
A.	<input type="checkbox"/> University	<input type="checkbox"/> College	<input checked="" type="checkbox"/> Department	<input type="checkbox"/> Track	<input type="checkbox"/> Others
B.	<input checked="" type="checkbox"/> Required		<input type="checkbox"/> Elective		
<b>3. Level/year at which this course is offered: ( level 7, 4th year)</b>					
<b>4. Course general Description:</b>					
Psychiatric and Mental Health Nursing is an undergraduate level course which provides the opportunity for the student to develop fundamental knowledge, skills and attitudes relevant to the restoration and maintenance of optimal mental health. Students will be expected to assess people with mental health problems and to identify, prioritize and implement appropriate evidence-based interventions					
<b>5. Pre-requirements for this course (if any):</b>					
NA					
<b>6. Co-requirements for this course (if any):</b>					
NA					
<b>7. Course Main Objective(s):</b>					
To provide undergraduate nursing students with knowledge and skills regarding caring of patient with mental disorders through designing care plan, providing proper nursing care with respecting ethical and legal of professional aspects.					

### 2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	37.5	35.7%
2	E-learning	7.5	7.1%
3	Hybrid <ul style="list-style-type: none"> <li>● Traditional classroom</li> <li>● E-learning</li> </ul>		
4	Distance learning		
5	Practical learning	60	57.2%





### 3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	37.5
2.	Laboratory/Studio	50
3.	Field	40
4.	ELearning	7.5
5.	Self- based Learning	127.5
<b>Total</b>		<b>262.5 hours</b>

### B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
<b>1.0</b>	<b>Knowledge and understanding</b>			
1.1	Identify common psychiatric problems, mental health concepts, symptomatology of psychiatric illness and common strategies and principles for maintaining mental health in various health settings.	K1	Interactive lectures, Case studies, Pre lecture assignments Group activities	Written test Oral test Electronic quizzes
1.2	Describe the professional nursing moral, ethical and legal standards of caring of patients suffering psychiatric or mentally disorders	K1	Interactive lectures, Case studies. Group activities	Written test Oral test Electronic quizzes
...	Categorize etiologies, clinical manifestations, diagnosis, treatment modalities, nursing management and care plans of common psychiatric mental health disorders	K3	Interactive lectures, Case studies. Group activities	Written test Oral test Electronic quizzes
<b>2.0</b>	<b>Skills</b>			





Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
2.1	Formulate nursing diagnosis and care plan techniques with various psychiatric mental health disorders	S1	Case studies, Clinical training, Group activities NCLEX questions	Written test Field work Oral test Practical exams (OSCE) Case scenario
2.2	Classify usages, indications, actions, side effects and complications of various treatment modalities and its probable related nursing interventions in psychiatric mental health.	S2	Case studies . Clinical training assignments Group activities NCLEX questions	Written test Field work Oral test Practical exams (OSCE OSPE, and OSVE)
...	Demonstrate skills/ techniques of using therapeutic communication/ interaction, principles, and ethical maneuvers while maintaining a therapeutic professional relationship and offering the probable appropriate intervention/ care for clients in various health settings.	S3	Case studies Clinical training assignments Group activities NCLEX questions	Written test Field work Oral exam Practical exams (OSCE OSPE, and OSVE)
	Display ability to analyze / critically think, cooperate, collaborate, communicate, and integrate learned information and acquired skills in both individual and group work teams to ensure that care is continuous and reliable.	S4	Clinical training assignments Group activities NCLEX questions	Written test Field work Oral exam Practical exams (OSCE OSPE, and OSVE)





Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
<b>3.0</b>	<b>Values, autonomy, and responsibility</b>			
3.1	Take responsibility for life-long learning, self-reflection and mindfulness in the provision of psychiatric-mental health care for individuals, families, and groups.	V1	Values, autonomy, and responsibility	Values, autonomy, and responsibility
3.2	Committed to develop a non-judgmental attitude that promote health and nursing care for individuals regardless of their social, cultural, ethnic backgrounds, or their disabilities	V2	Team based learning Peer teaching Role paly	Team based learning Peer teaching Role paly
...	Respect legal and ethical issues while engaging in productive collaboration, inter-agency, and collaborative work as well as considering patient/family choices and values.	V3	Team based learning Peer teaching Role paly	Team based learning Peer teaching Role paly

### C. Course Content

No	List of Topics	Contact Hours
1	Introduction to mental health and mental illness, principles, legal and ethical issues of psychiatric mental health nursing	4.5
2	Schizophrenia spectrum and other psychotic disorders	4.5
3	Antipsychotic medications	4.5
4	Therapeutic communication and therapeutic relationship	4.5
5	Mood disorders: bipolar disorders and mood stabilizers	4.5
6	Mood disorders: depressive disorders	4.5
7	Antidepressant medication and ECT	4.5
8	Anxiety disorders, obsessive-compulsive disorder, and post-traumatic stress disorders	4.5
9	Antianxiety medications	4.5
10	Personality disorders	4.5





Total		45
Practical topics		
	Assess patients with mental health problems	
1	Observe and assist in therapies	6
	Counsel and educate patients, and families	
2	History Taking, Perform Mental Status Examination (MSE) and psychiatric mental health nursing process.	6
3	Nursing care plan - Assessment, Nursing Diagnosis (NANDA Classification, Focus Charting) and case studies of Schizophrenia	6
	Observe/practice Psychometric assessment	6
4	Perform Neurological examination	
	Observing and assisting in therapies · Individual and group psychoeducation, Mental hygiene practice education, Family psycho-education	
4	Substance -Related and Addictive Disorder	6
5	Nursing care plan and case studies of bipolar disorders	6
6	Childhood and adolescence psychiatric disorders	6
	Nursing care plan and case studies of Depressive disorders	6
	: Bipolar affective disorder, mania and dysthymia etc.	
7	·Nursing Assessment History, Physical depression and mental assessment	
	· Treatment modalities and nursing management of patients with mood disorders	
	Old age psychiatry-Delirium, Dementia, Care of Abused persons, .	6
	Community Mental Health services Geriatric considerations/ considerations for special populations	
	· Follow-up and home care and rehabilitation	
	Assisting in psychometric assessment	
8	· Recording therapeutic communication	
	· Administration of medications	
	· Assist Electro-Convulsive Therapy (ECT)	
	· Participating in all therapies	
	· Preparing patients for Activities of Daily Living (ADL)	



- Conducting admission and discharge counselling
- Counseling and teaching patients and families
- 9 Nursing care plan and case studies of anxiety disorders and obsessive-compulsive disorder and posttraumatic stress disorders 6
- Psychiatric emergencies (e.g., Food refusal, aggression, stupor, suicide |) 6
- Community psychiatry & Deaddiction centre
- Identify patients with various mental disorders
- Motivate patients for early treatment and follow up
- Assist in follow up clinic
- Counsel and educate patient, family and community
- 10 · Observe the assessment and care of patients at deaddiction centre
- Conduct home visit and case work
- Identifying individuals with mental health problems
- Assisting in organizations of Mental Health camp
- Conducting awareness meetings for mental health & mental illness
- Counseling and Teaching family members, patients and community
- Observing deaddiction care

Total

60

#### D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Continuous assessment	All through	30
1.1	Field work -Case study report	12 <sup>th</sup>	10
1.2	Electronic Quiz	3 <sup>rd</sup>	10
1.4	E Assignment ( individual)	5 <sup>th</sup>	5
1.5	Oral exam	13 <sup>th</sup>	5
2	Midterm exam -Theory	7 <sup>th</sup> -	10
	Midterm exam -Practical		10
3	Final exam -Theory	16 <sup>th</sup>	30
	Final exam -Practical		20
	Total		100





## E. Learning Resources and Facilities

### 1. References and Learning Resources

<p><b>Essential References</b></p>	<ul style="list-style-type: none"> <li>• Foster, k. (2021) : Mental Health in Nursing: Theory and Practice for Clinical Settings, Elsevier; 5th edition.</li> <li>• Halter, M.J ( 2021) : Varcarolis' Foundations of Psychiatric-Mental Health Nursing : A Clinical Approach. Elsevier</li> <li>• Videbeck, S.L (2022): Psychiatric-Mental Health Nursing, Wolters Kluwer Health</li> <li>• Chambers, M. (2017) : Psychiatric and Mental Health Nursing: The craft of caring, 3rd ed; Routledge</li> <li>• American Psychiatric Association (2013): Diagnostic and Statistical Manual of Mental Disorders (DSM - 5) . 5th ed. Arlington, VA: American Psychiatric Publishing.</li> </ul>
<p><b>Supportive References</b></p>	<p>Books:</p> <ul style="list-style-type: none"> <li>- Townsman, M.C. (2011): Psychiatric mental health nursing (concept of care) 3<sup>rd</sup> ed., F. A. Davis company.</li> <li>-Varcarolis' Manual of Psychiatric Nursing Care Planning (2015): Assessment Guides, Diagnoses, Psychopharmacology, 6<sup>th</sup> Edition</li> </ul> <p>. List Essential References Materials (Journals, Reports, etc.)</p> <p><b>1. Journals:</b></p> <ol style="list-style-type: none"> <li>1-World psychiatry. <a href="http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)2051-5545">.http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)2051-5545</a></li> <li>2. International Journal of mental Health Systems, <a href="https://ijmhs.biomedcentral.com/">https://ijmhs.biomedcentral.com/</a></li> <li>3.International Journal of Mental Health Nursing, <a href="http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1447-0349">http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1447-0349</a></li> <li>4.Journal of Psychiatric and Mental Health Nursing, <a href="http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1365-2850">http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1365-2850</a></li> <li>5.Perspectives in Psychiatric Care, <a href="http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1744-6163/issues">http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1744-6163/issues</a></li> </ol>
<p><b>Electronic Materials</b></p>	<ol style="list-style-type: none"> <li>1. Science Direct</li> <li>2. Springer Books</li> <li>3. Wiley Blackwell</li> <li>4. Elsevier</li> <li>5. SAGE</li> </ol>
<p><b>Other Learning Materials</b></p>	<p>Ovid</p> <p>Other learning material such as computer-based programs/CD, professional standards, regulations and software.</p> <p>CD attached to the library books are suggested for the students.</p>





## 2. Required Facilities and equipment

Items	Resources
<b>facilities</b>	1. Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.) - Size of class room appropriate - E- learning lab - Clinical training in hospital suitable for student Nursing lab
<b>Technology equipment</b>	- Data show - Blackboard - Laptop computer - Computer based simulator Project system
<b>Other equipment</b>	- E- books electronic Online US Library

## F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Program Leaders Peer Reviewer Students Faculty Academic performance follows up committee. Students GPA	Direct Indirect  Direct
Effectiveness of Students assessment	Program Leaders Peer Reviewer Students Faculty Academic performance follows up committee. Examination committee	Direct / indirect
Quality of learning resources	Program Leaders Peer Reviewer Students Faculty PLOs assessment committee	
The extent to which CLOs have been achieved	Program Leaders Peer Reviewer Students Faculty Academic performance follows up committee. Examination committee Students Results	Direct / Indirect
Other		





### G. Specification Approval

<b>COUNCIL /COMMITTEE</b>	<b>DEPARTMENT COUNCIL</b>
<b>REFERENCE NO.</b>	<b>1/44/45</b>
<b>DATE</b>	<b>21-8-2023</b>

