

University / Academy : Beni Suef  
 Faculty / Institute : Nursing  
 Program: Under Graduate : 4<sup>th</sup> year

## Course specifications (توصيف مقرر دراسي)

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

<b>2. Course Objective :</b> (هدف المقرر)	<b>1- Overall aims of Course:</b>
<b>3. Intended Learning Outcomes</b>	<b>1- Overall aims of Course:</b> *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
<b>A. Knowledge</b> (المعلومات والمفاهيم)	- 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.

**B. Intellectual :**  
(المهارات الذهنية)

- 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 care 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.

**C. Professional**  
(المهارات المهنية)

- 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.

	<ul style="list-style-type: none"> <li>- Develop the process of structuring a group.</li> <li>- Apply the care to the patient after electroconvulsive therapy. <ul style="list-style-type: none"> <li>- Prepare the management plan for children and adolescent disturbances.</li> <li>- Apply nursing process in caring of aging.</li> </ul> </li> <li>- Apply the nursing process to substance abuse and dependency disorders. <ul style="list-style-type: none"> <li>- Calculate the role of the nurse in community mental health. <ul style="list-style-type: none"> <li>- Develop problem solving technique.</li> <li>- Describe self-concept.</li> <li>- Apply counseling relationship.</li> </ul> </li> <li>- Prepare a plan of care for woman with depression.</li> </ul> </li> <li>- Apply general guidelines for facilitating a therapeutic milieu.</li> </ul>
<p><b>D. General and Transferable</b> (المهارات العامة)</p>	<ul style="list-style-type: none"> <li>- Evaluate measures to prevent job stress and burnout in psychiatric nursing. <ul style="list-style-type: none"> <li>- Design the parameter of mental health and mental illness.</li> </ul> </li> <li>- Evaluate the usefulness and unhealthy uses of the defenses or coping mechanism.</li> <li>- Evaluate the historical perspective of the care of mentally ill through the years. <ul style="list-style-type: none"> <li>- Evaluate observations using the right terminology.</li> <li>- Design techniques of therapeutic communication.</li> <li>- Evaluate the therapeutic relationship.</li> </ul> </li> <li>- Criticize psychiatric nursing principles in dealing with psychiatric patients. <ul style="list-style-type: none"> <li>- Evaluate a nursing case plan for the patient in crisis based on nursing process. <ul style="list-style-type: none"> <li>- Criticize growth and development theories.</li> <li>- Criticize the individual and group therapy.</li> </ul> </li> <li>- Design a nursing care plan for patient prepared for E.C.T.</li> </ul> </li> <li>- Evaluate the role of the nurse in preventive and therapeutic measures for children and adolescent disturbances. <ul style="list-style-type: none"> <li>- Great a management plan in caring of aging.</li> </ul> </li> <li>- Create a management plan to substance abuse and dependency disorders. <ul style="list-style-type: none"> <li>- Criticize the role of the nurse in community mental health.</li> <li>- Create a social support net work.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- Evaluate self awareness.</li> <li>- Evaluate counseling model of helping.</li> <li>- Evaluate a plan of care for woman with depression.</li> <li>- Criticize the nurse's role and functions within the therapeutic milieu.</li> </ul>			
<b>4. Course content:</b> (محتوى المقرر)	<b>Theoretical part:</b>			
	<b>Topic</b>	<b>Total hours(60)</b>	<b>lecture</b>	<b>practical</b>
	1. Introduction to Psychiatric course.	3 hrs	1Lecture	12 hour
	2. Concepts of Mental health & Mental illness	3 hrs	1Lecture	12 hour
	3. Defense Mechanism	3 hrs	1Lecture	12 hour
	4. Historical perspectives in Psychiatry & psychiatric Nursing.	3 hrs	1Lecture	12 hour
	5. Signs and symptoms of psychiatry	3 hrs	1Lecture	12 hour
	6. Therapeutic communication	3 hrs	1Lecture	12 hour
	7. General principles of psychiatric Nursing.	3 hrs	1Lecture	12 hour
	8. Crisis Intervention.	3 hrs	1Lecture	12 hour
	9. Developmental Theories	3 hrs	1Lecture	12 hour
	10. Psychotherapy	3 hrs	1Lecture	12 hour
	11. Electroconvulsive therapy	3 hrs	1Lecture	12 hour
	12. Child Psychiatry & adolescens' problems	3 hrs	1Lecture	12 hour
	13. Psycho geriatric Nursing	3 hrs	1Lecture	12 hour
	14. Substance abuse & drug dependence	3 hrs	1Lecture	12 hour
15. Community mental health nursing	3 hrs	1Lecture	12 hour	
<b>Total</b>	45 hrs	15Lecture	180 hour	
<b>1. Teaching and learning Methods :</b> (أساليب التعليم والتعلم)	<ol style="list-style-type: none"> <li>1. Lectures.</li> <li>2. Group discussion.</li> <li>3. Simulation.</li> <li>4. Presentation</li> <li>5. Post clinical conference.</li> <li>6. Role play.</li> <li>7. Subtitled assignments</li> </ol>			
<b>2. Teaching methods of students with</b>	<b>Not applicable</b>			

<b>special needs:</b> (أساليب التعليم والتعلم للطلاب ذوي الاحتياجات الخاصة)			
<b>3. Student Assessment Methods:</b> ( طرق تقويم الطلاب )			
<b>Methods used for :</b> <b>A- Assessment:</b> (الأساليب المستخدمة)	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.		
<b>B- Time :</b> (التوقيت)	Assessment 1 Assignments at the 3rd week of the 1st semester. Assessment 2 First quiz at 4th week Assessment 3 Second quiz at 5th week Assessment 4 Mid term exam at th 6th weeks. Assessment 5 Third quiz at the 8 th week Assessment 6 Fourth quiz at the 10 th week. Assessment 7 Mid term exam at the 13en week. Assessment 8 Final exam At the end of the first semester.		
<b>C- Weighting for assessment:</b> (توزيع الدرجات)		Written exam Oral Examination. Practical exam Semester Work	80 % 20 % 20 % 80 % <hr/> <b>Total</b> 200 %

<b>1. List of References:</b> (قائمة الكتب الدراسية والمراجع)	
<b>A- Course Notes :</b> (مذكرات)	
<b>B- Essential Books (Text books):</b> (كتب ملزمة)	<ul style="list-style-type: none"> <li>▪ Decherney., P. (2002): Woman's Health Principles and Clinical Practice. 1<sup>st</sup> ed., B.C. Decker Inc. London.</li> <li>▪ Fortinash, M., K. (2004): Psychiatric Mental Health Nursing. 3<sup>rd</sup> ed., Mosby. USA.</li> <li>▪ Wanda., K.M. (2003): Johnson's Psychiatric Mental Health Nursing. 5<sup>th</sup> ed., Lippincott,</li> </ul>

	<p>Williams and Wilkings, New York.</p> <ul style="list-style-type: none"> <li>▪ Basavanthappa, B.T. (2007): Psychiatric Mental Health Nursing. 2<sup>cd</sup> ed., Jaypee.</li> <li>▪ Nicol, M.(2007): Essential mental health nursing skills. London, New York.</li> <li>▪ Videbeck, S.L.(2008) Psychiatric Mental Health Nursing. 4<sup>th</sup> ed., Lippincott, Williams and Wilkings, New York. <ul style="list-style-type: none"> <li>▪ Antai-Otong, D. (2008): Psychiatric nursing; Biological &amp; behavioral concepts. Canada, 2ed,</li> </ul> </li> <li>▪ Schultz., J. and Videbeck, S.L.. (2009): Lippincott 'S Manual of Psychiatric Nursing Care Plans. 8<sup>th</sup> ed., Lippincott., New York.</li> </ul>
<p><b>C- Periodicals Web sites,...etc</b> (دوريات علمية أو نشرات)</p>	<p>- Yahoo .com . - MSN .com . -AltaVista .com</p>
<p><b>D- Facilities required for teaching and learning:</b></p>	<ol style="list-style-type: none"> <li>1. Psychiatric hospital.</li> <li>2. Overhead projector.</li> <li>3. Data show.</li> <li>4. Video tape.</li> <li>5. Flip chart.</li> <li>6. White board.</li> </ol>

**Head of department :**

**Teacher of the course :**