

MENTAL HEALTH NURSING

PLACEMENT: SECOND YEAR

TIME ALLOTTED: Theory: -60 hrs
Practical – 240hrs

COURSE DESCRIPTION

This course enables the students to recognize and appreciate the causes, symptoms and process of abnormal human behaviour. It also introduces the student to the present day treatment modalities in the light of psychological, social and cultural factors affecting human behaviour. This course helps the student to learn principles of mental health and psychiatric nursing and to develop beginning skills in the management of the mentally ill in hospital and community.

OBJECTIVES

At the end of course, the student will

1. Identify and describe the philosophy and principles of mental health nursing
2. Describe the historical development of mental health and psychiatric nursing
3. Classify mental disorders
4. Develop skill in history taking and performing mental status examination.
5. Describe etiological factors, psycho-pathology, clinical features, diagnostic criteria and treatment methods used for mental disorders.
6. Manage the patients with various mental disorders.
7. Communicate therapeutically with patients and their families.
8. Identify role of the nurse in preventive psychiatry.
9. Identify the legal aspects in practice of mental health and psychiatric nursing.

COURSE CONTENTS

UNIT I

- Introduction and historical development
- History of psychiatry
- Historical development of mental health nursing
- Philosophy, principles of mental health and psychiatric nursing
- Concept of normal and abnormal behaviour
- Role and qualities of mental health and psychiatric nursing
- Mental health team and functions of team members
- Legal aspects in psychiatry and mental health services

UNIT II

- Classification and assessment of mental disorders
- Terminologies used in psychiatry
- Classification of mental disorders
- Etiological factors and psychopathology of mental disorders
- History taking and assessment methods for mental disorders.

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UNIT III

- Therapeutic communication
- Communication process
- Interview skills, therapeutic communication techniques. Nurse patient Relationship, therapeutic impasse and it's management process recording.

UNIT IV

- Management of mental disorders.
- Etiological factors, psychopathology, types, clinical features, diagnostic criteria, treatment and nursing management of patient with following disorders:
- Neurotic Disorders: Anxiety Neurosis, Depressive Neurosis, Obsessive compulsive Neurosis, phobic Neurosis and Hypochondriacal Neurosis, Stress related and somatoform disorders.
- Psychotic Disorders: Schizophrenic form, affective and organic psychosis.
- Organic Brain syndromes
- Psychosomatic disorders
- Personality disorders
- Disorders of childhood and adolescence.

UNIT V

- Management of patients with substance use disorders
- Substance use and misuse.
- Dependence, intoxication and withdrawal
- Classification of psychoactive substances
- Etiological and contributory factors
- Psychopathology
- Clinical features
- Diagnostic criteria
- Treatment and nursing management of patient with substance use disorders.
- Preventive and rehabilitative aspects in substance abuse.

UNIT VI

- Management of mental sub-normality
- Classification of mental sub-normality
- Etiological factors, psychopathology, psychometric assessment, diagnostic criteria and management of sub-normality.

UNIT VII

- Psychiatric Emergencies
- Types of emergencies, psychopathology, clinical features, assessment and diagnosis, treatment and nursing management of patient with psychiatric emergencies.
- Crisis intervention therapy.

UNIT VIII

Therapeutic Modalities

Principles, indication, contraindications and role of nurse in various treatment methods:

- Therapeutic community and Milieu therapy
- Occupational therapy
- Psychotherapy
- Behaviour therapy
- Group therapy
- Family therapy
- Pharmacotherapy
- Electro convulsive therapy
- Other miscellaneous therapies.

UNIT IX

- Preventive Psychiatry
- Model of prevention
- Role of nurse in preventive psychiatry
- Psychiatric social work
- Community mental health nursing Community mental health agencies
- National mental health programmes

PRACTICUM

The student will be provided opportunity to:

Observe, record and report the behavior of their selected patients. Record the process of interaction

Assess the nursing needs of their selected patients, plan and implement the nursing intervention.

Counsel the attendant and family members of patient. Participate in the activities of psychiatric team

Write observation report after a field visit to the following places: Child guidance clinic,

School/Special Schools (For Mentally subnormal) Mental Hospital

Community mental health centres, De-addiction centre.

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- The urban and rural community in India: Ecology, characteristics of the village, characteristics of the town and city.
- Social stratification: Class and caste.

UNIT V

- Social process
- Nature and process of social change: Factors influencing cultural change. Cultural lag.

UNIT VII

- Social problems
Social disorganization, control and planning: poverty, population, housing, illiteracy, food supplies, growth of urbanization, prostitution, minority groups, rights of women and children, child labour, child abuse, delinquency and crime, substance abuse.



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MATERNAL NURSING

Placement: first Year

**Time Allotted: Theory -60hrs
Practical - 240hrs**

COURSE DESCRIPTION

This course is designed to widen the student's knowledge of obstetrics during pregnancy, labour and puerperium. It also helps to acquire knowledge and develop skill in rendering optimum nursing care to a child bearing mother in a hospital or community and help in the management of common gynecological problems.

OBJECTIVES

At end of the course, the student will

1. Describe the physiology of pregnancy, labour and puerperium.
2. Manage normal pregnancy, labour and puerperium.
3. Explain the physiology of lactation and advice on management of breast feeding.
4. Be skilled in providing pre and post operative nursing care in obstetric conditions.
5. Identify and manage high risk pregnancy including appropriate referrals.
6. Propagate the concept and motivate acceptance of family planning methods.
7. Teach, guide and supervise auxiliary midwifery personnel

COURSE CONTENTS

UNIT I

- Introduction and historical review
- Planned parenthood
- Maternal morbidity and mortality rates
- Legislations related to maternity benefits, MTP acts, incentives for family planning etc.,

UNIT II

- Review of the anatomy and physiology of female reproductive system.
- Female pelvis(normal and contracted)
- Review of foetal development.

UNIT III

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- Physiology and management of pregnancy, labour and puerperium
- Signs and symptoms and diagnosis of pregnancy
- Antenatal care
- Pregnant women with HIV/AIDS
- Management of common gynaecological problems.

UNIT IV

- The New born baby
- Care of the baby at birth including resuscitation
- Essential Newborn Care
- Feeding
- Jaundice and infection
- Small and large for date babies
- Intensive care of the new born
- Trauma and haemorrhage

UNIT V

- Management of abnormal pregnancy, labour and puerperium
- Abortion, ectopic pregnancy and vesicular mole.
- Pregnancy induced hypertension, gestational diabetes, anaemia, heart disease.
- Urinary infections, Antepartum hemorrhage
- Abnormal labour (malposition and malpresentation)
- Uterine inertia
- Disorders of puerperium
- Management of engorged breast, cracked nipples, breast abscess and mastitis
- Puerperal sepsis
- Post partum haemorrhage
- Inversion and prolapse of uterus, obstetrical emergencies
- Obstetrical operations i.e. forceps, vacuum, episiotomy, caesarean section.

UNIT VI

- Drugs in obstetrics
- Effects of drugs during pregnancy, labour and puerperium on mother and baby.

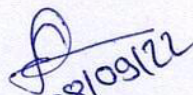
UNIT VII

- National Welfare programmes for women
- National Family welfare programme
- Infertile family
- Problems associated with unwaged pregnancy
- Unwed mothers.

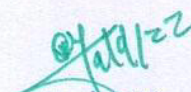
PRACTICUM

1. The students will
 - a. Be posted in antenatal clinic, antenatal ward, labour room, postnatal ward, maternity OT, MTP room.
 - b. Visit welfare agencies for women and write observation report.
 - c. Follow nursing process in providing care to 3-6 patients.
 - d. Write at least two nursing care studies and do a presentation
 - e. Give at least one planned health teaching to a group of mothers

2. Practice following nursing procedures.
 - a. Antenatal and post natal examination, per vaginal exam.
 - b. Conduct normal delivery, stitching of episiotomy, (For male candidates minimum conduct of 5 deliveries)
 - c. Motivation of family for adopting family planning methods.
 - d. Motivate family for Planned Parenthood.
 - e. Assist in various diagnostic and therapeutic procedures including IUD insertion and removal.


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COMMUNITY HEALTH NURSING

Placement: Second Year

Time allotted: Theory -135hrs
Practical -240 hrs

COURSE DESCRIPTION

The course enables the students to understand the national health care delivery system and to participate in the delivery of community health nursing.

OBJECTIVES

At the end of the course, the student will

1. Explain the concept of various factors contributing to health of individual, family and community.
2. Identify the role of community health nurse.
3. Describe national health care delivery system.
4. Describe epidemiological methods and principles of prevention and control of illness in the community.
5. Identify the role of personnel working in the community health set up.
6. Plan the work of community health nurse and supervise and train health workers.

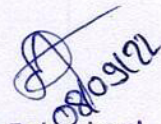
COURSE CONTENTS

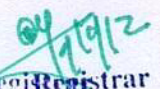
UNIT I

- Introduction
- Introduction to community health –Concepts, Principles and elements of primary health care.
- Introduction to community health nursing.
- Concepts of community health nursing –community nursing process.
- Objectives, scope and principles of community health nursing.

UNIT II

- Family health services
- Concept, objectives, scope and principles.
- Individual family and community as a unit of service
- Principles and techniques of home visiting
- Establishing working relationship with the family.
- Working with families in relation to prevention of disease, promotion of health.
- Care of the sick in the home, physically handicapped and mentally challenged.
- Surveillance and monitoring


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UNIT III

- Organisation and administration of health services in India.
- National health policy
- Health care delivery system in India
- Health team concept
- Centre, State, district, urban health services, rural health services
- System of medicines
- Centrally sponsored health schemes
- Role of voluntary health organizations and international health agencies
- Role of health personnel in the community
- Public health legislation.

UNIT IV

- Health Education
- Aims concepts and scope of the health education
- National plan for health education
- Communication techniques
- Methods and media for health education programmes
- Planning for health education and role of nurse

UNIT V

- Role of the community health nurse.
- National health programmes
- Maternal and child health programmes
- Family welfare and school health services
- Occupational health services.
- As a member of the health team.
- Training and supervision of health care workers.

UNIT VI

- Epidemiology
- Definition-concepts, aims, objectives, methods, principles
- Epidemiology – Theories and models
- Application of Epidemiology, principles and concepts in community health.
- Climate change and their impact on Health
- Air pollution and their impact on Health
- Heat wave and their impact on Health

UNIT VII

- Bio statistics and vital statistics
- Introduction, definition and scope, legislation
- Report, recording and compiling of vital statistics at the local, state, national and

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- international level.
- Definitions and methods of computing vital statistics
- Methods of presenting data
- Management information system.

UNIT VIII

- Roles and responsibilities of mid-level health care providers (MLHP)
- New national health programmes
- AYUSHMAN BHARAT-the up gradation of sub-centers into health and wellness centers, concept of comprehensive primary health care and key elements of CPHC, service delivery and continuum of care and roles of mid level health care providers (MLHP)
- Diagnosing and treatment skills essential at sub center level using standard treatment protocols as per national health programmes.
- Introduction of Rashtriya Bal swasthiya Kayakarma(RBSK)
- Social Mobilization skills
- Drug dispensing
- Programme management including Monitoring & Supervision
- Investigation of Outbreak
- Behavior Change Communication (BCC) and soft Skills
- Integrated Disease surveillance Program (IDSP)
- Mother child tracking system (MCTS)
- Chikungunya
- Organization of Labor room
- Safe childbirth checklist
- Postpartum visit by Health worker
- Family Planning 2020
- Food Born diseases
- National Family Planning programme
- Food Born diseases
- Health Planning and Healthcare delivery system in India
- Health management information system(HMIS)
- Electronic medical records(EMR)
- Micro birth planning
- Sources of Vital Statistics
- Financial management, Accounts and computing at sub center
- Mental health act and de-addicting program
- Time trend in disease occurrence in Epidemiology
- Infant and young child feeding (IYCF) and counseling
- Nutrition across life cycle and update on national nutritional programmes
- Use of equipment
- Throat problems and febrile seizures in children
- Transportation of baby and common accidents and mishaps in labour room
- Counseling-GATHER approach
- Update biomedical waste management by specifying biomedical waste management rules 2016
- Suturing of superficial wounds
- Postpartum intra uterine contraceptive device(PPIUCD)
- All the national health programmes on communicable and non communicable

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PRACTICUM

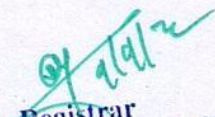
Each student will prepare a community profile.

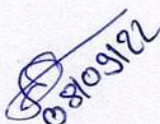
The students will be allotted families for gaining experience in identifying family health needs, health counseling and guidance and family budgeting for optimum health.

The students will participate in the activities of primary health centre, Sub-centre, MCH Centre.

Visits will be made to selected health and welfare agencies, water purification plant and sewage disposal plant, infectious disease hospital.

Conduct health educational programmes for individual/groups/community.


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