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| 1. Course Name: | |
| | Psychiatric & Mental Health Nursing |
| 2. Course Code: | |
| | WNR-42-01 |
| 3. Semester / Year: | |
| | Fourth year/ First Semester |
| 4. Description Preparation Date: | |
| | 1/10/2024 |
| 5. Available Attendance Forms: | |
| | Class attendance forms |
| 6. Number of Credit Hours (Total) / Number of Units (Total) | |
| | Number of Credits Hours (7) = (4) Theoretical (3 Hours Per Week) + (3) Clinical (12 Hours Per Week) |
| 7. Course administrator's name (mention all, if more than one name) | |
| | Name: Assist. Prof. Dr. Dhafer Ameen Jabbar Al-Mossawy Email: dhafer.ameen@uowa.edu.iq |
| 8. Course Objectives | |

- **At the end of this course, students will be able to:**
- Discuss the trends, foundations, and concepts of mental health nursing.
- Identify the community based nursing care (mental health promotion and mental illness prevention.)
- Describe the ethical and legal issues in nursing.
- Identify the mental health nursing theories.
- Differentiate between neurotic and psychotic disorders.
- Demonstrate professional interview and identify patient's problems.
- Identify and assist in providing special treatment modalities.
- Describe different types of psychiatric disorders.
- Recognize client behaviors and problems.
- Change the student's attitudes toward mental health and mental illness nursing.
- Appraise the nurse's role in the community mental health nursing.
- Assess the mental health status of the client.
- Identify the terminology relate to mental health and mental illness.
- Demonstrate verbal and non-verbal therapeutic communication skills.
- Demonstrate critical thinking skills to assess the needs for patients with mental disorders.
- Identify and assist in providing special treatment modalities.
- Apply therapeutic strategies to protect themselves and maintain patients' safety.
- Implement therapeutic communication and interpersonal relationship.
- Work collaboratively with mental health team to care for patients with mental disorders.
- Understand the indications, contraindications, and side effects of the basic psychopharmacological treatment.
- Apply the nursing process when providing nursing care for the client.
- Create nursing care plan to address the mental health needs of the patients and their families.
- Demonstrate responsibility in handling with psychiatric patients.
- Appreciate the importance of mental health in maintaining general health.
- Commit to ethical standards in Psychiatric Assessment.

13. Teaching and Learning Strategies

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| Strategy | Methods of teaching (Theoretical) <u>Learning Resources :</u> Whiteboard, Posters, Handouts, video-films |
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Teaching / Learning Strategies :

Interactive lecture, Small group's discussion, Demonstration, Assignments, Video

Methods of teaching (Clinical)**Learning Resources :**

Psychiatric clinics and Psychiatric teaching hospitals.

Teaching / Learning Strategies :

Writing reports, Case study, Clinical practice and scientific visitations, Role play

14. Course Structure

| Week | Hours | Required Learning Outcomes | Unit or subject name | Learning method |
|-------|-------|--|--|--|
| 1 | 3 | <ul style="list-style-type: none"> – Discuss the trends, foundations, and concepts of mental health nursing. – Identify the community based nursing care (mental health promotion and mental illness prevention.) – Describe the ethical and legal issues in nursing. | Foundations of Psychiatric–Men Health Nursing | <ul style="list-style-type: none"> – Interactive Lecture – Presentation using – Video-based learning – Role playing. |
| 2 & 3 | 6 | <ul style="list-style-type: none"> – Identify the mental health nursing theories. – Explain the basic beliefs and approaches of the main psychosocial theories. – Identify the psychosocial theory on which each treatment strategy is based. – Identify how several of the theoretical perspectives have influenced current nursing practice. | Theories in mental health nursing | <ul style="list-style-type: none"> – Interactive Lecture – Presentation using – Video-based learning – Role playing. |
| 4 | 3 | <ul style="list-style-type: none"> – Identify and discuss the components of | Building the Nurse–Client Relationship | <ul style="list-style-type: none"> – Interactive Lecture – Presentation using |

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| | | <p>therapeutic relationship</p> <ul style="list-style-type: none"> – Discuss inappropriate techniques that impact the communication between psychiatric nurses and their clients. – Appropriately demonstrate therapeutic communication with clients who experience mental health problems. – Implement therapeutic communication and interpersonal relationship. | | <ul style="list-style-type: none"> – Video-based learning. – Role playing. |
| 5 | 3 | <ul style="list-style-type: none"> – Summarize the similarities and differences in diagnostic criteria, etiology, and treatment options between post-traumatic stress disorder and other disorder. | Trauma and Stressor-Related Disorders PTSD | <ul style="list-style-type: none"> – Interactive Lectures – Presentation using – Video-based learning – Role playing. |
| 6 & | 6 | <ul style="list-style-type: none"> – Describe anxiety as a response to stress. – Describe the levels of anxiety with behavioral changes related to each. – Types of anxiety disorders. – Apply the nursing process to the care of clients with anxiety and anxiety disorders. – Treatment Modalities. | Anxiety disorders | <ul style="list-style-type: none"> – Interactive Lectures – Presentation using – Video-based learning – Role playing. |
| 8 | 3 | <ul style="list-style-type: none"> – Discuss etiologic theories of obsessive-compulsive disorder (OCD). | Obsessive-Compulsive and related Disorders | <ul style="list-style-type: none"> – Interactive Lectures – Presentation using – Video-based learning – Role playing. |

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| | | <ul style="list-style-type: none"> - Apply the nursing process to the care of clients and families with OCD. - Provide education to clients, families, caregivers, and community members to increase knowledge and understanding of OCD and related disorders. - Evaluate your feelings, beliefs, and attitudes regarding OCD and related disorders. | | | |
| 9&1 | 6 | <ul style="list-style-type: none"> - Identify the schizophrenia. - Differentiated between positive and negative seen - Identify two other psychotic disorders. - Identify treatment modalities for people with schizophrenia. - Identify nursing care for people with schizophrenia. | Schizophrenia | <ul style="list-style-type: none"> - Interactive Lectur - Presentation usin - Video-based learn - Role playing. | |
| 11& | 6 | <ul style="list-style-type: none"> - Explain of core concept of mood and affect. - Apply the nursing process to the care of clients and families with mood disorders. - Provide education to clients, families, caregivers, and community members to increase knowledge and understanding of mood disorders. - Define the Suicide and Suicidal behavior and nursing intervention. | Mood disorder (depression & mania and Suicide) | <ul style="list-style-type: none"> - Interactive Lectur - Presentation usin - Video-based learn - Role playing. | |
| 13 | 3 | <ul style="list-style-type: none"> - Discuss the new trends in substance abuse and explain the need for | Addiction | <ul style="list-style-type: none"> - Interactive Lectur - Presentation usin - Video-based learn - Role playing. | |

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| | | <p>related prevention programs.</p> <ul style="list-style-type: none"> - Discuss the nurse's role in dealing with the chemically impaired professional. - Evaluate your feelings, attitudes, and responses to clients and families with substance use and abuse. | | | |
| 14 | 3 | <ul style="list-style-type: none"> - Describe the characteristics of and risk factors for cognitive disorders. - Distinguish between delirium and dementia in terms of symptoms and other related issues. - Apply the nursing process to the care of clients with cognitive disorders. | Cognitive Disorders | <ul style="list-style-type: none"> - Interactive Lectures - Presentation using - Video-based learning - Role playing. | |
| 15 | 3 | <ul style="list-style-type: none"> - Describe somatic symptom illnesses and identify their three central features. - Discuss the characteristics and dynamics of specific somatic symptom illnesses. - Distinguish somatic symptom illnesses from factitious disorders and malingering. - Evaluate your feelings, beliefs, and attitudes regarding clients with somatic symptom disorders. | Somatic Symptom Illnesses | <ul style="list-style-type: none"> - Interactive Lectures - Presentation using - Video-based learning - Role playing. | |
| 15. Course Evaluation | | | | | |
| Evaluation | | | | | |
| Formative | | Summative | | | |

| Scores | Evaluation methods | Scores | Evaluation methods |
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| 4% | Daily Quizzes | 10% | First-Mid-term theoretical exam |
| 2% | Seminars | 10% | Second- Mid-term exam |
| 2% | Reports | 10% | Mid-term-practical evaluation |
| 2% | Participation | 20% | Final practical exam |
| | | 40% | Final theoretical exam |
| 10% | | 90% | |
| 16. Learning and Teaching Resources | | | |
| Required textbooks (curricular books, if any) | 1. Videbeck, S. (2020). Psychiatric-mental health nursing. Lippincott Williams & Wilkins. 2. Gorman, L. M., & Anwar, R. (2014). Neeb's Fundamentals of Mental Health Nursing. Elsevier. | | |
| Main references (sources) | Videbeck, S. (2018). Psychiatric-mental health nursing. Lippincott Williams & Wilkins. | | |
| Recommended books and references (scientific journals, reports...) | | | |
| Electronic References, Websites | <ul style="list-style-type: none"> - https://www.youtube.com/watch?v=WEG6fiRj6OA&list=PL0sx7dV... - https://www.cdc.gov/mental-health/ | | |



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