COURSE TITLE: MENTAL HEALTH AND PSYCHIATRIC NURSING

Course Code: MHP 026

Course Aim: To equip students with knowledge and skills in mental health to enable them to understand human behaviour and manage clients with mental disorders.

Course Objectives:
1. Discuss mental health and psychiatric concepts, history, principles and laws in Zambia
2. Describe psychiatric nursing skills in mental health
3. Discuss the classification and management of psychiatric disorders
4. Discuss the management of children with special education needs
5. Describe the management of clients with psychiatric emergencies
6. Discuss forensic psychiatry
7. Discuss community psychiatry
8. Discuss Advocacy in Psychiatry

Course Objectives By the end of the course, the student will be able to:	Unit. Title	Unit .Objectives By the end of this unit the student should be able to:	Unit. Topics **Introduction to the Course Objectives** **Introduction to the Unit** **Unit 1. Objectives**
1.0 Discuss mental health and psychiatric history, laws and principles in Zambia	Unit 1: introduction to mental health and psychiatric nursing	1.1 Define key terms used in mental health and psychiatric nursing 1.2 Describe the history of mental health and psychiatry in Zambia 1.3 Discuss the principles of psychiatric nursing 1.4 Describe mental health laws in Zambia 1.5 Describe mental health policies in Zambia	**1.1** Definition common terms 1.1.1 Health 1.1.2Mental health 1.1.3 Mental Illness 1.1.4Mental health nursing 1.1.5 Psychiatry 1.1.6Psychiatric nursing 1.1.7 History of mental health and psychiatry in Zambia 1.1.8Principles of psychiatric nursing 1.1.9Mental health Laws in Zambia 1.1.10 Mental health policies in Zambia
2.0 Describe psychiatric nursing skills in mental health	**Unit 2**: Psychiatric nursing skills	2.1 Describe communication skills in psychiatric nursing 2.2 Describe self-awareness skills 2.3 Explain assertiveness skills in psychiatric nursing 2.4 Explain counselling skills in	2.1 Communication Skills 2.2 Self -awareness Skills 2.3 Assertiveness skills 2.4 Counseling skills 2.5 Social skills 2.6 Observation skills 2.7Stress management skills 2.8 Behaviour modification skills

		psychiatric nursing 2.5 Discuss social skills in psychiatric nursing 2.6 Describe observation skills in psychiatric nursing 2.7 Explain stress management skills in psychiatric nursing 2.8 Discuss behaviour modification skills in psychiatric nursing 2.9 Describe therapeutic nursing intervention skills 2.10 Discuss physical assessment of a psychiatric patient 2.11 Describe the admission of a psychiatric patient	2.9 Therapeutic nursing intervention skills 2.10 Physical assessment of a psychiatric patient 2.11 Admission of a psychiatric patient 2.11.1 Judicial admission 2.11.1 Voluntary admission 2.11.1 Involuntary admission 2.12 Admission procedures: 2.12.1 His Excellency the President's Pleasure (H.E.P) 2.12.2 Juvenile (Katombola Prison) ▪ Unit Summary ▪ Unit Self-Test ▪ Unit References
3.0 Discuss the management of psychosis, neurosis and personality disorders	**Unit 3:** Classification and management of psychiatric disorders	3.1 Define key terms 3.2. Describe neurosis/ anxiety disorders 3.3 Discuss child birth and mental health 3.4. Describe the management of psychosis	3.1 Definition of terms 3.2 Neurosis/Anxiety Disorders 3.2.1 Generalised Anxiety Disorder (GAD) 3.2.2 Obsessive- compulsive Disorder (OCD) 3.2.3 Post Traumatic Anxiety Disorder 3.2.4 Conversion Disorder 3.2.5 Somatoform disorder 3.3 Child birth and mental health 3.3.1 Postpartum Blues 3.3.2 Post Partum Depression (PPD) 3.3.3 Post Partum Psychosis 3.3.5 HIV/AIDS related psychosis 3.4 The management of psychosis 3.4 Psychosis 3.4.1 Affective disorders 3.4.2 Schizophrenia 3.4.3 Dementia 3.4.4 Psychosis in HIV/A Unit Summary Unit References

4.0 Discuss the management of children with special education needs.	**Unit 4.** Conditions not Attributed to Mental Disorders that are a Focus of Attention and Treatment	4.1 Describe the management of children with special education needs	4.0 Children with special educational needs 4.1.1 Mental retardation 4.1.2 Attention Deficit Hyperactive Disorder (ADHD) Unit Summary Unit References
5.0 Discuss the management of a client with a psychiatric emergency	**Unit 5.** Management of a client with psychiatric emergency	5.1 Define suicidal attempt 5.2 Describe an aggressive patient 5.3 Describe a depressed patient 5.4 Discuss alcohol intoxication 5.5 Define drug poisoning 5.6 Explain drug and substance abuse	5.1 Suicidal Attempt 5.1.2 Suicide 5.1.3 Types of suicides 5.1.4 Signs and symptoms of suicide 5.1.5 Management of a suicidal patient 5.1.6 Aggressive patient 5.1.7 Types of aggressive behaviours 5.1.8 Signs and symptoms of aggression 5.1.9 Management of an aggressive patient 5.1.10 Depression 5.1.11 Types of depressive illnesses 5.1.12 Signs and symptoms of depression 5.1.13 Management of a depressed patient 5.1.14 Alcohol intoxication 5.1.15 Signs and symptoms of alcohol Intoxication 5.1.16 Management of alcohol withdrawal symptoms 5.1.17 Drug Poisoning 5.1.18 Signs and symptoms of drug poisoning 5.1.19 Management of drug poisoning 5.1.20 Drug and substance abuse 5.1.21 Drug abuse 5.1.22 Substance abuse 5.1.23 Signs and symptoms of drug substance abuse Unit Summary Unit Self-Tests

6.0 Discuss Forensic psychiatry	**Unit 6**.Forensic Psychiatry	6.1 Define terms used in forensic psychiatry. 6.2 Explain types of patients that need forensic psychiatry. 6.3 Describe the care of patients during detention 6.4 Discuss the management of clients during referral and discharge	6.1 Definition of forensic psychiatry 6.2 Types of patients that need forensic psychiatry 6.3 Management of patients during detention: 6.3.1 Leave of absence 6.3.2 Absconding 6.3.3 Correspondence 6.3.4 Sexuality 6.4 Referral / Discharge • Unit Summary • Unit References

7.0 Discuss the management of Community Psychiatry	**Unit 7:** Community Psychiatry	7.1 Define terms used in community psychiatry.
		
		7.2 Describe the concept of community psychiatry
		
		7.3 State different levels of intervention in mental health
		
		7.4 Explain the role of the nurse
			7.1 Definition of community psychiatry
			    7.1.1 Mental health prevention
			    7.1.2 Mental health treatment
			    7.1.3 Mental health rehabilitation
			    7.1.4 Mental health resource mobilization and use
			7.2 The concept of community psychiatry
			7.3 The levels of intervention in mental health
			• Promotion
			• Prevention
			• Treatment
			• Rehabilitation
			• Resource Mobilization and use
			7.4 Role of the nurse-
			▪ Support group/Half way home/Village
			▪ Group Homes

			▪ Aftercare homes
			Unit Summary
			Unit References
8.0 Discuss advocacy in psychiatry	**Unit 8:** Advocacy in psychiatry	8.1 Define advocacy 8.2 State principles of advocacy 8.3 Describe community participation and partnerships 8.4 Identify vulnerable populations 8.5 Describe the rights of the nurse and the patient	Introduction to the Unit Unit 8. Objectives 8.1 Definition of Advocacy 8.2 Principles of advocacy 8.3 Community participation and partnership 8.4 Vulnerable populations 8.5 The rights of the nurse and the patient Unit Summary Unit References