



**University of Thi-Qar**  
**College of Nursing**  
**Undergraduate Program**  
**Mental Health Nursing**

- 1. Course Title:** Mental Health Nursing
- 2. Course No.:** (406)
- 3. Credit Hours:** Total of (5) credits:  
Theory (3) credits  
Clinical (2) credits
- 4. Course Calendar:** Total (9) hours weekly of (15) weeks:  
Theory (3) hrs.  
Clinical (6) hrs.
- 5. Placement:** Fourth year/ Second semester

**6. Course Description:**

This Course provides students with basic Knowledge and understanding of various theories that explain the behaviors of mentally health and ill persons. It also develops clear and specific approaches to various mental problems that lead students to use the nursing process as a framework for effective care with a holistic view of each client (physical, emotional, spiritual, interpersonal, cultural, socioeconomic, and environmental Aspects).

**7. Course Goals:**

**At the end of the course the student will be able to:**

1. Discuss the trends, principles, and concepts of mental health nursing.
2. Identify the community based nursing care (mental health promotion and mental illness prevention.)
3. Describe the ethical and legal issues in nursing.
4. Identify the mental health nursing theories.
5. Implement therapeutic communication and interpersonal relationship.
6. Apply the nursing process in providing the nursing care for the client.
7. Identify and assist in providing special treatment modalities.
8. Describe different types of psychiatric disorders.
9. Recognize client behaviors and problems.
10. Assess the mental health statues of client.
11. Chang the students attitudes toward mental health and mental illness nursing.
12. Appraise the nurse's role in the community mental health nursing.

## **8. Course Outline:**

### **The Theoretical Content**

#### **Part I: History of Mental Health services**

- 1.1. History and trends in psychiatric mental health nursing.
- 1.2. Introduction to psychiatric Mental Health Nursing.
- 1.3. Concept of mental health & Mental illness

#### **Part II: Ethical and legal issues in mental health nursing**

- 2.1. Principles of mental Health Nursing.
- 2.2. Ethics of mental Health Nursing.

#### **Part III: Theories in mental health nursing**

- 3.1. Freud theory
- 3.2. Erkerkson theory
- 3.3. Adler theory
- 3.4. Sullivan theory

#### **Part IV : Communications**

- 4.1. Therapeutic communication & relationship.
- 4.2. Interpersonal relationship.

#### **Part V: Classifications of Mental health diseases**

- 5.1. ICD-10
- 5.2. DSM-4
- 5.3. NANDA.

#### **Part VI: The Nursing process:**

- 6.1. Assessment of Psychiatric clients.
- 6.2. Nursing Diagnosis according NANDA.
- 6.3. Outcome identification.
- 6.4. Planning & implementation.
- 6.5. Evaluation.

#### **Part VII: Treatment modalities:**

- 7.1. Physical therapy.
- 7.2. Psychological therapy .

**Part VIII: Clients with psychotic disorders**

- 8.1. Schizo-effective disorders
- 8.2. Mood disorders (depression & mania).

**Part IX: Anxiety disorders**

- 9.1. Anxiety.
- 9.2. Phobia.
- 9.3. Obsessive – compulsive disorder.
- 9.4. Anxiety related disorders (Post-Traumatic disorder)

**Part X: Somatoform disorder and sleeping disorders**

**Part XI :Personality disorders.**

**Part XII :Substance related disorders:**

- 12.1. Alcoholic abuse.
- 12.2. Drug abuse.
- 12.3. Smoking.

**Part XIII: Cognitive disorders:**

**The Clinical Content**

**Course Outline**

**Part I: Orientation to the clinical area.**

**Part II: Orientation to the admission and discharge procedures.**

**Part III: Demonstration for patient assessment:**

- 3.1. Taking history.
- 3.2. Physical examination.
- 3.3. Mental status examination.

**Part IV: Observing clinical instructor while interviewing &**

**Part V: Communicating with psychiatric patients.**

**Part VI: Observing clinical instructor while using therapeutic**

**Part VII: technique to the patients.**

**Part VIII: Clinical practice in the psychiatric female unit.**

**Part IX: Clinical practice in the psychiatric male unit.**

**Part X: Clinical practice in the substance abused patients unit.**

**Part XI: Assist in providing nursing care to patients with ECT.**

