



Course Specifications

Course Title:	Psychiatric and Mental Health Nursing
Course Code:	56024705-5
Program:	Bachelor of Nursing program
Department:	Community nursing & Health Care for Mass Gathering
College:	Faculty of Nursing
Institution:	Umm Al Qura University

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A. Course Identification

1. Credit hours: 5			
2. Course type			
a.	University <input type="text"/>	Faculty of <input checked="" type="checkbox"/> Nursing <input type="text"/>	Department <input type="text"/> Others <input type="text"/>
b.	Required <input checked="" type="checkbox"/>	Elective <input type="checkbox"/>	
3. Level/year at which this course is offered: 4 th year, second semester			
4. Pre-requisites for this course (if any): Courses of nursing program in previous levels <ul style="list-style-type: none"> ● Nursing Ethics. ● Fundamental nursing 			
5. Co-requisites for this course (if any): <ul style="list-style-type: none"> ● Management & Leadership Nursing 			

6. Mode of Instruction (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom		70%
2	Blended		100 %
3	E-learning		30%
4	Distance learning		-
5	Other		

7. Contact Hours (based on academic semester)

No	Activity	Contact Hours
1	Lecture	30
2	Laboratory/Studio	-
3	Tutorial /practical (Clinical setting)	32
4	Others (specify) Black board discussion	22
5	Clinical training in psychiatric hospital	36
	Total	120 contact hours = 75 credit hours

B. Course Objectives and Learning Outcomes

1. Course Description <p>This course provides the nursing students with the necessary basic knowledge, skills and attitude that enable them to provide nursing care for psychiatric and mentally ill clients in hospital setting and other health institutions. The course emphasizes on promoting, restoring and protecting mental health of individuals and groups.</p>
2. Course Main Objective <ul style="list-style-type: none"> • This course aims to acquire the necessary basic knowledge, attitude and skills that enable recipients to assess individual's psychological and mental state in addition to provide nursing care for psychiatric patients in hospital setting based on self-understanding and nursing process.

- The students will be able to assess, plan, implement, and evaluate the care of patient experiencing different types of psychiatric illness.

3. Course Learning Outcomes

CLOs		Aligned PLOs
1	Knowledge and Understanding	
1.1	Identify the concepts & characteristics of mental health and mental illness.	1.1
1.2	Recognize the characteristics & phases of therapeutic relationship.	2.7
1.3	Explain the classifications, clinical manifestations and therapeutic plan for psychiatric disorders <ul style="list-style-type: none"> • Schizophrenic Disorders • Mood Disorders • Anxiety Disorder • Somatoform Disorder • Addiction and Substance Related Disorder • Personality and impulsive control disorders 	1.1 & 1.5
1.4	.Describe the clinical manifestations for children and adolescent with mental disorders.	1.5
1.5	Explain the uses, effect and side effects of electro convulsive therapy.	1.3
1.6	Identify the concepts and management of stress, anger, aggression, suicidal prevention	1.5
2	Skills :	
2.1	Analyze the psychiatric nurse role in pharmacotherapy, somatic and psychosocial treatment modalities.	2.4
2.2	Differentiate between the neurotic, psychotic and different psychiatric disorders.	2.2
2.3	Apply psychiatric nursing principles and therapeutic communication techniques with the patients and their families and health professionals	2.1 & 2.7
2.4	Construct the nursing care plane for person with different mental disorders.	2.1, 2.2 &
2.5	Illustrate a therapeutic relationship with the patients and their families and health professionals	2.1, 2.2
3	Values:	
3.1	Illustrate the role psychiatric nurse in different community mental health services setting.	3.1
3.2	Construct the nursing process following its underlying scientific ,behavioral principles and ongoing lifelong learning when providing psychiatric nursing practice.	3.2
3.3	Use the critical thinking and problem-solving approaches with mental health challenges.	3.3
3.4	Demonstrate commitment to provide safe and evidence- based nursing care to person with mental disorders with consideration of the professional, ethical, and legal standards.	3.3

C. Course Content (theory)

Weeks	TOPICS	Contact Hours
Week 1	<ul style="list-style-type: none"> ▪ Course orientation ▪ Psychiatric patient safety and accreditation ▪ Concepts of mental health and mental health and mental illness 	2
Week 2	<ul style="list-style-type: none"> ▪ Common psychiatric nursing terminology 	2
Week 3	<ul style="list-style-type: none"> ▪ Introduction to neurotic and psychotic disorders ▪ Anxiety & Somatoform disorder 	2
Week4	<ul style="list-style-type: none"> ▪ Schizophrenic disorder & delusional disorder 	2
Week5	<ul style="list-style-type: none"> ▪ Mood disorders (depression and mania) 	2
Week 6	<ul style="list-style-type: none"> ▪ Electroconvulsive therapy 	2
Week 8	<ul style="list-style-type: none"> ▪ Therapeutic Nurse- patient relation 	2
Week 9	<ul style="list-style-type: none"> ▪ Psychiatric and mental disorder of children and adolescent 	2
Week 10	<ul style="list-style-type: none"> ▪ Psychotherapy ▪ Occupational & recreational therapy ▪ Nutritional and photo therapy 	2
Week 11	<ul style="list-style-type: none"> • Pharmacotherapy 	2
Week 12	Older Adult <ul style="list-style-type: none"> ▪ Delirium ▪ Dementia 	2
Week 13	<ul style="list-style-type: none"> ▪ Personality disorder 	2
Week 14	<ul style="list-style-type: none"> ▪ Care of abused persons ▪ Care with suicidal attempts 	2
Week 15	<ul style="list-style-type: none"> ▪ Community mental health services 	2
	Total	30

C. Course Content (Practical)

No	List of Topics	Contact Hours
Unit 1	<ul style="list-style-type: none"> Over view of practical plan Psychiatric nursing principles Signs& symptoms of psychiatric patients. <ul style="list-style-type: none"> Somatic manifestation Thinking/ cognitive Emotional /affect Motor/ Behavioral 	6
Unit 2	<ul style="list-style-type: none"> Nursing Process in Psychiatric /Mental Health Nursing <ul style="list-style-type: none"> Assessment Nursing diagnosis (NANDA for psychiatric patients) Focus charting 	6
Unit 3	<ul style="list-style-type: none"> . Electro - Convulsive Therapy <ul style="list-style-type: none"> Nursing Role Before During and After E.C.T. Procedure Demonstration & Remonstrations 	6
	<ul style="list-style-type: none"> Defense Mechanism &Ego Function 	6
Unit 4	<ul style="list-style-type: none"> Restrain Procedure <ul style="list-style-type: none"> Principles / situation needed Chemical Restrain Physical Restrain Demonstration & Remonstrations 	6
	<ul style="list-style-type: none"> -Therapeutic and Non-Therapeutic Communication Techniques Application /active learning student activity 	6
Unit 5	<ul style="list-style-type: none"> Case Study Schizophrenic Disorder <ul style="list-style-type: none"> Group discussion Case Study anxiety Disorder <ul style="list-style-type: none"> Group discussion Activity therapy (clinical conference) 	6
	<ul style="list-style-type: none"> Case study for Depressive disorder: <ul style="list-style-type: none"> Group discussion Case Study Bipolar Disorder <ul style="list-style-type: none"> Group discussion Stress Management strategies (clinical conference) 	6
	<ul style="list-style-type: none"> Formal evaluation 	6
Unit 6		6

Unit 7	Clinical training at psychiatric & Mental Health Hospitals - Assessment /Nursing care plan for person with different mental disorders. - Apply psychiatric nursing principles and therapeutic communication techniques - Training for applying the psychiatric nurse role in pharmacotherapy, somatic and psychosocial treatment modalities. - Provide Patient education - Perform therapeutic activities	6
Unit 8		6
Unit 9		6
Unit 10		6
Unit 11		6
Unit 12&13	Student's assignment interactive discussion / evaluation Topics: Relaxation techniques (presentation) Eating disorders (presentation) Group psychotherapy (presentation) Sleeping disorders (presentation) Psychopharmacology (Booklet) Psychological First Aids (presentation) Symptomatology (Booklet)	12
	Final Practical evaluation	4
Total		60

D. Teaching and Assessment

1. Alignment of Course Learning Outcomes with Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
1.0	Knowledge and Understanding		
1.1	Identify the concepts & characteristics of mental health and mental illness.	- Active Lecture -Group discussion	-Mid term exam -Class participation feed back
1.2	Recognize the characteristics & phases of therapeutic relationship.	- Active Lecture -Group discussion	- Oral exam
1.3	Explain the classifications, clinical manifestations and therapeutic plan for psychiatric disorders <ul style="list-style-type: none"> • Schizophrenic Disorders • Mood Disorders • Anxiety Disorder • Somatoform Disorder • Addiction and Substance Related Disorder Personality and impulsive control disorders	-Active Lecture -Group discussion	-Final written exam - Oral exam
1.4	Describe the clinical manifestations for children and adolescent with mental disorders.	-Active Lecture -Individual and group tutorial	
1.5	Explain the uses, effect and side effects of electro convulsive therapy.	- Active Lecture -Group discussion	
1.6	Identify the concepts and management of stress, anger, aggression, suicidal prevention	- Active Lecture -Group discussion	
2.0	Skills		
2.1	Analyze the psychiatric nurse role in pharmacotherapy, somatic and psychosocial treatment modalities.	-Case study discussion Demonstration & Re - Demonstration -Staff guidance	-Nursing documentation -Practical evaluation
2.2	Differentiate between the neurotic, psychotic and different psychiatric disorders.	Case study discussion	Nursing documentation

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
		-Clinical training/ discussion	
2.3	Apply psychiatric nursing principles and therapeutic communication techniques with the patients and their families and health professionals	Clinical training/ discussion	- Clinical training observation checklist
2.4	Construct the nursing care plane for person with different mental disorders.	Clinical training/ discussion	Clinical training observation checklist
2.5	Illustrate a therapeutic relationship with the patients and their families and health professionals	Clinical training/ discussion	Responsibility and behaviour" Observation check list
3.0	Values:		
3.1	Illustrate the role psychiatric nurse in different community mental health services setting.	-Staff discussion & guidance. -Student's clinical activities	-Practical evaluation
3.2	Construct the nursing process following its underlying scientific ,behavioral principles and ongoing lifelong learning when providing psychiatric nursing practice.	-Discussion & guidance. -Student's clinical activities	- Students assignment evaluation Checklist Role play Checklist
3.3	Use the critical thinking and problem-solving approaches with mental health challenges.	-Student's assignment /clinical activities	-Clinical training observation checklist - Role play Checklist
3.4	Demonstrate commitment to provide safe and evidence- based nursing care to person with mental disorders with consideration of the professional, ethical, and legal standards.	-Student's assignment /clinical activities	Clinical training observation checklist

2. Assessment Tasks for Students

#	Assessment task*	Week Due	Percentage of Total Assessment Score
1	Semester Clinical Activities:		
	Mid-Term Exam	7th Week.	15%
2	Clinical activities in clinical setting Involved clinical Knowledge	6th – 12th Week clinical setting	15 %
3	Formal exam		5 %

#	Assessment task*	Week Due	Percentage of Total Assessment Score
4	Student assignments and course activity	13 th -14 th weeks	5%
5	Final practical Exam	16 ^h .Week	10 %
6	Oral exam	16 th week	10 %
7	Final written Exam	17 th . or 18 th .Weeks.	40 %
	TOTAL	100%	

*Assessment task (i.e., written test, oral test, oral presentation, group project, essay, etc.)

E. Student Academic Counseling and Support

Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice :

F. Learning Resources and Facilities

1.Learning Resources

Required Textbooks	•Sheila L. Videbeck 2020, Psychiatric Mental health Nursing 8th Edition, Wolters Kluwer. New York
Essential References Materials	<ul style="list-style-type: none"> • Mary C. Townsend &Karyn I. Morgan, 2017, Psychiatric Mental Health Concepts of Care In Evidence- Based Practice 9th Edition, F A Davis. • Kneisl, C. R., & Trigoboff, E. (2013). Contemporary psychiatric-mental health nursing (3rd ed.). Boston: Pearson.
Electronic Materials	<ul style="list-style-type: none"> • Sheila L. Videbeck 2018, Psychiatric Mental health Nursing 8th edition, Wolters Kluwer Health Electronic link: 582 Videbeck_- _Psychiatric_Mental_Health_Nursing
Other Learning Materials	<p>Access for : www. Google.com www. PubMed .com www. Yahoo.com Extra Video tapes, films and CD Educational Video:</p> <ul style="list-style-type: none"> • Electroconvulsive therapy • Assessment for common psychiatric nursing disorders • Physical restrain & using of seclusion room • Therapeutic and non-therapeutic communication techniques

2. Facilities Required

Item	Resources
Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.)	<ul style="list-style-type: none"> Class room (capacity of class 40 chair) Labs in the due week for practical evaluation & exam
Technology Resources (AV, data show, Smart Board, software, etc.)	<ul style="list-style-type: none"> Computers data show, Smart Board
Other Resources (Specify, e.g. if specific laboratory equipment is required, list requirements or attach a list)	-----

G. Course Quality Evaluation

Evaluation Areas/Issues	Evaluators	Evaluation Methods
Effectiveness of teaching and assessment: Review the exams' results	Faculty Program leaders	Direct
Extent of achievement of course learning outcomes: <ul style="list-style-type: none"> Program report 	Faculty Program leaders	Direct
Quality of learning resources: <ul style="list-style-type: none"> Course report 	Program leaders Faculty	Indirect
Students' feedback about the course	Students	Direct
Student activity : Assignment / role playing are discussed and scored by more than one teacher	Faculty	Direct

Evaluation areas (e.g., Effectiveness of teaching and assessment, Extent of achievement of course learning outcomes, Quality of learning resources, etc.)

Evaluators (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

Assessment Methods (Direct, Indirect)

H. Specification Approval Data

Council / Committee	
Reference No.	
Date	