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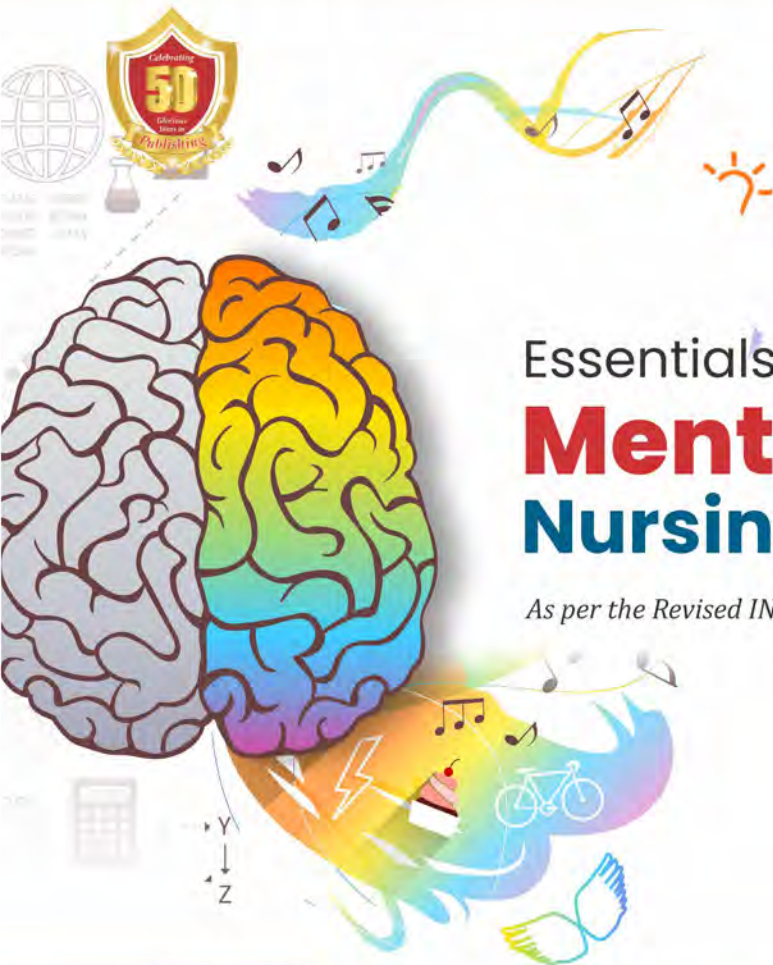


LOOKinside

Essentials of
Mental Health Nursing
PHYGITAL

Based on **INC Syllabus 2021-22**

V&VI
Semesters



Essentials of **Mental Health Nursing** for BSc Nursing Students

As per the Revised INC Syllabus (2021-22) for BSc Nursing

SPECIAL FEATURES

- Written by Most Senior & Eminent Author in a very simple and reader-friendly manner
- A perfect amalgamation of Theoretical and Clinical Aspects
- Updated with **ICD-11** and **DSM-5** classifications
- Case Scenarios and Practical Examples covered extensively
- Mental Health Disorder Assessment formats covered exclusively
- **200+** Figures, Tables and Flowcharts covered
- **50+** Contributors & Reviewers PAN India

Foreword
Sandhya Ghai



CBS Publishers & Distributors Pvt. Ltd.

Deepika C Khakha

Essentials of **Mental Health Nursing** for BSc Nursing Students



As per the Revised INC Syllabus (2021-22) for BSc Nursing

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Nursing Knowledge Tree
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Foreword

Sandhya Ghai



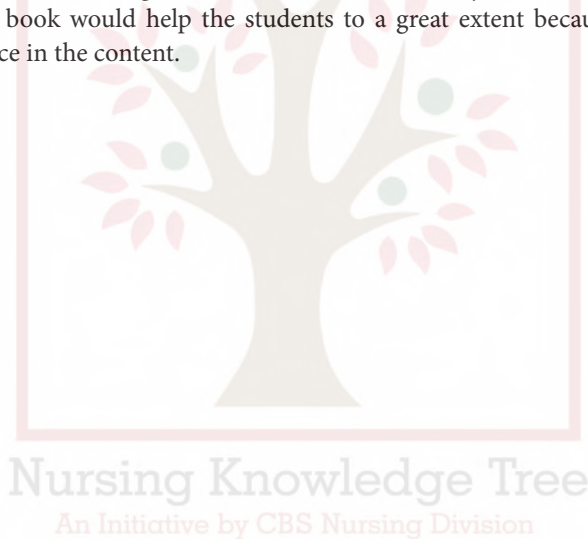
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Preface

The *Essentials of Mental Health Nursing* Textbook maintains a strong student focus, presenting sound nursing theory, therapeutic modalities, and clinical applications across the treatment continuum. The units are short and the writing style is direct in order to facilitate reading comprehension and student learning. This text uses the nursing process framework and emphasizes assessment, therapeutic communication, neurobiologic theory, and pharmacology used in treatment of various disorders. Interventions focus on all aspect of client care, including communication, client and family education, as well as their practical application in various clinical settings. The book is student friendly and fosters easy comprehensibility and prompt learning. This book would help the students to a great extent because of clarity of concepts and simplicity and coherence in the content.

Deepika C Khakha



Special Features of the Book

Learning Objectives enlist what the students will learn after studying the units.

LEARNING OBJECTIVES

After reading this unit, the learner will be able to:

- Explain the historical development and the current trends in mental health nursing.
- Discuss the scope of mental health nursing.
- Explain the concepts of normal and abnormal behavior.
- Describe perspectives on mental health and mental health nursing.
- Describe the mental health team.
- Explain the nature and scope of health nursing.
- Identify the role and functions of health nurses in various settings.

UNIT OUTLINE

- Perspectives on Mental Health
- Concept of Mental Illness
- Myths and Facts about Mental Illness
- Perspectives on Psychiatric Mental Health Nursing
- Evolution of Psychiatric Nursing Practices
- Current Trends in Mental Health Nursing
- Statistics of Mental Illness in India

Unit Outline gives a glimpse of the content covered in the Unit.

KEYWORDS

Autonomy: Individuals are able to make independent choices for themselves and should be respected.

Benevolence: It refers to doing good for others.

Ego defense mechanisms: Unconscious mental mechanisms that protect the self from anxiety-provoking situations or feelings. These are psychological operations employed by the ego when there is a threat to biological or psychological integrity.

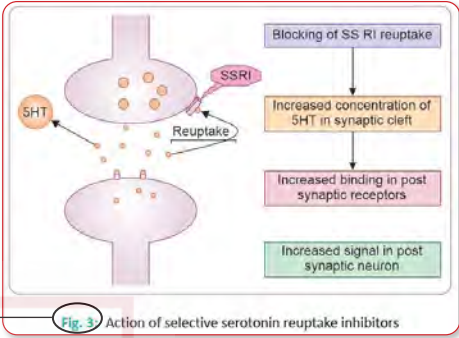
Keywords are the important must-know terminology for the students to enhance their understanding.

Numerous **Tables** summarizing important information have been included wherever necessary.

Table 1: Medical causes of anxiety

Organ system	Disorders
Respiratory system	<ul style="list-style-type: none"> • Asthma • Pulmonary edema • Chronic pulmonary obstructive disease
Cardiovascular system	<ul style="list-style-type: none"> • Angina pectoris • Arrhythmia • Congestive heart failure
Endocrine system	<ul style="list-style-type: none"> • Hyperthyroidism • Hypoglycemia • Pheochromocytoma
Neurological system	<ul style="list-style-type: none"> • Delirium • Parkinson's disease
Metabolic disturbances	<ul style="list-style-type: none"> • Hyperkalemia • Hyponatremia

Numerous **Figures** and **Flowcharts** are supplemented with the text to make learning easy for students.



Case Vignette

Mr A was admitted to the psychiatric ward with the following complaints such as not attending to college regularly, getting aggressive with family members, always spending time in room, smiling at the wall without any reason and talking through the window in bedroom and not maintaining the self-care. The student was very well versed in studies—topper in the secondary and higher secondary education level. He had no extracurricular activities and rarely used to mingle with friends and never had a best friend in life. He used to talk very less with friends and even with parents but the parents were very happy with him because they received no complaints about him from the school, his friends or others whom he used to come in contact with. Moreover, the academic excellence achieved by him in various levels of education made parents happy. He managed to get a seat for medical entrance in a top most medical college but unfortunately, he got failed in one paper in the first year. The failure was a setback for him and

Case Vignette boxes are used to highlight the clinical aspects in the form of cases for better understanding of practical application

Summary at the end of each Unit has been given for a quick glance in one go.

SUMMARY

Mood disorders are one of the leading causes of disability worldwide. Accurate assessment and identification of the symptoms can prevent an individual from committing suicide and other consequences. The mood disorder fluctuates in varying proportions of mania and depression, which will get precipitated by different types of psychosocial stressors, so medicines are needed to be continued for a longer time taken to prevent the recurrence.

Studies have found a genetic component to mood disorders. Major depression is a mood disorder that robs the person of joy, self esteem and energy. It interferes with relationships and occupational productivity. Symptoms of depression include sadness, disinterest in previously pleasurable activities, crying, lack of motivation, asocial behavior and psychomotor retardation (slowed thinking, talking and movement). Sleep disturbances, somatic complaints, loss of energy, change in weight and a sense of worthlessness are other common features. Several antidepressants are used to treat depression.

ASSESS YOURSELF

Essay Type Questions

1. Explain the admission and discharge procedures as per the MHCA 2017.
2. What are the salient features of POCSO Act?
3. What are the responsibilities of Mental Health Nurse in implementing Mental Health Care Act 2017?

Write Short Notes

1. Mental Health Care Act 2017
2. Narcotic Drug and Psychotropic Substances Act

Multiple Choice Questions

1. The Indian Lunacy Act was enacted in the year:

a. 1987	b. 1918
c. 1912	d. 1923
2. The Indian Mental Health Act consists of:

a. 8 chapters	b. 10 chapters
c. 9 chapters	d. 16 chapters

At the end of Units, **Assess Yourself** section is given which contains frequently asked questions in exams and multiple choice questions to help you attain mastery over the subject.

Syllabus

Mental Health Nursing-I

Placement: V Semester

Theory: 3 Credits (60 hours)

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/Learning Activities	Assessment Methods
I	6 (T)	<ul style="list-style-type: none"> Describe the historical development and current trends in mental health nursing Discuss the scope of mental health nursing Describe the concept of normal and abnormal behavior 	Introduction <ul style="list-style-type: none"> Perspectives of mental health and mental health nursing, evolution of mental health services, treatments and nursing practices Mental health team Nature and scope of mental health nursing Role and functions of mental health nurse in various settings and factors affecting the level of nursing practice Concepts of normal and abnormal behavior 	<ul style="list-style-type: none"> Lecture discussion 	<ul style="list-style-type: none"> Essay Short answer
II	10 (T)	<ul style="list-style-type: none"> Define the various terms used in mental health nursing Explain the classification of mental disorders Explain the psychodynamics of maladaptive behavior Discuss the etiological factors and psychopathology of mental disorders Explain the principles and standards of mental health nursing Describe the conceptual models of mental health nursing 	Principles and Concepts of Mental Health Nursing <ul style="list-style-type: none"> Definition: Mental health nursing and terminology used Classification of mental disorders: ICD-11, DSM-5, Geropsychiatry manual classification Review of personality development, defense mechanisms Etiology biopsychosocial factors Psychopathology of mental disorders: Review of structure and function of brain, limbic system and abnormal neurotransmission Principles of mental health nursing Ethics and responsibilities Practice standards for psychiatric mental health nursing (INC practice standards) Conceptual models and the role of nurse: <ul style="list-style-type: none"> Existential model Psychoanalytical models Behavioral model Interpersonal model Preventive psychiatry and rehabilitation 	<ul style="list-style-type: none"> Lecture cum discussion Explain using charts Review of personality development 	<ul style="list-style-type: none"> Essay Short answer

Contd...

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/Learning Activities	Assessment Methods
III	6 (T)	Describe nature, purpose and process of assessment of mental health status	Mental Health Assessment <ul style="list-style-type: none"> History taking Mental status examination Mini mental status examination Neurological examination Investigations: Related blood chemistry, EEG, CT and MRI Psychological tests 	<ul style="list-style-type: none"> Lecture cum discussion Demonstration Practice session Clinical practice 	<ul style="list-style-type: none"> Essay Short answer Assessment of mental health status
IV	6 (T)	<ul style="list-style-type: none"> Identify therapeutic communication and techniques Describe therapeutic relationship Describe therapeutic impasses and its interventions 	Therapeutic Communication and Nurse-Patient Relationship <ul style="list-style-type: none"> Therapeutic communication: Types, techniques, characteristics and barriers Therapeutic nurse-patient relationship Interpersonal relationship Elements of nurse-patient contract, Review of technique of IPR—Johari window Therapeutic impasse and its management 	<ul style="list-style-type: none"> Lecture cum discussion Demonstration Role play Process recording Simulation (video) 	<ul style="list-style-type: none"> Essay Short answer OSCE
V	10 (T)	Explain treatment modalities and therapies used in mental disorders and role of the nurse	Treatment Modalities and Therapies used in Mental Disorders <ul style="list-style-type: none"> Physical therapies: Psychopharmacology Electroconvulsive therapy Psychological therapies: Psychotherapy, behavior therapy, CBT Psychosocial: Group therapy, family therapy, therapeutic community, recreational therapy, art therapy (dance, music, etc.), occupational therapy Alternative and complementary: Yoga, meditation, relaxation Consideration for special populations 	<ul style="list-style-type: none"> Lecture cum discussion Demonstration Group work Practice session Clinical practice 	<ul style="list-style-type: none"> Essay Short answer Objective type
VI	8 (T)	Describe the etiology, psychodynamics/pathology, clinical manifestations, diagnostic criteria and management of patients with schizophrenia, and other psychotic disorders	Nursing Management of Patient with Schizophrenia, and Other Psychotic Disorders <ul style="list-style-type: none"> Prevalence and incidence Classification Etiology, psychodynamics, clinical manifestation, diagnostic criteria/ formulations Nursing Process <ul style="list-style-type: none"> Nursing assessment: History, physical and mental assessment Treatment modalities and nursing management of patients with schizophrenia and other psychotic disorders 	<ul style="list-style-type: none"> Lecture and discussion Case discussion Case presentation Clinical practice 	<ul style="list-style-type: none"> Essay Short answer Assessment of patient management problems

Contd...

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/Learning Activities	Assessment Methods
			<ul style="list-style-type: none"> Geriatric considerations and considerations for special populations Follow-up and home care and rehabilitation 		
VII	6 (T)	Describe the etiology, psychodynamics, clinical manifestations, diagnostic criteria and management of patients with mood disorders	Nursing Management of Patient with Mood Disorders <ul style="list-style-type: none"> Prevalence and incidence Mood disorders: Bipolar affective disorder, mania depression and dysthymia, etc. Etiology, psychodynamics, clinical manifestation, diagnosis Nursing assessment history, physical and mental assessment Treatment modalities and nursing management of patients with mood disorders Geriatric considerations/considerations for special populations Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> Lecture and discussion Case discussion Case presentation Clinical practice 	<ul style="list-style-type: none"> Essay Short answer Assessment of patient management problems
VIII	8 (T)	Describe the etiology, psychodynamics, clinical manifestations, diagnostic criteria and management of patients with neurotic, stress related and somatization disorders	Nursing Management of Patient with Neurotic, Stress Related and Somatization Disorders <ul style="list-style-type: none"> Prevalence and incidence Classifications Anxiety disorders—OCD, PTSD, Somatoform disorders, phobias, Dissociative and conversion disorders Etiology, psychodynamics, clinical manifestation, diagnostic criteria/formulations Nursing assessment: History, physical and mental assessment Treatment modalities and nursing management of patients with neurotic and stress related disorders Geriatric considerations/considerations for special populations Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> Lecture and discussion Case discussion Case presentation Clinical practice 	<ul style="list-style-type: none"> Essay Short answer Assessment of patient management problems

Mental Health Nursing-II

Placement: VI Semester

Theory: 1 Credit (40 hours)

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/Learning Activities	Assessment Methods
I	6 (T)	Describe the etiology, psychodynamics, clinical manifestations, diagnostic criteria and management of patients with substance use disorders	Nursing Management of Patients with Substance Use Disorders <ul style="list-style-type: none"> • Prevalence and incidence • Commonly used psychotropic substance: Classifications, forms, routes, action, intoxication and withdrawal • Psychodynamics/etiology of substance use disorder (Terminologies: Substance use, abuse, tolerance, dependence, withdrawal) • Diagnostic criteria/formulations • Nursing assessment: History (substance history), Physical, mental assessment and drug and drug assay • Treatment (detoxification, antabuse and narcotic antagonist therapy and harm reduction, brief interventions, MET, refusal skills, maintenance therapy) and nursing management of patients with substance use disorders • Special considerations for vulnerable population • Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> • Lecture cum discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay • Short answer • Assessment of patient management problems
II	6 (T)	Describe the etiology, psychodynamics, clinical manifestations, diagnostic criteria and management of patients with personality, and sexual disorders	Nursing Management of Patient with Personality and Sexual Disorders <ul style="list-style-type: none"> • Prevalence and incidence • Classification of disorders • Etiology, psychopathology, characteristics, diagnosis • Nursing assessment: History, physical and mental health assessment • Treatment modalities and nursing management of patients with personality, and sexual disorders • Geriatric considerations • Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> • Lecture cum discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay • Short answer • Assessment of patient management problems

Contd...

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/Learning Activities	Assessment Methods
III	8 (T)	Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of childhood and adolescent disorders including mental deficiency	<p>Nursing Management of Behavioral and Emotional Disorders Occurring during Childhood and Adolescence (Intellectual disability, autism, attention deficit, hyperactive disorder, eating disorders, learning disorder)</p> <ul style="list-style-type: none"> • Prevalence and incidence • Classifications • Etiology, psychodynamics, characteristics, diagnostic criteria/formulations • Nursing assessment: History, physical, mental status examination and IQ assessment • Treatment modalities and nursing management of childhood disorders including intellectual disability • Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> • Lecture cum discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay • Short answer • Assessment of patient management problems
IV	5 (T)	Describe the etiology, psychopathology, clinical manifestations, diagnostic criteria and management of organic brain disorders	<p>Nursing Management of Organic Brain Disorders (Delirium, Dementia, Amnestic Disorders)</p> <ul style="list-style-type: none"> • Prevalence and incidence • Classification • Etiology, psychopathology, clinical features, diagnosis and differential diagnosis • Nursing assessment: History, physical, mental and neurological assessment • Treatment modalities and nursing management of organic brain disorders • Follow-up and home care and rehabilitation 	<ul style="list-style-type: none"> • Lecture cum discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Essay • Short answer • Assessment of patient management problems
V	6 (T)	Identify psychiatric emergencies and carry out crisis intervention	<p>Psychiatric Emergencies and Crisis Intervention</p> <ul style="list-style-type: none"> • Types of psychiatric emergencies (attempted suicide, violence/aggression, stupor, delirium tremens and other psychiatric emergencies) and their managements • Maladaptive behavior of individual and groups, stress, crisis and disaster(s) • Types of crisis • Crisis intervention: Principles, techniques and process <ul style="list-style-type: none"> ▪ Stress reduction interventions as per stress adaptation model ▪ Coping enhancement ▪ Techniques of counseling 	<ul style="list-style-type: none"> • Lecture cum discussion • Case discussion • Case presentation • Clinical practice 	<ul style="list-style-type: none"> • Short answer • Objective type

Contd...

Unit	Time (Hrs)	Learning Outcomes	Content	Teaching/Learning Activities	Assessment Methods
VI	4 (T)	Explain legal aspects applied in mental health settings and role of the nurse	Legal Issues in Mental Health Nursing <ul style="list-style-type: none"> • Overview of Indian Lunacy Act and The Mental Health Act, 1987 • (Protection of Children from Sexual Offence) POCSO Act • Mental Health Care Act (MHCA) 2017 • Rights of mentally ill clients • Forensic psychiatry and nursing • Acts related to narcotic and psychotropic substances and illegal drug trafficking • Admission and discharge procedures as per MHCA 2017 • Role and responsibilities of nurses in implementing MHCA 2017 	<ul style="list-style-type: none"> • Lecture cum discussion • Case discussion 	<ul style="list-style-type: none"> • Short answer • Objective type
VII	5 (T)	<ul style="list-style-type: none"> • Describe the model of preventive psychiatry • Describe community mental health services and role of the nurse 	Community Mental Health Nursing <ul style="list-style-type: none"> • Development of Community Mental Health Services: • National Mental Health Policy viz. National Health Policy • National Mental Health Program • Institutionalization versus deinstitutionalization • Model of preventive psychiatry • Mental health services available at the primary, secondary, tertiary levels including rehabilitation and nurses' responsibilities • Mental health agencies: Government and Voluntary, National and International • Mental health nursing issues for special populations: Children, adolescence, women elderly, victims of violence and abuse, handicapped, HIV/AIDS, etc. 	<ul style="list-style-type: none"> • Lecture cum discussion • Clinical/field practice • Field visits to mental health service agencies 	<ul style="list-style-type: none"> • Short answer • Objective type • Assessment of the field visit reports

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Essentials of Mental Health Nursing

for BSc Nursing Students

Salient Features

- This compendium has been developed as per revised INC syllabus (2021-22) for BSc Nursing
- Authored, contributed and reviewed by the most senior nursing faculties PAN India
- Written in a very simple and reader-friendly manner
- Updated ICD-11 and DSM-5 classifications of Psychiatric disorders have been followed throughout the book
- Psychotropic drugs, various syndromes and formats for Assessment of Mental Health Disorders are exclusively covered
- Psychiatric Nursing Glossary is provided separately for in-depth knowledge of the terms
- Well-presented text starting with the Case Scenarios for better understanding of the clinical correlation of the respective topics
- Perfect blend of theoretical and clinical concepts altogether for better implementation in the clinical practices
- Supplemented with a number of line arts and illustrations for easy and better understanding of the concepts
- Includes a variety of questions under the Assess Yourself section at the end of each chapter for self-assessment
- Several pedagogical features designed to facilitate student's learning
- Keywords identify the important terminology used in the Unit. Each term is highlighted with bold letters and defined in the text
- Critical Thinking Questions stimulate student's thinking about current dilemmas and issues in mental health
- Key Points summarize Unit content to reinforce important concepts
- Chapter Study Guides provide workbook-style questions for students to test their knowledge and understanding in order to evaluate their progress in the area of psychiatry and mental health.

About the Author

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