

Unit-I
 Title- **Introduction**
 Faculty- Ms. Sheljy Shajan

Unit	Specific Objective	Time (Hrs)	Contents	A V AIDS	Teaching Learning Activities	Assessment Methods
I	At the end of the unit student will be able to: <ul style="list-style-type: none"> • describe the concept of mental health and mental illness • discuss the Human rights of mentally ill person • describe the classification of diseases • explain National mental health program 	15 Hrs	Introduction			
		1 hr	<ul style="list-style-type: none"> • Mental Health and Mental Illness 	<ul style="list-style-type: none"> • Over Head Projector 	<ul style="list-style-type: none"> • Lecture method • Discussion 	Discuss the historical perspectives
		1 hr	<ul style="list-style-type: none"> • Historical perspectives 	<ul style="list-style-type: none"> • PowerPoint Presentation 		
		1 hr	<ul style="list-style-type: none"> • Trends, issues and magnitude 	<ul style="list-style-type: none"> • Over Head Projector 		
		2hrs	<ul style="list-style-type: none"> • Mental health laws/Acts 	<ul style="list-style-type: none"> • PowerPoint Presentation 	<ul style="list-style-type: none"> • Lecture method • Discussion 	Discuss Mental Health Acts
		1hr	<ul style="list-style-type: none"> • National mental health program - 	<ul style="list-style-type: none"> • PowerPoint Presentation 	<ul style="list-style-type: none"> • Lecture method • Discussion 	Explain National mental health program
		1hr	<ul style="list-style-type: none"> • National mental health authority 	<ul style="list-style-type: none"> • PowerPoint Presentation 		
		1hr	<ul style="list-style-type: none"> • State mental health authority 	<ul style="list-style-type: none"> • PowerPoint Presentation 		
		1 hr	<ul style="list-style-type: none"> • Human rights of mentally ill 	<ul style="list-style-type: none"> • PowerPoint 	<ul style="list-style-type: none"> • Lecture 	What are the

			<ul style="list-style-type: none"> • Mental Health/ Mental Illness Continuum 	Presentation	method <ul style="list-style-type: none"> • Discussion 	human rights
		2 hrs	Classification of mental illnesses-ICD, DSM	<ul style="list-style-type: none"> • Board &chalk 	<ul style="list-style-type: none"> • Lecture method • Discussion 	Explain the Classification of mental illnesses?
		2hrs	<ul style="list-style-type: none"> • Standards of Psychiatric nursing • Challenges and Scope of psychiatric nursing 	<ul style="list-style-type: none"> • PowerPoint Presentation 	<ul style="list-style-type: none"> • Lecture method • Discussion 	What are the standards of Psychiatric nursing
		1hr	<ul style="list-style-type: none"> • Contemporary practices • Multi-disciplinary team and role of nurse 	<ul style="list-style-type: none"> • PowerPoint Presentation 	<ul style="list-style-type: none"> • Lecture method • Discussion 	
		2hrs	Role of psychiatric nurse- extended and expanded	<ul style="list-style-type: none"> • PowerPoint Presentation 	<ul style="list-style-type: none"> • Lecture method • Discussion 	Explain the extended and expanded role of psychiatric nurse

Unit-II
Title- Concepts of Psychobiology
Faculty- Ms. Sheljy Shajan

Specific Objectives	Time (Hrs)	Contents	• A V AIDS	• Teaching Learning Activities	Assessment Methods
At the end of the unit student will be able to <ul style="list-style-type: none"> • Review nervous system • Discuss neuroendocrinology • Discuss Psychoimmunology • Discuss Neuropsychiatric disorders 	10 hrs.	Concepts of Psychobiology			
	1 hr	The Nervous System: <ul style="list-style-type: none"> • An Anatomical Review • The Brain and limbic system 	• Over head Projector	• Assignments	Describe the components limbic system
	1 hr	<ul style="list-style-type: none"> • Nerve Tissue • Autonomic Nervous system 	<ul style="list-style-type: none"> • Power Point Presentation • Board &chalk 	• Lecture cum Discussion	Discuss Autonomic Nervous system
	1 hr	Neurotransmitters Neuroendocrinology	<ul style="list-style-type: none"> • Power Point Presentation • Board &chalk 	• Lecture cum Discussion	Discuss neurotransmitters and its significance
	1 hr	Pituitary, Thyroid Gland <ul style="list-style-type: none"> • Circadian Rhythms 	<ul style="list-style-type: none"> • Power Point Presentation • Board &chalk 	• Lecture cum Discussion	
	2 hrs	Genetics Neuro psychiatric disorders	<ul style="list-style-type: none"> • Power Point Presentation • Board &chalk 	• Lecture cum Discussion	Discuss Neuro psychiatric disorders

	2 hrs	Psychoimmunology • Normal Immune response	• Power Point Presentation • Board & chalk	• Lecture cum Discussion	Discuss Psychoimmunology
	1hr	Implications for psychiatric Illness	• Power Point Presentation • Board & chalk	• Lecture cum Discussion	
	1 hr	Implications for Nursing	• Power Point Presentation • Board & chalk	• Lecture cum Discussion	Discuss Implications for Nursing

Unit-III

Title- Theories of Personality Development and relevance to nursing practice

Faculty- Ms. Sheljy Shajan

Unit	Specific Objectives	Time (Hrs)	Contents	• A V AIDS	• Teaching Learning Activities	Assessment Methods	
III	At the end of the unit student will be able to	10 hrs.	Theories of Personality Development and relevance to nursing practice				
	• discuss the Theories of Personality Development	2 hrs	• Psychoanalytic Theory- Freud's	• PowerPoint Presentation	• Assignments	Discuss Psychoanalytic theory and its implications	

	<ul style="list-style-type: none"> explain its relevance to nursing practice 					in nursing
		2 hrs.	<ul style="list-style-type: none"> Theory of Psychosocial Development-Erikson's 	<ul style="list-style-type: none"> PowerPoint Presentation 		Describe the Erikson's Theory of Psychosocial Development
		1 hr	<ul style="list-style-type: none"> Interpersonal Theory-Sullivan's 	<ul style="list-style-type: none"> Board & chalk 	<ul style="list-style-type: none"> Lecture method 	Discuss the importance of Interpersonal theory
		1 hr	<ul style="list-style-type: none"> Theory of object relations 	<ul style="list-style-type: none"> Over head Projector 	Discussion	Explain the theory of object relations
		1 hr	<ul style="list-style-type: none"> Cognitive Development Theory 	<ul style="list-style-type: none"> Over head Projector 	Lecture method	
		1 hr	<ul style="list-style-type: none"> Theory of Moral Development 	<ul style="list-style-type: none"> Over head Projector 	Lecture method	
		1 hr	<ul style="list-style-type: none"> A Nursing Model-Hildegard E.Peplau 	<ul style="list-style-type: none"> Over head Projector 	Discussion	Explain the applications of theory

Unit-IV

Title- Stress and its management

Faculty- Ms. Sheljy Shajan

Unit	Specific Objectives	Hrs	Contents	• A V AIDS	• Teaching Learning Activities	Assessment Methods
IV	At the end of the unit student will be able to <ul style="list-style-type: none"> • understand the concept of stress at various levels • stress management techniques 	5hrs.	Stress and its management	• Over head Projector	• Lecture method	Define stress
		1 hr	• An introduction to the concepts of stress			
		1 hr	• Psychological Adaptation to stress	PowerPoint Presentation	• Lecture method	Explain stress as an Environmental Event
		1 hr	<ul style="list-style-type: none"> • Stress as a Biological Response. • Stress as an Environmental Event 	Board &chalk	<ul style="list-style-type: none"> • Discussion Assignments	
		1 hr	• Stress as Transaction between the Individual and the Environment.	PowerPoint Presentation	• Lecture method	

		1hr.	<ul style="list-style-type: none"> Stress management. 	PowerPoint Presentation	<ul style="list-style-type: none"> Lecture method 	Various techniques and strategies of stress management
--	--	------	--	-------------------------	--	--

Unit-V

Title- Therapeutic communication and interpersonal relationship

Faculty- Ms. Sheljy Shajan

Unit		Time (Hrs)	Contents	• A V AIDS	• Teaching Learning Activities	Assessment Methods
V	At the end of the unit student will be able to	10	Therapeutic communication and interpersonal relationship			
		1 hr	<ul style="list-style-type: none"> Review communication process, factors affecting communication 	<ul style="list-style-type: none"> PowerPoint Presentation 	<ul style="list-style-type: none"> Lecture method 	What are the components of communication process?

<ul style="list-style-type: none"> n • Discuss the techniques and phases of therapeutic relationship • Discuss the dynamics of Nurse-client relationship • Discuss Therapeutic impasse and its management 	1 hr	Communication with individuals and in groups	<ul style="list-style-type: none"> • Board & chalk 	<ul style="list-style-type: none"> • Discussion • Assignments 	
	2 hr	<ul style="list-style-type: none"> • Techniques of therapeutic communication-touch therapy 	<ul style="list-style-type: none"> • Over head Projector 	<ul style="list-style-type: none"> • Lecture method 	Assignments
	1 hr	<ul style="list-style-type: none"> • Barrier of communication with specific reference to psychopathology 	<ul style="list-style-type: none"> • Over head Projector 	<ul style="list-style-type: none"> • Lecture method 	Seminar
	1 hr	<ul style="list-style-type: none"> • Therapeutic attitudes • Dynamics of a therapeutic Nurse-client relationship; 	<ul style="list-style-type: none"> • Over head Projector 	<ul style="list-style-type: none"> • Lecture method 	
	1 hr	<ul style="list-style-type: none"> • Therapeutic use of self-gaining self-awareness 	<ul style="list-style-type: none"> • Over head Projector 	Lecture method	
	1 hr	<ul style="list-style-type: none"> • Therapeutic nurse-patient relationship its phases; Conditions 	<ul style="list-style-type: none"> • Over head Projector 	Lecture method	Discuss the phases of therapeutic nurse-patient relationship

		1hr	<ul style="list-style-type: none"> • Factors essential to development of a therapeutic relationship 	<ul style="list-style-type: none"> • Over head Projector 	Discussion	
		1hr	<ul style="list-style-type: none"> • Therapeutic impasses and its management 	<ul style="list-style-type: none"> • Over head Projector 	Discussion	Explain therapeutic impasses and its management

Unit-VI

Title- Assertive Training

Faculty- Ms. Sheljy Shajan

Unit	Specific Objectives	Time (Hrs)	Contents	• A V AIDS	• Teaching Learning Activities	Assessment Methods
VI	At the end of the unit student will be able to <ul style="list-style-type: none"> • Understand assertive and non- assertive behaviour • Thought stopping techniques 	10 hr	Assertive Training	Over head Projector	<ul style="list-style-type: none"> • Lecture method 	What is assertive communication
		1 hr	<ul style="list-style-type: none"> • Assertive Communication 			
		1 hr	<ul style="list-style-type: none"> • Basic Human Rights 	<ul style="list-style-type: none"> • PowerPoint Presentation 	<ul style="list-style-type: none"> • Assignments 	
		1hr	<ul style="list-style-type: none"> • Response Patterns <ul style="list-style-type: none"> ○ Nonasserti 	<ul style="list-style-type: none"> • Board &chalk 	<ul style="list-style-type: none"> • Discussion 	Differentiate Assertive and non-assertive behaviour

			<ul style="list-style-type: none"> ve Behavior ○ Assertive Behavior 			
		1hr	<ul style="list-style-type: none"> • Aggressive Behaviour 	<ul style="list-style-type: none"> • PowerPoint Presentation 	<ul style="list-style-type: none"> • Assignments 	
		1hr	<ul style="list-style-type: none"> • Passive-Aggressive Behavior 	<ul style="list-style-type: none"> • Board &chalk 	<ul style="list-style-type: none"> • Discussion 	
		1hr	<ul style="list-style-type: none"> • Behavioral Components of Assertive Behavior 	<ul style="list-style-type: none"> • PowerPoint Presentation 	<ul style="list-style-type: none"> • Assignments 	What are the behaviour components of assertive behaviour
		2hrs	<ul style="list-style-type: none"> • Techniques that Promote Assertive Behavior 	<ul style="list-style-type: none"> • PowerPoint Presentation 	<ul style="list-style-type: none"> • Assignments 	What are the techniques that promote assertive behavior
		1hr	<ul style="list-style-type: none"> • Thought-Stopping Techniques Method 	<ul style="list-style-type: none"> • PowerPoint Presentation 	<ul style="list-style-type: none"> • Assignments 	Discuss thought-stopping techniques

Unit-VI

Title- The nursing process in psychiatric/mental health nursing

Faculty- Ms. Sheljy Shajan

Unit	Specific Objectives	Time (Hrs)	Contents	• A V AIDS	• Teaching Learning Activities	Assessment Methods
VI	At the end of the unit student will be able to <ul style="list-style-type: none"> • Mental health assessment • Documentation • Psychometric assessment 	10 hr	The nursing process in psychiatric/mental health nursing			
		1 hr	<ul style="list-style-type: none"> • Mental health assessment- History taking, mental status examination • Nurse's role 	Over head Projector	<ul style="list-style-type: none"> • Lecture method 	What are the techniques in Mental health assessment?
		2 hrs	<ul style="list-style-type: none"> • Physical and neurological examination • Psychometric assessment 	• PowerPoint Presentation	<ul style="list-style-type: none"> • Assignments 	Assignments
		1hr	<ul style="list-style-type: none"> • Investigations, Diagnosis and Differential diagnosis 	• Board & chalk	<ul style="list-style-type: none"> • Discussion 	
		1hr	<ul style="list-style-type: none"> • Interpretation of investigations • 	• PowerPoint Presentation	<ul style="list-style-type: none"> • Assignments 	

		1hr	<ul style="list-style-type: none"> Nursing case management 	<ul style="list-style-type: none"> Board & chalk 	<ul style="list-style-type: none"> Discussion 	
		1hr	Critical pathways of care	<ul style="list-style-type: none"> PowerPoint Presentation 	<ul style="list-style-type: none"> Assignments 	What is Critical pathways of care ?
		1hr	Documentation	<ul style="list-style-type: none"> PowerPoint Presentation 	<ul style="list-style-type: none"> Assignments 	
		2hrs	<ul style="list-style-type: none"> Problem-oriented recording Focus charting 	<ul style="list-style-type: none"> PowerPoint Presentation 	<ul style="list-style-type: none"> Assignments 	Discuss Problem-oriented recording
		1hr	<ul style="list-style-type: none"> The PIE method 	<ul style="list-style-type: none"> PowerPoint Presentation 	<ul style="list-style-type: none"> Assignments 	