



Philadelphia University
Faculty of Nursing
1st Semester, 2018/2019

Course Syllabus

Course Title: <i>Mental health –Psychiatric Nursing (Theory)</i>	Course code: 910342
Course Level: <i>Fourth Year</i>	Course co-requisite(s): <i>Mental health – psychiatric nursing (Practicum)</i>
Lecture Time: <i>2:15-3:45pm Monday-Wednesday</i>	Credit hours: 3

Academic Staff Specifics

Name	Rank	Office Number and Location	Office Hours	E-mail Address
<i>Dr. Fadwa Alhalaiqa</i>	<i>Associate Prof</i>	<i>1st floor</i>	<i>11-1pm Monday-Wednesday</i>	<i>fhalaiqa@philadelphia.edu.jo</i>

Course Description:

This course is designed to senior nursing students. It aims at introducing the theoretical underpinnings of psychopathology symptomatology bio-psychosocial management of psychiatric disorders (mentally ill patients) with focus on the adult population. Nursing process is introduced in the assessment, diagnoses planning intervention and evaluation of psychiatric disorders.

This course is concurrent with a clinical practicum that uses the theoretical knowledge, in understanding disorders and in implementing the steps of the nursing process in the care of patients in hospitals and community settings.

General Objectives

1. Understand the psychiatric mental health professional role and the nurses personal integrity.
2. Appreciate the brain influence on though, beliefs, behavior, understand, memory and emotions.
3. Define and understand the different types of theories that explain the mental health disorders.
4. Understand and appreciate the ethical principles that should be considering when dealing with person who has diagnosed with mental health issues.
5. Appreciate the value of therapeutic communications.
6. Understand the effect and side effects of psychopharmacology treatment on person who has diagnosed with mental health issues.
7. Understand the influence of stress and anxiety on wellbeing and the strengths of coping.

8. Understand the central features etiologies, treatment and nursing care of Schizophrenia and psychosis.
9. Understand the nature, explanatory models and theories of mood disorders, treatment and nursing care.
10. Understand the nature, explanatory models and theories of anxiety disorders, treatment and nursing care.
11. Understand the nature of psychoactive, and the effect of substance abuse on the life quality of suffers of substances abuse and addiction.
12. Appreciate the influence of personality traits and disorders on the functioning of the client and his family.
13. Understand the nature of eating disorder, explanatory models in the development of eating disorders, treatment modalities and nursing care.
14. Understand the specific maladaptive and sexual disorders.
15. Understand violence; meaning, causes, types, consequences, and treatment.

Textbook:

- Kneisl/Trigoboff, Instructor's Resource Manual for Contemporary Psychiatric–Mental Health Nursing.2013, 3rd Edition. Pearson
- Mary C. Townsend Psychiatric nursing: Assessment, care plans and medications. 2015; 9th edition
- Mary C. Townsend and Karyn I. Morgan (2017) Psychiatric Mental Health Nursing: Concepts of Care in Evidence-Based Practice 9th Edition ISBN-13: 978-0803660540 ISBN-10: 0803660545

Supportive materials:

- Psychiatry and mental health nursing by Raju, SM (2010) Jaypee Brothers Medical Publishers
- Mental health and psychiatric nursing by George M (2010) AITBS publishers
- Aguide to mental health and psychiatric nursing by Sreevani (2010) Jaypee Brothers Medical Publishers

In addition to the above, the students will be provided with handouts by the lecturer and websites to follow.

Teaching Methods:

1. Lectures
2. Discussion
3. Individual and group work
- 4- Individual and group assignment and presentation
- 5- Video and role play

Each student should search science direct database for articles that discuss any topic related to the course. Then he should present a brief summary about it.

Each expected group should work on one topic and write a brief paper in Arabic about specific psychiatric problem and should target to be published through Wikipedia.

Learning Outcomes:

- **Knowledge and understanding**
 - Understand the theoretical underpinnings of selected psychiatric disorders
 - Understand the nursing conceptual framework that guide mental health-psychiatric nursing and its processes.

- Understand selected concepts, and their usability in understanding human experience in mental health and mental illness.
- **Cognitive skills (thinking and analysis).**
 - Applying theoretical knowledge in assessing patient's and environmental conditions
 - Analyzing collected data to reach to nursing diagnoses.
 - Use theoretical rationale background in planning for the care and setting the principles of care of patients
 - Use standards and benchmarking in evaluation of the outcome of implementing the plan of care.
- **Communication skills (personal and academic).**
 - Apply the communication strategies to different situations, and different settings
 - Utilizes feedback to develop self
 - Used of self- awareness and open to others without defensiveness
 - Communicates effectively with patients, colleagues, faculty and staff.
- **Practical and subject specific skills (Transferable Skills).**
 - Meet deadline and manage time effectively
 - Able to delegate and accept responsibility
 - Desire to learn, improve and use the internet to retrieve data
 - Use word processor to prepare written assignments
 - Comprehension of textbooks assigned
 - Able to work in groups
 - Public speaking (speak to the class)

Course Evaluation

<u>Allocation of Marks</u>	
Assessment Instruments	Mark
First examination	20%
Second examination	20%
Final Exam	40%
Quizzes, assignment, article presentation	20%
Total	100%

** Make-up exams will be offered for valid reasons only with consent of the Dean. Make-up exams may be different from regular exams in content and format.*

Course Academic Calendar

Weeks	Subject
1st week 15-17/10/2018	Introduction to the course Foundation of mental health nursing: Mental Health, Mental Disorder, and Psychiatric Mental Health Clients
2nd week 22-24/10/2018	Self-Awareness and the Psychiatric–Mental Health Nurse Neurobiological theories and psychopharmacology
3rd week 29-31/10/2018	Psych-social theories and therapy Psychiatric theory and personality development
4th week 5-7/11/2018	Ethics, Clients’ Rights, and Legal and Forensic Issues
5th week 12-14/11/2018	Psychopharmacology Stress, Anxiety and coping
6th week 19-21/11/2018	First exam Cognitive disorder
7th week 26-28/11/2018	Schizophrenia
8th week 3-5/12/2018	Mood Disorders Abuse and violence
9th week 10-12/12/2018	Grief and loss Anxiety Disorders
10th week 17-19/12/2018	Substance related disorders Anxiety related disorders
11th week 24-26/12/2018	2nd Exam Eating disorder
12th week 31/12-2/1/2019	Personality disorders
13th week 7-9/1/2019	Maladaptive behaviors Intra-family violence
14th week 14-16/1/2019	Child and adolescent disorder Sexual Disorders and Gender Dysphoria
15th week 21-23/1/2019	Revision
16th week: 28-30/1/2019	Final Exam (-----)

Attendance Policy:

Absence from lectures and/or tutorials shall not exceed 15%. Students who exceed the 15% limit without a medical or emergency excuse acceptable to and approved by the Dean of the relevant college/faculty shall not be allowed to take the final examination and shall receive a mark of zero for the course. If the excuse is approved by the Dean, the student shall be considered to have withdrawn from the course.

Documentation and Academic Honesty

- Submit your home work typed covered with a sheet containing your name, number, course title and number, and type and number of the home work (e.g. tutorial, assignment, and project).
- Any completed homework must be handed in to my office by 15:00 on the due date. After the deadline “zero” will be awarded. You must keep a duplicate copy of your work because it may be needed while the original is being marked.
- Follow the instructions for each assignment.

• Protection by Copyright

Coursework, laboratory exercises, reports, and essays submitted for assessment must be your own work, unless in the case of group projects a joint effort is expected and is indicated as such:

- Use of quotations or data from the work of others is entirely acceptable, and is often very valuable provided that the source of the quotation or data is given. Failure to provide a source or put quotation marks around material that is taken from elsewhere gives the appearance that the comments are ostensibly your own. When quoting word-for-word from the work of another person quotation marks or indenting (setting the quotation in from the margin) must be used and the source of the quoted material must be acknowledged.
- Sources of quotations used should be listed in full in a bibliography at the end of your piece of work.

• Avoiding Plagiarism.

1. Unacknowledged direct copying from the work of another person, or the close paraphrasing of somebody else's work, is called plagiarism and is a serious offence, equated with cheating in examinations. This applies to copying both from other students' work and from published sources such as books, reports or journal articles.
2. Paraphrasing, when the original statement is still identifiable and has no acknowledgement, is plagiarism. A close paraphrase of another person's work must have an acknowledgement to the source. It is not acceptable for you to put together unacknowledged passages from the same or from different sources linking these together with a few words or sentences of your own and changing a few words from the original text: this is regarded as over-dependence on other sources, which is a form of plagiarism.
3. Direct quotations from an earlier piece of your own work, if not attributed, suggest that your work is original, when in fact it is not. The direct copying of one's own writings qualifies as plagiarism if the fact that the work has been or is to be presented elsewhere is not acknowledged.
4. Plagiarism is a serious offence and will always result in imposition of a penalty. In deciding upon the penalty the Department will take into account factors such as the year of study, the extent and proportion of the work that has been plagiarized, and the apparent intent of the student. The penalties that can be imposed range from a minimum of a zero mark for the work (without allowing resubmission) through caution to disciplinary measures (such as suspension or expulsion).