

## Course Specification Student Version

<b>Course Title:</b>	Psychiatric and Mental Health Nursing
<b>Course Code:</b>	NURS 410
<b>Department:</b>	Nursing Sciences
<b>Program:</b>	Bachelor of General Nursing (BGN)
<b>College:</b>	Vision College in Riyadh
<b>Institution:</b>	Vision College in Riyadh
<b>Revised:</b>	July 2025

## A. Course Identification

1. Credit hours: 5 (2+0+3)
2. Level/year at which this course is offered: Level 7/Year 4
3. Pre-requisites for this course (if any): Adult Health Nursing 2 (NURS 310)
4. Co-requisites for this course (if any): None

## B. Teaching Methods

1	Interactive Lectures
1	Practical sessions
2	Clinical Session
3	Assignment
4	Case based discussion

## C. Course Description and Objectives

### 1. Course Description

This course is designed to introduce the role of the psychiatric and mental health nurse in the care of mentally ill people and their families. Maladaptive behaviors are stressed in context of mental illness- mental health continuum. Specific patterns of disorders and maladaptive behaviors such as: psychotic, mood, anxiety, and drug use and abuse are considered

### 2. Main course Objective

The main purpose of this course is to provide the students with a solid foundation in the basic concepts and scientific underpinnings of Psychiatric and Mental Health Nursing, and to provide students with a comprehensive introduction to the fundamentals of Psychiatric and Mental Health Nursing.

### 3. Course Objectives

**By the end of this course, students should be able to:**

- Identify specific patterns of human responses and maladaptive behavior.
- Describe the role of mental health nurses in a variety of health care settings.
- Describe different treatment modalities that are used in the care and treatment of mentally ill people.
- Demonstrate the ability to apply the holistic approach of care for mentally ill people.
- Demonstrate knowledge of the therapeutic and non-therapeutic Communication skills.
- Convey positive attitude towards mentally ill people and their illness.
- Apply communication skills effectively with mentally ill people as well as other health team members.
- Apply the nursing process effectively to plan a whole individualized nursing care.
- Demonstrate accountability in all professional behaviors and settings.
- Accurately calculate and give medications.

- Accurately write nursing documentation.
- Use leadership abilities in caring for mentally ill people. Discuss the essentials of human resources management specific to recruitment, hiring, and retention of competent staff.
- Identifying strategies for enhancing professional development.
- Describe major components of an effective and efficient quality assurance/ quality improvement program and strategies for ongoing systems monitoring.
- Identifying opportunities for making positive change in health setting.

#### D. Course Content

No	List of Topics
1	Introduction to mental health Nursing Comprehensive Mental Status Examination
2	Mental disorders in infancy, childhood, and adolescents. Comprehensive Mental Status Examination
3	Theories of personality development. Communication and Communicating -Therapeutic/Non-therapeutic communication.
4	Stress and stress management. Communication and Communicating - Therapeutic/Non-therapeutic communication
5	Nursing care of schizophrenic patients. Medication Administration, Psychotropic medication.
6	Nursing care of patients with mood disorders. Medication Administration, Psychotropic medication.
7	Nursing care of patients with anxiety disorders. Group Therapy.
8	Nursing care of patients with personality disorders. Group Therapy
9	Nursing care of patients with eating disorders. Nursing Documentation
10	Nursing care of patients with sleeping Disorders. Nursing Documentation Assignment discussion
11	Nursing Care of patients with drug abuse disorder. Electroconvulsive therapy(ECT)
12	Somatoform disorders. Psychiatric emergencies
13	Ethical and legal issues in mental health nursing. Psychiatric emergencies

## E. Assessment Tools

#	Assessment task	Percentage of Total Assessment Score
1	Quizzes	10%
2	Seminar/Assignments Evaluation	10%
3	Clinical Evaluation	10%
4	Midterm Exam	20%
5	Final Practical/clinical Exam	20%
6	Final Exam	30%
	<b>Total</b>	<b>100%</b>

## F. Learning Resources

<b>Essential References</b>	Curtis, M. C., Fegley, A.B., Tuzo, C. N. (2017). Psychiatric Mental Health Nursing Success: A Course Review Applying Critical Thinking to Test Taking. (2nd ed.) F. A. Davis.
<b>Supportive References</b>	Townsend, M.C. (2017). Essentials of Psychiatric Mental Health Nursing. Concepts of Care in Evidence-Based Practice. 6 <sup>th</sup> Edition. Philadelphia: F.A. Davis
<b>Electronic Materials</b>	www.pubmed.com
<b>Other Learning Materials</b>	Computer-based programs/CD, professional standards or regulations and software, Internet.