



King Saud university

College of Nursing

Psychiatric\ Mental Health Nursing / Theory

Level Seven					
Course No.	Course Title	Contact Hours			Credits
		Theory	Lab	Clinic	
NURS 413	Psychiatric\ Mental Health Nursing / Theory	3	0	0	3
Pre-requisite					
Co-requisite	NURS 414				

Course Description

Introduction:

This course is designed to introduce students to the role of the psychiatric and mental health nurse in the care of mentally ill people and their families. Maladaptive behaviors are stressed in the context of mental illness-wellness continuum. The course focuses on the importance of ethical and legal issues and their implications to mental health and mentally ill people.

٤١٣ تمض (تمريض الصحة النفسية والعقلية/ نظري):

هذا المقرر يمثل الجانب النظري ويقدم الطلبة إلى المفاهيم الأساسية للصحة والمرض النفسي. تم التأكيد على نظريات تطور الشخصية، التوتر والعناية بالتوتر، الأمراض العقلية والنفسية ، طرق العلاج، العناية التمريضية واستخدام وسوء استخدام الأدوية.

Course Objectives:

At the end of this course, the students will 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.
- Understand the holistic approach of care for mentally ill people.

- Understand the therapeutic and non therapeutic Communication skills.
- Express positive attitude towards mentally ill people and their illness.

Course Contents:

1. Introduction to mental health Nursing
2. Theories of personality development.
3. Neurobiology of mental disorder.
4. Mental disorders in infancy, childhood, and adolescents.
5. Stress and stress management.
6. Nursing care of schizophrenic patients.
7. Nursing care of patients with mood disorders.
8. Nursing care of patients with anxiety Disorders.
9. Nursing care of patients with personality disorders.
10. Nursing care of patients with eating disorders.
11. Nursing care of patients with sleeping Disorders.
12. Nursing Care of patients with drug abuse disorder.
13. Somatoform disorders.
14. Ethical and legal issues in mental health nursing.

Teaching Methodology:

The following instructional strategies are used:

- Lectures
- Discussions
- Case study
- Multimedia
- Self learning

Assessment Tools:

Total Marks = 100 Marks; distributed as follows:

- | | |
|---------------------------|----------|
| • Participation | 5 Marks |
| • Quizzes | 5 Marks |
| • Assignments | 10 Marks |
| • 1 st Midterm | 20 Marks |
| • 2 nd Midterm | 20 Marks |
| • Final exam | 40 Marks |

Textbooks:

- Sheila L. Videbeck, Psychiatric Mental Health Nursing. Lippincott Williams &Wilkins. ISBN- 13:9780781764254
- Elizabeth Varcarolis, Foundations of Psychiatric mental Health Nursing. ISBN: 978-1-4160-0088-4

Recommended Books References:

- Varcarolis, Elizabeth M. Foundations of Psychiatric Mental Health Nursing: A Clinical Approach. Saunders. ISBN: 9780721688961

- Madeline O'Carroll. Essential Mental Health Nursing Skills. ISBN: 978-0-7234-3348-4
- Elizabeth Varcarolis. Manual of Psychiatric Nursing Care Plans. ISBN: 978-1-4160-2916-8

First semester 1434 – 1435 h

Time table for the course distribution of NUR 413

week	date[subject
1st week	11/11/1434h 17/9/2013	Mental health & mental illness. Classification of mental disorders
2 nd week	18/11/1434h 24/9/2013	Communication & self awareness
3 rd week	25/11/1434h 1/10/2013	Stress & psychophysiology
4 th week	3/12/1434h 8/10/2013	Anxiety & anxiety related disorder
5 th week	17/12/1434h 22/10/2013	Somatoform disorders.
6 th week	24/12/1434h 29/10/2013	First Midterm exam
7 th week	2/1/1435h 5/11/2013	Schizophrenia disorder
8 th week	9/1/1435h 12/11/2013	Mood disorder
9 th week	16/1/1435h 19/11/2013	Personality disorder
10 th week	23/1/1435h 26/11/2013	Cognitive impairment
11 th week	30/1/1435h 3/12/2013	Second Midterm exam
12 th week	7/2/1435h 10/12/2013	Eating disorder
13 th week	14/2/1435h 17/12/2013	Substance related disorder.
14 th week	21/2/1435h 24/12/2013	Treatment modalities
15 th week	28/2/1435 31/12/2013	Revision

**community mental health in Saudi Arabia: will be presented as a research project assignment for the students