**Ordinances for**

**Diploma**

in

**Psychiatric/Mental Health Nursing**

***Administrative office:***

***Department of Psychiatry***

***C.S.M. Medical University U.P.,***

***Lucknow 226003***

***Phone # 0522-2258805***

1. **Goal:**

Nurses are core health-care providers and they need to be able to contribute effectively to mental health care. Considering the significant burden of psychiatric illnesses, there is acute shortage of trained psychiatric nurses in the country. Nursing needs of the psychiatrically ill population can be significantly different from other patients and catering to these patients may be challenging task. Nursing care in psychiatry should be based on holistic approach with belief in psychosocial and rehabilitative foundations of nursing. Education and training of nurses in our country provide little of the knowledge and skills necessary for providing good mental health care. Trained psychiatric nurses can effectively participate as care givers to the institution and in the community. They can effectively collaborate in the each aspect of the care provision in the mental health including treatment, rehabilitation, outreach services and prevention and promotion of the mental health. Psychiatric interventions are human intensive endeavor and well trained psychiatric nurses form an important part of the mental health team. Department of Psychiatry, Chhatrapati Shahuji Maharaj Medical University, Uttar Pradesh (CSMMU-UP) therefore decided to initiate Post Basic Diploma in Psychiatric/Mental Health Nursing to meet there growing requirement in the country.

The University is committed to give the needed impetus to human resource development in the field of psychiatric nursing and work towards in training high quality, motivated and resourceful persons with wide theoretical knowledge and extensive clinical exposure and experience. This document lists the rules and regulations as well as the curriculum and syllabus for this at the university. These can be reviewed and modified from the time to time in the interest of the program.

1. **Objective of the program:**

This course is designated to offer advanced education and clinical skills for registered nurses with specialized knowledge and skills in curative, preventive and promotive aspects of psychiatric nursing and mental health care.

1. **Scope of the program:**

At the end of the course, the student will be able to

* Described the concept and principals of psychiatric / mental health nursing.
* Demonstrate therapeutic skills of Inter Personal Relationship Communication and counseling.
* Demonstrate skill in providing psychiatric nursing care.
* Provide emergency psychiatric nursing care and crisis intervention.
* Apply nursing process in caring of psychiatric patients.
* Participate effectively as a member of the health team.
* Participate actively in preventive and promotive strategies of mental health care with special reference to at risk and vulnerable groups.
* Organize and demonstrate skills in management of psychiatric nursing services including rehabilitation units.
* Makes a plan for organization of psychiatric nursing units.
* Conduct research in psychiatric / mental health nursing.
* Teach and supervise nurse, allied health workers family and community.

1. **ADMISSION TERMS AND CONDITIONS**

The student seeking admission to this course should:

* Be a registered nurse (R.N. & R.M/GNM) or equivalent.
* Possess a minimum of one year experience as staff nurse.
* Nurses from other countries must obtain an equivalence certificate from INC before admission.
* Be physically fit.

1. **GOVERNING COUNCIL**:

Nursing Council of India (NCI) New Delhi

1. **SELECTION OF STUDENTS**

Admission to the course shall be through entrance examination as per norms of CSMMU in this regard.

1. **ADMISSION PROCESS**: Medical University will conduct an independent admission process for this course.
   1. Part I(70% marks) of the admission process will be written test to assess knowledge of wide range of topics from the course of R.N. & R.M/GNM. The examination paper will be of 1.30 hours having 70 MCQs of 70 marks. The written examination will be held in English. There shall be no negative marking.

Part II (30% marks) of the admission process will be viva voce to assess academic diligence, communication skills, personality, research aptitude and experience. An institutional admission committee will be constituted by the Vice Chancellor. It will comprise of

## Vice Chancellor or nominee

## Dean, faculty of medicine

1. Head of the Department of Psychiatry
2. Expert nursing faculty
3. Designated faculty member of Psychiatric Nursing
4. Observer as per university rules
   1. Application forms, prospectus and syllabus will be available from CSMMU web-site ([www.csmmu.in](http://www.csmmu.in)). Application forms can be downloaded and submitted with processing fees of Rs. 1500.00 as demand draft in the name of “**Controller of Examination, CSM Medical University, U.P.**” payable at Lucknow. Application fee is non-refundable. The course will start in **August** each year. However, for this session, course will start in February, 2012.
   2. Reservation rules will be as per the University guidelines.
5. **ORGANISATIONS OF THE COURSE** 
   1. Duration : Duration of the course is one academic year
   2. Distribution of the course in weeks:
      * Teaching Theory & Clinical practice …………. 42 weeks
      * Internship …………. 4 weeks
      * Examination (including preparation) …………. 2 weeks
      * Vacation …………. As per CSMMU Rules
      * Public holidays …………. As per CSMMU Rules
6. **COURSE OF STUDIES :**

|  |  |  |
| --- | --- | --- |
|  | Theory | Practical Integrated clinical practice |
| 1. Clinical Nursing I   (Inclusive of foundation course – 60 hrs) | 155 Hours | 1280 hours |
| 1. Clinical Nursing II | 155 Hours |
| 1. Trends & Principals of Nursing Management, (Clinical teaching) Elementary Research and Statistics | 90 hours  (30+30+30) |
| 1. Internship |  | 160 |
| 1. Total | 400 hours | 1440 hours |

\* Hours distribution for theory and practice 42 weeks x 40 hours / week

= 1680 hours

\* Block classes 4 weeks x 40 hours / week

= 160 hours

\* Integrated theory & clinical practice 38 weeks x 40 hours / week

= 1520 hours

- (Theory 400 hours) Theory 6 hours / week 38 weeks x 6 hours / week

= 240 hours

- Clinical experience 34 hors / weeks 38 weeks x 34 hours / week

= 1280 hours

\* Internship: 4 weeks x 40 hours = 160 hours

1. **CLINICAL EXPERIENCE**

Total 1280 hours will be distributed on the following clinical areas.

Clinical rotation: students will spend 5 hours per day in clinical area.

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| **Sl. No.** | **AREA OF TESTING** | **DURATION** |
| 1 | Acute Male Psychiatric Ward | 4 weeks |
| 2 | Acute Female Psychiatric Ward | 4 weeks |
| 3 | Chronic Male Psychiatric Ward | 4 weeks |
| 4 | Chronic Female Psychiatric Ward | 4 weeks |
| 5 | De-addiction Unit | 4 weeks |
| 6 | Psychiatry Emergency Unit and OPD | 4 weeks |
| 7 | Child Psychiatry Unit | 4 weeks |
| 8 | Family Psychiatry Unit | 2 weeks |
| 9 | Community Mental Health Unit | 4 weeks |
| 10 | Rehabilitation / Occupational Therapy Unit | 4 weeks |
|  | TOTAL | 38 weeks |

1. **EXAMINATION SCHEME**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Int. Ass. Marks | Ext. Ass Marks | Total Marks | Exam Hours |
| A. Theory |  |  |  |  |
| Clinical Nursing I  Clinical Nursing II  Trends, Principals of Nursing Management incl. Nursing Education and Research and statistics | 50  50  50 | 150  150  150 | 200  200  200 | 3  3  3 |
| B. Practical |  |  |  |  |
| Clinical Nursing | 100 | 100 | 200 |  |
| Grand Total | 250 | 550 | 800 |  |

1. **CONDITIONS FOR ADMISSIONS TO EXAMINATION**

**The Student**

1. Has attended not less than 80% of the theoretical instructions hours in each subject during the one year.
2. Has done not less than 80% of the clinical practical hours. However, students should make up 100% of attendance for integrated practice experience and internship in term of hours and activities before awarding the certificate.
3. **EXAMINATION**

The examinations will be conducted by Controller of Examinations of the University.

1. **STANDARD OF PASSING**

* In order to pass a candidate should obtain at least 50% marks separately in internal assessment and external examination in each of the theory and practical papers.

a) Less than 60% is second division.

b) 60% and above and below 75% is First division.

c) 75% and above is Distinction.

* Students will be given opportunity of maximum of 3 attempts for passing

1. **CERTIFICATION:**
   1. TITLE- **Diploma in Psychiatric / Mental Health Nursing**
   2. A diploma is awarded upon successful completion of the prescribed study which will state that
      * Candidate has completed the prescribed course of Psychiatric / Mental Health Nursing.
      * Candidate has had clinical experience at hospital.
      * Candidate has passed the prescribed examination.
2. **Hostel accommodation:**

Hostel accommodation will be subject to availability of the same in the university

1. **Diploma in Psychiatric Nursing general administration:**

All the administrative work related to the Diploma in Psychiatric Nursing will be done at the Department of Psychiatry, C.S.M. Medical University, U.P. A staff at department will be entrusted with the responsibility of handling any work/papers related to the program.

1. **FEE STRUCTURE**
   1. Application Processing Fees: Rs. 1500.00
   2. Enrollment fee: Rs. 500.00
   3. Yearly Fee: Rs. 30,000.00
   4. Examination fee: Rs. 5000.00 (Students appearing in the supplementary examination will again deposit the fees for examination)

Thirty percent of the yearly fee will be retained by the university and 70% will be transferred to the department. The later amount will be utilized for developing infrastructure, teaching material and disbursing honorarium etc.

1. **STIPEND:** The stipend is 1000 per month (for nonsponsored candidates only) and will be given by Central/State government. The stipend will be given for a maximum period of 12 months.
2. **CANCELLATION OF CANDIDATURE:**
   1. The registration in Diploma in Psychiatric Nursing is liable to be cancelled in case of non-deposition of fees, misconduct, absence from work without information or if the candidate is found ineligible at a later time.

**SYLLABUS AND CURRICULUM OF DIPLOMA IN PSYCHIATRIC NURSING**

**Annexure**

**CURRICULUM**

**CLINICAL NURSING I**

**(Including Foundation Courses)**

**Description:**

The course is designed to develop an understanding of the dynamics of human behavior and principals, practices of psychiatric nursing.

**Objectives :**

At the end of the course the student will be able to;

* 1. Apply knowledge of basic sciences related to psychiatric nursing.
  2. Describe the concept and principals of psychiatric nursing.
  3. Make culturally sensitivity bio-psychological health assessment.
  4. Apply nursing process in caring of psychiatric patients.
  5. Communicate effectively with patients and families.
  6. Develop therapeutic nurse patient relationship.

Theory = 155 Hours

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| **Subject** | **Hours** | **Content** |
| Unit 1 | 30 | **PSYCHOLOGY**  **Introduction**   * + Definition and scope of psychology   + Branches of Psychology   + Methods of Psychology   + Methods of understanding abnormal behaviour (Medical model, Statistical model, Sociocultural model, Humanistic model)   + Application of psychology in nursing   **Perspectives of understanding mental illness;**   * + Psychoanalysis perspective   + Interpersonal perspective   + Cognitive behavioural perspective   **Basic psychological processes:**   * + Attention and concentration   + Perception   + Motivation   + Learning   + Memory   + Emotions   + Intelligence   + Thinking and solving problems   + Personality   **Development perspectives:**   * + Issues related to infancy   + Issues related to childhood   + Issues related to adolescence   + Issues related to adulthood   + Issues related to old age   **Psychological assessment**   * + Overview of psychological assessment   + Types of psychological tests   + Application of psychological testing in mental health   **Stress, coping and adjustment :**   * + Overview of stress and its influences   + Strategy of coping   + Coping with illness and disability   + Crisis intervention   **Psychological Therapies :**   * + Overview of psychotherapies   + Application of psychotherapies in mental health   + Individual psychotherapy   + Counseling   + Client centered therapy   + Behaviour therapy   + Cognitive behaviour therapy   + Family therapy   + Group therapy   + Role of nurse in psychotherapy   **Behaviour modification in mental health:**   * + Principals of behaviour modifications (behavioural analysis, reinforcement, punishment, token economy, contingency management, operant principals)   + Behaviour modification with chronically mentally ill.   + Behaviour modification with children. |
| Unit II | 10 | **Sociology**   * Review   + Social organizations & community resources   + Leadership roles in community   + Family and family relationships   + Socio cultural influences   + Groups and group dynamics   + Mass Behaviour |
| Unit III | 5 | **Microbiology**   * Review   + Immunity   + Infection   + Principals of asepsis, sterilization & disinfection   + Diagnostic tests in Microbiology & related nurses responsibility   + Standard safety measures & biomedical waste management |
| Unit IV | 8 | **Applied Anatomy & Physiology**   * Review   + Brain and behavior ; limbic system   + Endocrine system   + Sensory Organs |
| Unit V | 12 | **Pharmacology**   * Review   + Pharmacokinetics   + Antipsychotics   + Anti depressants   + Anxiolytics   + Anti epileptic   + Psychotropic drugs   + Drug reaction & toxicity   + Principals of drugs administration, role of nurses and care of drugs |
| Unit VI | 5 | **Genetics**   * Meaning of genetics and heredity * Mendelian laws of inheritance * Genetic related to psychiatric disorders * Nurses role in genetic counseling |
| Unit VII | 10 | **Introduction to psychiatry and psychiatric Nursing**   * History of psychiatry * History of psychiatric nursing * Scope of psychiatry and psychiatric nursing practice * Epidemiology * Recent trends in psychiatric nursing * National Mental Health Programe * Importance of psychiatric nursing concepts in general nursing |
| Unit VIII | 10 | **Concepts in psychiatry nursing**   * Basic concepts in psychiatric nursing * Terms used in psychiatric nursing * Mental health and mental hygiene and its relation to psychiatric nursing |
| Unit IX | 10 | **Introduction to principles of psychiatric nursing**   * Principals of psychiatric nursing * Applicatio0n of principals of psychiatric nursing in clinical setting * Problems encountered in application of psychiatric nursing principle |
| Unit X | 10 | **Psychiatric nursing techniques**   * History taking and interviewing * Mental status examination * Investigations in psychiatry * Observing and recording * Process recording |
| Unit XI | 5 | **Standards of psychiatric nursing**   * Standards of psychiatric nursing |
| Unit XII | 10 | **Introduction to nursing process**   * Assessment * Psychiatric nursing diagnosis * Nursing care plan * Implementation * Evaluation |
| Unit XIII | 10 | **Introduction to communication & inter personal relations**   * Communications, types, techniques, therapeutic communication, barriers in communication * Inter persona; relationship skills * Nurse patient relationship |
| Unit XIV | 10 | **Nursing procedures**   * Admission * Discharge * Transfer * Escape * Suicide / death |
| Unit XV | 10 | **Counseling**   * Types, process, techniques * Counseling; clients, vulnerable groups, families, community |

**CLINICAL NURSING – II**

**Description:**

This course is designed to develop understanding of specific nursing intervention for psychiatric disorders, substance abuse disorder, anxiety disorders, organic brain syndromes. The course content further develops understanding of management of abnormal behaviours among children and adolescent, individual with personality disorder, emotional problems of elderly. The candidated shall develop understanding of their role in various therapies and participate effectively in community mental health and legal aspects of care.

**Objectives:**

At the end of the course the student will be able to:

1. Describe various psychiatric disorders
2. Provide nursing care to patients with psychiatric and substance use disorders based on nursing process approach
3. Participate in crisis intervention
4. Manage psychiatric rehabilitation programmes in the community
5. Carry out community survey for identification of mental health problems
6. Participate in prevention and health promotions activities related to mental health
7. Draw health care map for individuals families group to guide hem to community recourses for mental health
8. Demonstrate understanding of legal aspects of psychiatric nursing including Acts pertaining to mental health and illness.

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| **Subject** | **Hours** | **Content** |
| Unit I | 5 | **Classification**   * ICD-10: Classification of mental and emotional disorders * Etiology of psychiatric disorders * Symptomatology of mental disorders |
| Unit II | 15 | **Neurotic – Stress related and somatoform disorders**   * Causes, Psychopathology, clinical types, clinical features, prognosis, management: drug, psychosocial and behaviuoral approaches and nursing management of   + Anxiety disorders   + Phobic disorders   + Obsessive compulsive disorder   + Conversion and dissociative disorders   + Dysthymia and somatoform disorder |
| Unit III | 18 | **Schizophrenia form disorders**   * Causes, psychopathology, clinical types, clinical features prognosis, Management : Drug and psychosocial and beavioural approaches and nursing management of schizophrenia form disorders |
| Unit IV | 10 | **Mood (Affective) disorders**  **\*** causes, Psychopathology, clinical types, clinical featuresprognosis, Managemnt: Drug and psychosocial and behavioural approaches and Nursing management of mood (Affective) disorders. |
| Unit V | 5 | **Personality Disorders**   * Causes, psychopathology, clinical types, clinical features, prognosis, management: drug psychosocial and behavioural approaches and nursing management of   + Disorders of personality and behaviour   + Disorders of psychosexual functions |
| Unit VI | 10 | **Substance abuse and related disorder**   * Causes, psychopathology, clinical types, clinical features, prognosis, management: drug, psychosocial and behavioural approaches and nursing management of substance abuse and related disorders, alcoholic anonymous associations(AAA) |
| Unit VII | 5 | **Organic disorders**   * Causes, psychopathology, clinical types, clinical features, prognosis, management: drug, psychosocial and behavioural approaches and nursing management of Dementia, epilepsy, trauma and infections |
| Unit VIII | 15 | **Behavioural and Emotional disorders of children and adolescents**  Causes, psychopathology, clinical types, clinical features, prognosis, management: drug, psychosocial and behavioural approaches and nursing management of Behavioural and emotional disorders of childhood and adolescence.   * Pervasive developmental disorder: Autism, Affective disorder * Specific learning developmental disorder; Disorders of speech and learning * Emotional and conduct disorders * Enuresis and Encopresis * Attention deficit hyperactive disorder (ADHD) |
| Unit IX | 5 | **Post Traumatic stress disorder (PTSD)**   * Causes, symptoms, management, role of a nurse |
| Unit X | 5 | **Mentally Challenged**   * Causes, pathology, classification, clinical features, prognosis, Management : Drug, training, psychosocial and behavioural approaches and nursing management of mentally challenged |
| Unit XI | 7 | **Nursing management of geriatric patients**   * Emotional problems * Physical problems |
| Unit XII | 5 | **Nursing management of psychiatric emergencies**   * Aggression / Excitement * Suicide * Drug toxicity * Catatonic stupor |
| Unit XIII | 20 | **Therapies**   * Pharmacotherapy * Psychotherapy * Rehabilitation therapy * Physical therapy * Group therapy * Social / Recreational therapy * Beavioural therapy * Occupational therapy * Milieu therapy * Therapeutic community * Nurses role in various therapies |
| Unit XIV | 15 | **Community mental health nursing**   * Introduction * Historical development of community mental health nursing * Role of nurse in implementing national mental health programme (India); district mental health programme, district rehabilitation programme * Information, education and communication (IEC): concepts, principals, approaches and methods * Role of nurse in prevention of mental disorders and promotional mental health |
| Unit XV | 5 | **Crisis intervention**   * Definition * Types * Phases * Crisis intervention and nurses role |
| Unit XVU | 5 | **Other care settings for psychiatry**   * General hospital psychiatry * Consultation and liaison psychiatry * Special clinics (Geriatric & Gynopsychiatry, halfway homes, day care centers etc.) * Self help groups |
| Unit XVII | 5 | **Legal psychiatry and nurses role**   * Indian Lunacy Act 1912 * Mental Health Act 1987 * Narcotic Drug Prevention and Supplies Act |