

**University of Baghdad  
College of Nursing  
BSN. Program**

*Course Syllabus*

**Psychiatric and Mental Health  
Nursing**

**2022/2023  
1<sup>st</sup> Semester**

**This syllabus is subject to change. Changes will be announced to students.  
It is the responsibility of the student to comply with any changes.**

**Created: February 9, 2017 by ©Dr. Qahtan Q. Mohammed  
Revised: September 06, 2022**

## General Information & Policies

Course Number and Title: NUR 408 Psychiatric and Mental Health Nursing  
تمريض الصحة النفسية والعقلية

Number of Credit Hours: (7) credits: (3) theoretical, (12) Practical; 15<sup>th</sup> weeks

Times & Places: Tuesday@ 8:30 AM - 4:30 PM & Wednesday @8:30 AM-2:30 PM , Hall No5 (2<sup>nd</sup> Flour, Department building) and Practical at Ibn Rushed Training Hospital for Psychiatry.

Prerequisites: Fundamental of Nursing, Adult Nursing, Pediatric Nursing, Maternity and Child health Nursing

Course Description: This Course provides students with basic Knowledge and understanding of various theories that explain the behaviors of mentally health and ill persons. It also develops clear and specific approaches to various mental problems that lead students to use the nursing process as a framework for effective care with a holistic view of each client (physical, emotional, spiritual, interpersonal, cultural, socioeconomic, and environmental Aspects).

Teaching Methods: Lectures, handouts, discussions, & assignments. Google Classroom shall be used for online discussion (Class Code: mlpj62y).

Evaluation Methods: Unit exam(s), Quiz, Report, and Seminars.

Faculty, Contact Information, & Office Hours:

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Office hours ► See my weekly schedule!

Required Textbook(s) and Other Materials:

- Videbeck S., Psychiatric- Mental Health Nursing, 8<sup>th</sup> edition, Wolters Kluwer, 2020
- Shives, L.R, Basic Concepts of Psychiatric Mental Health Nursing, 6th edition, New York, Lippincott William and welkins, 2005.

Academic Dishonesty: Academic honesty is required in all aspects of a student's relationship with the university.

## Course Objectives

**By the completion of this course the student will be able to:**

- 1- Recognize client's behaviors and problems; understand certain concepts and terminology related to mental health nursing.
- 2- Implement principles of human relationships and communication techniques dealing with the client.
- 3- Describe the different therapeutic modalities that are used.
- 4- Identify the psychiatric disorders and apply the nursing process in the clinical psychiatric nursing.

## Course Requirements

**To complete the course successfully, the student must:**

1. Adhere to the policies stated in this syllabus.
2. Complete and submit each requirement by the due date and time. Failure to do so without prior permission will result in a loss of 5% of the points per school day late.
3. Attend all classes and other scheduled requirements. No points will be given for attendance, but absence may affect the student's ability to obtain information needed for successful completion of the course. Course activities are designed to optimize learning in the psychiatric ward.
4. Earn 40% of the total grade. The aforementioned grade in NURS courses **is the minimum passing grade at the graduate level.**

## Evaluation & Grading

### Distribution of Points:

<b>Requirements</b>	<b>Possible Points</b>
The midterm exam (theoretical)	20%
The midterm exam (clinical)	10%
Seminar or case report*	10% (appendix A)
<b>The total of 40% before the final exam.</b>	
The Final exam	60%
<b>Total</b>	<b>100%</b>

**Course Schedule and activities**

<b>Week</b>	<b>Date of Class</b>	<b>Unit to be Covered and/or Other Activity</b>	<b>Assigned Readings to be Completed Before Class</b>
<b>W1</b>	<b>06-9-2022</b>	Foundations of Psychiatric–Mental Health Nursing <ul style="list-style-type: none"> <li>- History of Mental health services</li> <li>- Introduction to psychiatric nursing</li> <li>- Concept of mental health and illness</li> </ul>	Videbeck S. (2020) pp. 24-26
<b>W2</b>	<b>13-9-2022</b>	Foundations of Psychiatric–Mental Health Nursing <ul style="list-style-type: none"> <li>- Diagnosis of mental illness</li> <li>- Legal and ethical issues</li> </ul>	Videbeck S. (2020) pp. 25-36
<b>W3</b>	<b>20-09-2020</b>	Trauma and Stressor-Related Disorders <ul style="list-style-type: none"> <li>- Introduction</li> <li>- Post-traumatic Stress Disorder</li> <li>- Related Disorders</li> <li>- Dissociative Disorders</li> </ul>	Videbeck S. (2020) pp. 497-495
<b>W4</b>	<b>27-09-2022</b>	Neurobiological and Psychosocial theories <ul style="list-style-type: none"> <li>- Neurobiological theories</li> </ul>	Videbeck S. (2020) pp. 55-70
<b>W5</b>	<b>04-10-2022</b>	Neurobiological and Psychosocial theories <ul style="list-style-type: none"> <li>- Psychosocial theories</li> </ul>	Videbeck S. (2020) pp. 113-135
<b>W6</b>	<b>11-10-2022</b>	Building the Nurse–Client Relationship <ul style="list-style-type: none"> <li>- Therapeutic relationship</li> </ul>	Videbeck S. (2020) pp. 195-226
<b>W 7</b>	<b>18-10-2022</b>	Building the Nurse–Client Relationship <ul style="list-style-type: none"> <li>- Therapeutic communication</li> </ul>	Videbeck S. (2020) pp. 236-259
<b>W8</b>	<b>25-10-2022</b>	Schizophrenia Spectrum and related Disorders <ul style="list-style-type: none"> <li>- Introduction</li> <li>- Clinical course</li> <li>- Related Disorders</li> </ul>	Videbeck S. (2020) pp. 589-593
<b>W9</b>	<b>01-11-2021</b>	Schizophrenia Spectrum and related Disorders <ul style="list-style-type: none"> <li>- Etiology</li> <li>- Treatment and Nursing Intervention</li> </ul>	Videbeck S. (2020) pp. 594-640
<b>W10</b>	<b>08-11-2021</b>	Anxiety and anxiety related disorders <ul style="list-style-type: none"> <li>- Introduction</li> <li>- Anxiety as a response to stress</li> <li>- Levels of anxiety</li> <li>- Working with anxious client</li> <li>- Incidence, Onset and clinical course</li> </ul>	Videbeck S. (2020) pp. 517-529
<b>W11</b>	<b>15-11-2022</b>	Anxiety and anxiety related disorders <ul style="list-style-type: none"> <li>- Related disorders</li> <li>- Etiology</li> <li>- Panic Disorder</li> <li>- Phobias</li> </ul>	Videbeck S. (2020) pp. 529-551

		- Generalized Anxiety Disorder	
<b>W12</b>	<b>22-11-2022</b>	Mood Disorders and Suicide - Introduction - Categories of mood disorders - Related Disorders - Etiology	Videbeck S. (2020) pp. 653-662
<b>W13</b>	<b>29-11-2022</b>	Mood Disorders and Suicide - Major Depressive Disorder - Bipolar Disorders - Suicide	Videbeck S. (2020) pp. 662-729
<b>W14</b>	<b>06-12-2022</b>	Somatic Symptom Illnesses - Overview of somatic symptoms illness - Onset and clinical course - Related disorders - Etiology - Treatment and Nursing Intervention	Videbeck S. (2020) pp. 910-921
<b>W15</b>	<b>13-12-2022</b>	Somatic Symptom Illnesses - Overview of somatic symptoms illness - Onset and clinical course - Related disorders - Etiology - Treatment and Nursing Intervention	Videbeck S. (2020) pp. 921-937

### Appendix A. Grading Rubric for case report

	Points Possible	Points Earned
Report include (assessment)	3	
Nursing diagnosis	3	
Care plan	3	
Students rationalization about care plan own experiences (when appropriate)	1	
<b>Total Points</b>	<b>10</b>	

**Note: Make sure to submit each assignment before its due date.**