

## SUBJECT TEACHING GUIDE

### G1032 - Nursing in Mental Health and Psychiatry

#### Degree in Nursing

Academic year 2023-2024

1. IDENTIFYING DATA					
Degree	Degree in Nursing			Type and Year	Compulsory. Year 3
Faculty	Faculty of Nursing				
Discipline	Subject Area: Psychology and Mental Health Module: Nursing Science				
Course unit title and code	G1032 - Nursing in Mental Health and Psychiatry				
Number of ECTS credits allocated	6	Term	Semester based (1)		
Web					
Language of instruction	Spanish	English Friendly	No	Mode of delivery	Face-to-face

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### 3.1 LEARNING OUTCOMES

- Explaining the legal aspects related to of care for people with mental disorders.
- Explaining the care evolution of people with mental health problems.
- Defining primary, secondary and tertiary prevention in the field of mental health.
- Analyzing the relationship between culture and mental health.
- Perform assessment of the individual, family and environment.
- Defining mental and psychiatric health nursing.
- Identifying standards for the practice of psychiatric and mental health nursing.
- Exposing the applications of nursing theory to mental and psychiatric health nursing.
- Applying the principles underlying the overall nursing care.
- Analyzing the data collected in the assessment.
- Establishing clinical judgments based on data collected in the assessment.
- Nursing care planning related to the identified clinical trials.
- Running nursing interventions aimed at solving the problems identified.
- Evaluating the results obtained after nursing intervention.
- Describing the specific therapeutic modalities of various mental disorders at different stages of the life cycle .
- Applying the specific therapeutic modalities of various mental disorders at different stages of the life cycle , within the framework of scientific nursing method.
- Analyzing the elements that favor the involvement in the therapeutic process.
- Explain the definition, epidemiology, etiopathogenesis, clinical features, course and prognosis of various disorders at different stages of the life cycle.
- Determining balance factors.
- Describing crisis concept.
- Explaining crisis intervention.
- Describing the characteristics of "therapeutic environment".
- Analyzing the therapeutic use of "Me".
- Defining fears on clinical practice with the mentally ill.
- Identifying techniques for obtaining information.
- Demonstrating effective communication skills.

### 4. OBJECTIVES

Students will acquire knowledge about the historical, conceptual, scientific and technological basis, as well as skills and attitudes which enable them to provide care aimed at meeting the needs of individuals and groups in the field of Mental Health and Psychiatry.

## 6. COURSE ORGANIZATION

### CONTENTS

1	<p>Thematic Unit I: Historical and cultural bases and basic concepts of the care process</p> <p>Topic 1. History of care for the mentally ill</p> <p>Topic 2. Mental health and psychiatric nursing.</p> <p>Topic 3. Mental health prevention and care</p> <p>Topic 4. Ethical and legal considerations in mental health</p> <p>Topic 5. Community mental health and nursing care</p> <p>Topic 6. Therapeutic modalities, self-care and nursing care.</p> <p>Topic 7. Mental Health and gender perspective.</p> <p>Topic 8. The mental health team and the therapeutic environment.</p> <p>Topic 9. Nursing assessment of the psychiatric patient. Exploration psychopathology. Other explorations</p> <p>Laboratory practice 1: Ethical and legal considerations in mental health.</p> <p>Laboratory practice 2: Stigma of the psychiatric patient</p> <p>Laboratory practice 3: Therapeutic Modalities</p> <p>Laboratory practice 4: Nursing assessment of the psychiatric patient</p> <p>Laboratory practice 5: Problems with the therapeutic relationship and the difficult patient</p>
2	<p>Thematic Unit II: Nursing care in Psychiatric and Mental Health Disorders</p> <p>Topic 1. Delirium, dementia, amnesic disorders and other cognitive disorders</p> <p>Topic 2. Eating behavior disorders</p> <p>Topic 3. Substance-related disorders. Impulse control disorders not elsewhere classified</p> <p>Topic 4. Dual pathology</p> <p>Topic 5. Sleep disorders</p> <p>Topic 6. Somatoform and factitious disorders.</p> <p>Topic 7. Schizophrenia and other psychotic disorders</p> <p>Topic 8. Anxiety disorders</p> <p>Topic 9 Dissociative disorders</p> <p>Topic 10. Mood disorders</p> <p>Topic 11. Personality disorders</p> <p>Topic 12. Disorders in infancy, childhood or adolescence</p> <p>Topic 13. Sexual and sexual identity disorders</p> <p>Topic 14. Adjustment disorders</p> <p>Topic 15. Suicide</p> <p>Topic 16. Crisis intervention</p> <p>Laboratory practice 6: Use and application of the different types of containment in psychiatry</p> <p>Laboratory Practice 7: Clinical Cases</p> <p>Laboratory practice 8: Anxiety and Relaxation</p> <p>Laboratory practice 9: Mobbing, bullying, burnout and work stress</p> <p>Laboratory practice 10: Crisis Intervention</p> <p>Laboratory Practice 11: Research in Psychiatric and Mental Health Nursing.</p>

## 7. ASSESSMENT METHODS AND CRITERIA

Description	Type	Final Eval.	Reassessn	%
Final exam, written exam	Written exam	Yes	Yes	60,00
Group work in classroom practices	Others	No	No	40,00
		No	No	0,00
TOTAL				100,00
Observations				
When a student has not carried out evaluation activities whose weight exceeds 50% of the grade for the subject, they will appear in their minutes as 'not presented'. When the student has taken tests that suppose the aforementioned 50% or more, the corresponding qualification will appear in the minutes. (Art. 39 of the Regulations for UC evaluation processes).				
Observations for part-time students				
Those students who are in a part-time regime may benefit from the following system of assessment: - Carry out the exam exclusively with a percentage weight of 100% or - Do 50% of the classroom practices with a weight of 20% and the exam with 80% To take advantage of this evaluation modality, the teaching staff must be informed at the beginning of the course.				

## 8. BIBLIOGRAPHY AND TEACHING MATERIALS

### BASIC

MEGÍAS-LIZANCOS, F.; SERRANO PARRA, M.D.2008. Enfermería en psiquiatría y salud mental.Madrid: Ediciones DAE. ISBN 84-95626-90-5

FORNES VIVES, J. 2012. Enfermería de Salud Mental y Psiquiatría: valoración y cuidados. Madrid:Panamericana. ISBN 978-84-9835-389-1.

AMERICAN PSYCHIATRIC ASSOCIATION (APA). 2002. Manual Diagnóstico y Estadístico de los Trastornos Mentales DSM-IV-TR. Barcelona: Masson. ISBN 84-458-1087-1.