

Full Title:	Mental Health 1
Language of Instruction:	English
Module Code:	HLST N8127
Credits:	15
Valid From:	Semester 1 - 2013/14 (September 2013)
Module Delivered in	3 programme(s)
Module Description:	This module will introduce the learner to mental health care and equip the student with the communication skills necessary to establish rapport with clients and their carer's in assessing a client's health care needs.
Learning Outcomes:	
<i>On successful completion of this module the learner should be able to</i>	
<ol style="list-style-type: none"> 1. Explain the concept of mental health and its evolution 2. Outline the role and responsibility of the mental health nurse in community and inpatient care 3. Explain how the nursing process is applied in psychiatric - mental health nursing 4. Explain the communication skills necessary to establish rapport with clients and their carer's in assessing a client's health care needs. 5. Explain diagnostic classification systems used in mental health 6. Demonstrate an awareness of personal development and professional guidelines. 	

Module Content & Assessment

Indicative Content

Introduction to Mental Health Concepts

Evolution of mental health nursing and mental health services. Historical background. Care facilities. Vision for Change. Client centred care. Principles of recovery oriented mental health practice.

Role and Responsibility of the Psychiatric Nurse

Irish Nursing and Midwifery Board guidelines, HSE guidelines. Nurses and Midwives Act 2011. Mental Health Act 2001. DKIT student nurse policies. Personal reflection. Personal safety. Therapeutic management of aggression and potential violence. De-escalation techniques. Break away techniques.

Application of the Nursing Process in Psychiatric-Mental Health Nursing

Assess, Plan, Implement, Evaluate. Components of the Psychosocial Assessment. Interview, Health History, Mental Status Examination. Accessing records / written information. Prioritising care – short term / long term goals of treatment.

Communication Skills

Verbal Communication Skills: Types of questions used, Active Listening and Observation. Therapeutic Communication Techniques. Non-verbal Communication Skills: Use of Touch, Body Language, Vocal cues, Eye contact, Silence, Clinical/Clients home environment.

Diagnostic Classification Systems

Psychiatric Nursing Diagnosis; North America Nursing Diagnosis Association (NANDA) Overview of the Diagnostic and Statistical Manual (DSM IV) (DSM V, May 2013) International Classification of Disorders (ICD 10), Laboratory tests.

Personal and Professional Development

Nurse as a therapeutic agent, Empathy, Professional closeness, Personal space, Transference and counter-transference. Self-awareness, self-concept. Reflective practice. Models of reflection. The Nature of nursing, Exploration of personal philosophies, Beliefs in practice. Legal and Professional Guidelines in communicating with clients and carers.

Clinical Placement Policy Guidelines

Confidentiality, Access to information. Data protection. Introduction to fundamental ethical principles. Concept of responsibility, accountability and advocacy. Concept of supernumerary status. Documentation requirements and reporting structures for psychiatric nursing students while on clinical placement.

Assessment Breakdown	%
Course Work	100.00%

Full Time

Course Work							
Assessment Type	Assessment Description	Outcome addressed	% of total	Marks Out Of	Pass Marks	Assessment Date	Duration
Continuous Assessment	THIS MUST BE PASSED INDEPENDENTLY.	1,2,5	20.00	0	0	n/a	0
Class Test	The student will undertake a 2 hour in class exam. THIS MUST BE PASSED INDEPENDENTLY.	3,5	40.00	0	0	n/a	0
Essay	The student will complete a 2000 word assignment on the communication skills utilised within the role play. THIS MUST BE PASSED INDEPENDENTLY. Practical/Skills Evaluation. The student will partake in a role play where they will have the opportunity to practice effective communication skills with a fellow student. The role play will be supervised by the module leader and feedback offered to the student on their strengths and areas for improvement.	4,6	40.00	0	0	n/a	0

No Project

No Practical

No End of Module Formal Examination

Reassessment Requirement

A repeat examination

Reassessment of this module will consist of a repeat examination. It is possible that there will also be a requirement to be reassessed in a coursework element.

Reassessment Description

Normally this will consist of a role play exercise and written assignment.

DKIT reserves the right to alter the nature and timings of assessment

Module Workload & Resources

Workload: Full Time

Workload Type	Workload Description	Hours	Frequency	Average Weekly Learner Workload
Lecture	This is a year long module with 8hrs/week in semester 1 and 5hrs/week in semester 2	8.00	Every Week	8.00
Directed Reading	No Description	50.00	Once per semester	3.33
Independent Study	No Description	120.00	Once per semester	8.00
Total Weekly Learner Workload				19.33
Total Weekly Contact Hours				8.00

This course has no Part Time workload.

Resources

Recommended Book Resources

Morrissey J. Keogh B. Doyle L. 2008, *Psychiatric mental health nursing An Irish Perspective*, Gill&McMillan [ISBN: 9780717144594]

Arnold, E. and Boggs, K. 2010, *Interpersonal Relationships: Professional Communication Skills for Nurses*, 6th Ed Ed., Elsevier Saunders St. Louis, Missouri [ISBN: 1437709443]

Supplementary Book Resources

Varcarius E 2012, *Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence-Based Care*, 2 Ed., Saunders [ISBN: 13- 978-1455706617]

Townsend M 2010, *Essentials of Psychiatric/ Mental Health Nursing*, F A Davis Co [ISBN: 978-0803623385]

Phil Barker 2009, *Psychiatric and Mental Health Nursing*, Hodder Arnold London [ISBN: 978-0340947630]

Videbeck, S. 2009, *Mental Health Nursing, 1st UK Ed, 1st Ed Ed.*, Lippincott Williams & Wilkins London [ISBN: 10: 1-901831-02-7]

This module does not have any article/paper resources

Other Resources

website: Irish Nursing and Midwifery Board *Nurses and Midwives Act 2011*, Dublin
<http://www.nursingboard.ie/en/nurses-mid-wives-act-2011.aspx>

website: WHO 2012, *ICD-10, WHO, Ch: 5*
<http://apps.who.int/classifications/icd10/browse/2010/en#/V>

Module Delivered in

Programme Code	Programme	Semester	Delivery
DK_NPNUR_8	Bachelor of Science (Honours) in Psychiatric Nursing	1	Mandatory
nocode16	Bachelor of Science in Health Studies (Psychiatric Nursing Exit Award	1	Mandatory
nocode17	Higher Certificate in Science in Health Studies (Psychiatric Nursing Exit Award)	1	Mandatory