هيئة تقويم التعليم والتدريب
Education & Training Evaluation Commission

T-104
2022

Course Specification

Course Title: Psychiatric and Mental Health Nursing
Course Code: 441NUR-5
Program: Bachelor of Science in Nursing
Department: Nursing
College: Nursing College
Institution: Jazan University
Version: 2024
Last Revision Date: February 2023

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A. General information about the course:

Course Identification					
1. Credit hours:	**5 (Theory: 3 hours + Practical: 2 hours)**				
2. Course type					
a.	University ☐	College ☐	Department ☒	Track☐	Others☐
b.	Required ☒	Elective☐			
3. Level/year at which this course is offered: 12th level, 4th Year					
4. Course general Description The course is designed for nursing students at the 12th grade level. It covers the following theoretical and clinical aspects: • Stress and crisis management • Mental health promotion • Rehabilitation of chronic disorders and intervention in maladaptive disorders • The cultural and social attitudes toward deviation from accepted norms.					
5. Pre-requirements for this course (if any): None					
6. Co- requirements for this course (if any): None					
7. Course Main Objective(s): By the end of this course the student should be able to: • Describe the basis of Mental Health Nursing. • Provide a detailed discussion of ethical and legal principles in a hospital. • Accurately analyse the psychopathological process of neurotic, psychotic, personality, organic and psychological disorders. • Assess the intellectual, emotional & behavioural reactions manifested by an adult client exhibiting various psychological conditions. • Differentiate between the various therapeutic modalities utilized in the management of patients with various psychiatric conditions. • Accurately discuss concept of psycho-biology disorders. • Integrate theoretical knowledge related to mental health into clinical practice. • Use the nursing process to effectively provide humanistic nursing care for various patients displaying dysfunctional coping mechanisms at an in-patient psychiatric hospital. • Use self-therapeutic skills as a means of working with colleagues, clients, and teachers in hospital in an appropriate manner. • Build an updated knowledge and conduct ongoing research into emerging trends in the field.					

1. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1.	Traditional classroom	(3 x 12) + (4 x 12) = 84	100%
2.	E-learning		
3.	Hybrid • Traditional classroom • E-learning		
4.	Distance learning		

2. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	12 x 3= 36
2.	Laboratory/Studio	12 x 4= 48
3.	Field	
4.	Tutorial	
5.	Others (specify)	
	Total	84 hour/semester

B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
1.1	Explain theories, concepts, principles, related to mental health and psychiatric nursing.	K1	Lecture/small group discussion to describe causes, signs/symptoms and therapeutic modalities.	**Direct** 1. MCQs. 2. Short essay. 3. Long essay. 4. Matching. **Indirect** Course evaluation survey. ILO SLO
1.2	Understand the principles and concepts of psychiatric and mental health nursing that are tailored to diverse population.	K2		

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
1.3	Explain contemporary nursing practices to promote patient-centered care.	K3		
2.0	Skills			
2.1	Demonstrate commitment to provide safe and evidenced based nursing care in psychiatric and mental health settings.	S1		
2.2	Perform both essential and advanced psychiatric and mental health nursing skills.	S2	1. Lectures demonstration as needed.	1. MCQs. 2. Short essay.
2.3	Effectively integrate information systems and technology into psychiatric and mental health nursing practices.	S3	2. Seminars and open discussion with students' presentations 3. Lab demonstration	3. Long essay. 4. Matching. Indirect Course evaluation survey. ILO SLO
	Communicate effectively with patients, their families, colleagues, and other professionals.	S4	4. Actual clinical experience	
	Use creativity to find solutions to issues that arise in psychiatric and mental health nursing practices to aid in decision-making.	S5		
3.0	Values, autonomy, and responsibility			
3.1	Demonstrate professional attitudes and responsibilities in psychiatric and mental health nursing	V1	1. Demonstration to acquire different nursing techniques & procedures. 2. Audio-visual	1. MCQs. 2. Short essay. 3. Long essay. 4. Matching. Indirect

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
	settings.		aids (video & posters) to help students to practice techniques & procedure.	Course evaluation survey. ILO SLO
3.2	Use self-therapeutic skills as a means of working with colleagues, clients, and teachers in hospital in an appropriate manner.	V2		

C. Course Content

No	List of Topics	Contact Hours
1.	**Theory:** Syllabus introduction **Practical:** General psychopathology.	L= 3 P= 4
2.	**Theory:** Schizophrenia. **Practical:** Introduction to Mental Health & Mental Status Examination	L= 3 P= 4
3.	**Theory:** Mood Disorders **Practical:** Therapeutic Communication & nurse patient relationship	L= 3 P= 4
4.	**Theory:** Anxiety Disorders. Stress and coping mechanism. **Practical:** Hospital Exposure/ Clinical	L= 3 P= 4
5.	**Theory:** Impulse control disorders **Practical:** Hospital Exposure/ Clinical	L= 3 P= 4
6.	**Theory:** Personality Disorders. **Practical:** Hospital Exposure/ Clinical	L= 3 P= 4
7.	**Theory:** Substance-Related Disorders **Practical:** Anti psychotics	L= 3 P= 4
8.	**Theory:** Eating Disorders and Family violence	L= 3 P= 4

	Practical: Restraints and milieu therapy	
9.	**Theory:** Neurodevelopmental disorders (ADHD, Autism) **Practical**: Anti- depressant	L= 3 P= 4
10.	**Theory:** Therapeutic Modalities/ Cognitive Behavioral Therapy **Practical:** Electroconvulsive Therapy (ECT)	L= 3 P= 4
11.	**Revision**	7
12.	**Final exam**	7
Total		84

D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (In week no)	Percentage of Total Assessment Score
1.	Attendance and Participation	Continuous	5%
2.	Midterm Theory examination	5th	25%
3.	Practical Assessment or assignment		5%
4.	Clinical Training		10%
5.	Short assessment (you could use quiz, evaluation, group project, group presentation, etc.)		5%
6	Final practical exam Final theoretical exam	11th 12th	20% 30%
	Total mark		100%

*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.)

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	• Dorothy Theodore, 2014: Textbook of Mental Health Nursing, Vol- I. 1st Edition, Paperback ISBN: 9788131236512. • Elizabeth M. Varcarolis, & Margaret Jordan Halter, 2009: Foundations of Psychiatric Mental Health Nursing: A Clinical Approach. • Townsend, 2015. Psychiatric mental health nursing, concept of care in evidence-based practice.
Supportive References	• Margaret Jordan Halter, 2015: Varcarolis' Foundations of Psychiatric Mental Health Nursing. Elsevier Adaptive

	Quizzing: Pageburst E-book on Vitalsource. • Margaret Jordan Halte,2018: Manual of Psychiatric Nursing Care Planning - Elsevier Ebook on Vitalsource Retail Access Card: An Interprofessional Approach r | 16 April 2018.
Electronic Materials	• American nursing journal of nursing research • Archives of psychiatric nursing journal. • International journal of mental health nursing.
Other Learning Materials	

2. Required Facilities and equipment

Items	Resources
Facilities (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	Lecture rooms (for 50 students per semester)
Technology equipment (Projector, smart board, software)	Smart Board with ICT software and internet connection in the classrooms; audio speakers for voice amplification and audio streaming; lapel and handheld microphones for teacher and students
Other equipment (Depending on the nature of the specialty)	Library, Textbooks and learning resources, basic laboratory, Lab demonstrators

F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Students	Course Report Students' teaching evaluation questionnaire. Continuing feedback from students during the semester.
Effectiveness of students' assessment	Instructor	Course report CLO Evaluation survey Continuing feedback from students during the semester.
Quality of learning resources	Quality Assurance Unit	Students Satisfaction Survey Continuing feedback from students during the semester.
The extent to which CLOs have been achieved	Instructor	Course report CLO Evaluation survey Continuing feedback from students during the semester.
Other		

Assessor (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify)

Assessment Methods (Direct, Indirect)

G. Specification Approval Data

COUNCIL /COMMITTEE	PLANS AND CORRICULUM COMMITTEE-COLLEGE OF NURSING
REFERENCE NO.	
DATE	