



# Course Specification

## (Bachelor)

Course Title: : Psychiatric and Mental Health Nursing

Course Code: 441NUR-5

Program: Nursing

Department: Nursing

College: : Nursing and Health Sciences College

Institution: : Jazan University

Version: 2024

Last Revision Date: 22/11/2024

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## A. General information about the course:

### 1. Course Identification

#### 1. Credit hours: (5 )

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: (8<sup>th</sup> level, 4<sup>th</sup> year)

#### 4. Course General Description:

The course is designed for nursing students, 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-requisites 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.

## 2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	$(3 \times 15) + (4 \times 15) = 105$	100%
2	E-learning		
3	Hybrid <ul style="list-style-type: none"> <li>• Traditional classroom</li> <li>• E-learning</li> </ul>		
4	Distance learning		

## 3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	$15 \times 3 = 45$
2.	Laboratory/Studio	$15 \times 4 = 60$
3.	Field	
4.	Tutorial	
5.	Others (specify)	
Total		105 hour/semester

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

Code	Course Learning Outcomes	Code of PLOs aligned with the 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	Direct





Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
			therapeutic modalities..	Written Examination (MCQ)
1.2	Understand the principles and concepts of psychiatric and mental health nursing that are tailored to diverse population.	K2	Class discussions & brainstorming learning • Self-learning & library search	Oral examination Written Examination (MCQ)
1.3	Explain contemporary nursing practices to promote patient-centered care.	K3	Forum & Blackboard Discussion • PowerPoint presentations Lectures/case based learning	Hospital (clinical) assessment Written Examination (MCQ)
...				
<b>2.0</b>	<b>Skills</b>			
2.1	Demonstrate commitment to provide safe and evidenced based nursing care in psychiatric and mental health settings.	S1	Laboratory demonstration • Simulation • Nursing care plans • PBL & Group discussions	Students discussions Practical exam (demonstration, OSCE, OSPE) ▪ Nursing care plan
2.2				
2.3	Perform both essential and advanced psychiatric and mental health nursing skills.	S2	case based learning. Bedside learning & hospital training	Hospital (clinical) assessment & area evaluation
2.4	Communicate effectively with patients, their families, colleagues, and other professionals.	S4	Clinical teaching Written group report	Hospital (clinical) assessment & area evaluation





Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
	Use creativity to find solutions to issues that arise in psychiatric and mental health nursing practices to aid in decision-making.	S5	<ul style="list-style-type: none"> <li>Technology &amp; instructional resources</li> <li>Self-learning &amp; library search</li> <li>Assignment &amp; Research project</li> <li>2. problem based learning.</li> </ul>	Self-evaluation surveys (ILO&SLO) <ul style="list-style-type: none"> <li>Outreached programs</li> </ul>
3.0	Values, autonomy, and responsibility			
3.1	Demonstrate professional attitudes and responsibilities in psychiatric and mental health nursing settings.	V1	Bedside learning & hospital training <ul style="list-style-type: none"> <li>Group discussion</li> <li>Individual &amp; group assignment</li> </ul>	Hospital (clinical) assessment & area evaluation. <ul style="list-style-type: none"> <li>Nursing documentation</li> <li>Students discussions</li> </ul>
3.2	Use self-therapeutic skills as a means of working with colleagues, clients, and teachers in hospital in an appropriate manner.	V2	Blackboard Forum <ul style="list-style-type: none"> <li>Brainstorming &amp; PBL</li> <li>Seminars</li> <li>Communication &amp; dialogue</li> </ul>	Hospital (clinical) Survey after completion of an internship

### C. Course Content

No	List of Topics	Contact Hours
1.	<b>Theory:</b> Syllabus introduction- Psychobiology <b>Practical:</b> General psychopathology.	L= 3 P= 4
2.	<b>Theory:</b> Schizophrenia. <b>Practical:</b> Mental Status Examination + Therapeutic Communication	L= 3 P= 4
3.	<b>Theory:</b> Mood Disorders	L= 3 P= 4





	<b>Practical:</b> Anti-psychotics	
4.	<b>Theory:</b> Anxiety Disorders Stress and coping mechanism  <b>Practical:</b> Anti-depressants	L= 3 P= 4
5.	<b>Theory:</b> Impulse control disorders <b>Practical:</b> Mood stabilizers	L= 3 P= 4
6.	<b>Theory:</b> Personality Disorders <b>Practical:</b> <u>Hospital Exposure/ Clinical</u>	L= 3 P= 4
7.	<b>Theory:</b> Substance-Related Disorders-I  <b>Practical:</b> <u>Hospital Exposure/ Clinical</u>	L= 3 P= 4
8.	<b>Theory:</b> Substance-Related Disorders-II  <b>Practical:</b> <u>Hospital Exposure/ Clinical</u>  <b><u>MID-TERM EXAM</u></b>	L= 3 P= 4
9.	<b>Theory:</b> Eating Disorders  <b>Practical:</b> Nurse-Patient Therapeutic Relationship & Setting limits <b><u>MID-TERM EXAM</u></b>	L= 3 P= 4
10.	<b>Theory:</b> Neurodevelopmental disorders (ADHD, Autism)  <b>Practical:</b> Restraints, Electroconvulsive Therapy (ECT), & Models of care or therapies	L= 3 P= 4
11.	<b>Theory:</b> Family violence  <b>Practical:</b> Anti-anxiety drugs	L= 3 P= 4





12.	<b>Theory:</b> Somatic Disorders <b>Practical:</b> <u>Hospital Exposure/ Clinical</u>	L= 3 P= 4
13.	<b>Theory:</b> Therapeutic Modalities/ Cognitive Behavioural Therapy <b>Practical:</b> <u>Hospital Exposure/ Clinical</u>	L= 3 P= 4
14	<b>Revision</b>  <b>Practical:</b> <u>Hospital Exposure/ Clinical</u>	L= 3 P= 4
15.	<b>Revision</b>	L=3 P=4
		105

## D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Student's discipline and behaviour	From first week to week 15	5%
2.	Practical assignments	9	5%
3.	Hospital assessments	6.7.6.12.13.14	10%
4.	Midterm theory examination	8	20%
5.	Final practical exam	16	20%
6.	Final theoretical exam	18	40%
7.	<b>Total mark</b>		<b>100%</b>

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

## E. Learning Resources and Facilities

### 1. References and Learning Resources





<b>Essential References</b>	Townsend, 2015. Psychiatric mental health nursing, concept of care in evidence-based practice
<b>Supportive References</b>	Halter, 2018. Varcarolis' Foundations of Psychiatric-Mental Health Nursing. A Clinical Approach, eighth edition.
<b>Electronic Materials</b>	<ul style="list-style-type: none"> <li>American nursing journal of nursing research</li> <li>Archives of psychiatric nursing journal.</li> <li>International journal of mental health nursing</li> </ul>
<b>Other Learning Materials</b>	

## 2. Required Facilities and equipment

Items	Resources
<b>facilities</b> (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	Lecture rooms (for 50 students per semester)
<b>Technology equipment</b> (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
<b>Other equipment</b> (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		



**Assessors** (Students, Faculty, Program Leaders, Peer Reviewers, Others (specify))

**Assessment Methods** (Direct, Indirect)

### G. Specification Approval

<b>COUNCIL /COMMITTEE</b>	Nursing Department Council
<b>REFERENCE NO.</b>	NUR 2508
<b>DATE</b>	Jan 15, 2025

