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| **Suggested Form No. (2) Course Description** |

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| **Faculty** | **Princess Aisha Bint Al-Hussein College for nursing and health sciences** | | | | |
| **Department** | **Nursing** | | | **Level in Framework** | 7 |
| **Course Name** | Psychiatric and Mental Health Practical | **Number** | 0901058 | **Prerequisite** | 0901451 |
| **Credit Hours** | 2 | **Theoretical** | 0 | **Practical** | **2** |
| **Course Coordinator** |  | **Email** |  | | |
| **Teachers Educators** |  | **Emails** |  | | |
| **Lecture Time** |  | **Place** |  | **Attendance Type** | Face to face |
| **Semester** |  | **Preparation Date** |  | **Modification Date** |  |

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| Abridged Course Description |
| This course provides practical experience in assessment, planning, implementation, and evaluation of treatment for patients facing mental health issues. The focus is on the practical application of theoretical knowledge in real-world contexts, promoting the cultivation of critical thinking, therapeutic communication, and empathetic care. Students will acquire the skills necessary to apply holistic psychosocial assessments, engage with interdisciplinary teams, and employ evidence-based interventions to foster mental health and healing. |
| Course Objectives |
| - Describe to the students the psychosocial assessment process for mentally ill patients.  - Enable students to apply holistic psychosocial assessments to address mental health needs.  - Assist students to demonstrate proficiency in therapeutic communication strategies to foster rapport and healing.  - Empower students to implement evidence-based interventions tailored to psychiatric conditions.  - Direct students to engage with interdisciplinary teams to design and implement care plans.  - empower students to evaluate personal biases and attitudes toward mental health to improve professional practice. |

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| **CILOs (Learning Outcomes)** |
| **Knowledge** |
| a1. Identify and explain sociocultural factors influencing mental health at global, regional, and national levels, highlighting their implications for mental health care. a2. Define key concepts in psychiatric nursing and describe fundamental psychiatric practical knowledge, including therapeutic communication techniques and quality care standards. a3. Describe the principles of holistic psychosocial assessment and explain their practical applications in delivering comprehensive mental health care. |
| **Skills** |
| b1. Formulate and implement nursing care plans tailored to address basic and complex mental health conditions, ensuring holistic patient care. and select appropriate interventions that promote holistic patient care.  b2. Demonstrate appropriate clinical interventions in response to psychiatric case studies by applying and choosing appropriate evidence-based procedures and techniques to assess, manage, and monitor patient conditions**.** |
| **Competences** |
| c1. Collaboratively analyze mental health issues and propose evidence-based nursing interventions by integrating theoretical knowledge into practical care strategies suitable for diverse healthcare settings.  c2. Collaborate effectively with interdisciplinary teams to ensure the delivery of patient-centered and comprehensive mental health care.  c3. Plan, organize, and supervise nursing interventions in healthcare settings, ensuring adherence to best practices and quality standards. |
| **Teaching & Learning Methods** |
| 1. Lecture based learning 2. Class discussion 3. Concept maps 4. Flipped classroom 5. Case based learning 6. Field work training |
| **Assessment Tools** |
| **1.**Quizzes and exercises  2.Written examinations  3.Written Assignments  4.Case studies  5.Group working  6.Oral presentations |

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| **Course Content** | | | | | |
| **Week** | **Hours** | **Outcomes** | **Subjects** | **Teaching & Learning Methods** | **Assessment Tools** |
| **1** | 8 | a 1, a 2 | * + Introduction to psychiatric nursing and mental health care practices   + Stigma in mental illnesses and cultural differences   + Sociocultural Issues   + The Nature of Culture | * Lecture based learning * Class discussion | Quizzes and exercises |
| **2** | 8 | a 3 | * Holistic psychosocial assessments and their applications: - * Physical Dimension * Emotional Dimension | * Lecture based learning * Class discussion | Written examinations |
| **3** | 16 | a 3 | * Holistic psychosocial assessments and their applications: - * Intellectual Dimension * Emotional Dimension Therapeutic * social, spiritual environmental and occupationalDimensions | * Lecture based learning * Class discussion * Concept maps * Flipped classroom * Case-based learning | -Written examinations  -Written Assignments  -Case studies |
| **4** |
| **5** | 16 | a.2 | * communication strategies in mental health care * Therapeutic Communication Technique * Ego Defense Mechanism Case Scenario and Examples | * Lecture based learning * Class discussion * Concept maps * Flipped classroom * Case-based learning | -Written examinations  -Written Assignments |
| **6** |
| **7** | 8 | b.1, b.2 | * Therapies Modalities and their Nursing applications * Family Therapy * Group Therapy | * Lecture based learning * Class discussion * Concept maps * Flipped classroom * Case-based learning | -Case studies  - Group working |
| **8** | 16 | b1, b 2 | * Therapies Modalities and their Nursing applications * Cognitive Behavioral Therapy (CBT * Complementary therapy | * Class discussion * Concept maps * Flipped classroom * Case-based learning | -Case studies  -Group working |
| **9** |
| **10** | 16 | c1 , c2 | * Nursing Applications in * Restraints and Seclusion * Crisis Intervention * Electroconvulsive Therapy (ECT) | * Lecture based learning * Class discussion * Concept maps * Flipped classroom * Case-based learning | -Case studies  - Group working  - Clinical Evaluation |
| **11** |
| **12** | 16 | a 2, b1, b 2, c1 | * Psychopharmacologic Agents and Nurses Role: - * Antidepressants * Mood-Stabilizing Agents * Antipychotic (Neurolepitc) Agents * Antiparkinsonian Agents * Sedative-hypnotics   Substance-use disorders: -   * Substance-induced disorders * Classes of psychoactive substances * Predisposing factors to substance related disorders | * Lecture based learning * Class discussion * Concept maps * Flipped classroom * Case-based learning | -Case studies  - Group working  - Clinical Evaluation |
| **13** |
| **14** | 8 | a 2, b1, b 2, c1, c3 | * Care of Clients with Psychiatric Disorders: * Substance-Abuse Disorders * Applications of the Nursing Process for Substance Intoxication and Withdrawal | * Lecture based learning * Class discussion * Concept maps * Flipped classroom * Case-based learning | -Case studies  - Group working  - Clinical Evaluation |
| **15** | 8 | c1, c2 , c3 | * Sample of selective Nursing Diagnosis for Patient with Psychotic disorders. * Assigning Nursing Diagnoses (NANDA) to Client Behaviours | * Class discussion | -Case studies  - Group working  - Clinical Evaluation |
| **16** | 1.5 |  | Final exam |  | Written examination |

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| **Constituents Components** | |
| **Morrison-Valfre, M.** (2022). *Foundations of mental health care* (7th ed.). Elsevier. | **Textbook** |
| **-**Mohr, W. K. (2017). Psychiatric-mental health nursing: Evidence-based concepts, skills, and practices (9th ed.). Wolters Kluwer.  -Halter, M. J. (2021). Varcarolis' foundations of psychiatric mental health nursing: A clinical approach (9th ed.). Elsevier.  -Stuart, G. W. (2020). Principles and practice of psychiatric nursing (11th ed.). Elsevier. | **References** |
| -Townsend, M.C. (2013). Psychiatric Mental Health Nursing, 5 th edition. F.A. Davis Company: Philadelphia.  -American Psychiatric Association (2013). The Diagnostic and Statistical Manual of Mental Disorders, 5th edition. Text Revision.  -O'Brien, P, Kennedy, W., & Ballard, K. (2008). Psychiatric Mental Health Nursing: An Introduction to Theory and Practice. Jones and Bartlett Publishers, Sudbury: MA | **Recommended for reading** |
| Ahu electronic library: [www.ahu.edu.jo/e-learning](http://www.ahu.edu.jo/e-learning)  -[World Health Organization (WHO) - Mental Health](https://www.who.int/health-topics/mental-health) – Global guidelines.  -American Psychiatric Association (APA) – Clinical practice guidelines.  -[National Institute of Mental Health (NIMH)](https://www.nimh.nih.gov/) – Evidence-based resources | **Electronic material** |
| -[Mental Health First Aid App](https://www.mentalhealthfirstaid.org/) – Crisis response and education. | **Other sites** |

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| **Course Assessment Plan** | | | | | | | | | |  |
| **Assessment tools** | | **Grade** | **Outcomes** | | | | | | |  |
|  | | a1. | a2. | a3. | b1. | b2 | c1. | c2. | c.3 |
| First examination (Mid) | |  |  |  |  |  |  |  |  |  |
| Second examination (If any) | | ---- | | | | | | | |  |
| examination | | **35** | 7 | 7 | 7 | 7 | 7 |  |  |  |
| Semester works | |  |  |  |  |  |  |  |  |  |
| **Semester Work Assessment** | Written assignment | **10** | 2 | 2 | 2 | 2 | 2 |  |  |  |
| Case study | **0** |  |  |  |  |  |  |  |  |
| Quizzes | **10** | 3 | 3 | 4 |  |  |  |  |  |
| Group working | **10** |  |  |  |  |  | 3 | 4 | 3 |
| Participation | **10** |  |  |  |  |  | 4 | 3 | 3 |
| Seminar Presentation | **25** | 2 | 2 | 2 | 2 | 2 | 5 | 5 | 5 |
| Total | **100** | **14** | **14** | **15** | **11** | **11** | **12** | **12** | **11** |
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