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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** | Mental Health  Nursing | **Number** | 0901451 | **Prerequisite** | 0901337 |
| **Credit Hours** | 3 | **Theoretical** | 3 | **Practical** | **-** |
| **Course Coordinator** |  | **Email** |  | | |
| **Teachers Educators** |  | **Email** |  | | |
| **Lecture Time** |  | **Place** |  | **Attendance Type** | Face-to-Face |
| **Semester** |  | **Preparation Date** | 6/10/2024 | **Modification Date** | 12/12/2024 |

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| Abridged Course Description |
| Students explore learning experiences that promote satisfactory assimilation of Fundamental mental health and mental illness concepts in their delivery of the Nursing process with clients and family systems. Students will have an opportunity to examine how the social, cultural, economic and political environments of mental health will influence his/her practices. Provides continuous practice experience that consolidates previous learning and allows opportunities for nurses to add to their mental health nursing practice expertise in the provision of nursing care for clients and/or families. Principles and concepts of mental health, psychopathology, and treatment modalities related to the nursing care of clients and their families. Students will be able to develop both cognitive and psychomotor skills necessary to perform assessments to clients by gathering a health history, and by performing a mental status assessment. Students will be able to analyze these data to develop a plan of care for clients with psychiatric and mental illness. |
| Course Objectives |
| 1. Discusses and describes based upon the nursing process how mental health promotion and mental health nursing interventions are fundamental to the therapeutic resolution of physiologically based self-care deficits.  2. Apply intermediate-level communication skills with people experiencing mental health  deviations.  3. Examine theory and research related to the prevention and treatment of mental illness.  4. Describe the anatomy and physiology of the brain in relation to mental health and illness.  5. Describe common child and adolescent behavioral disorders.  6. Differentiate among delirium, dementia, amnesia, and other cognitive disorders.  7. Identify the signs and symptoms of anxiety and dissociative disorders.  8. Differentiate between personality traits and personality disorders.  9. Name the types of personality disorders and list the behaviors associated with each  personality disorder. |

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| **CILOs (Learning Outcomes)** |
| **Knowledge** |
| a1. Define mental health and mental illness.  a2. Describe stress and stress management.  a3. Discuss the importance of collaboration with clients, families, and health care members in the development of nursing care. |
| **Skills** |
| b1. Compare the various roles of mental health nurses in different types of psychiatric treatment.  b2. Explain personality development theories.  b3. Classify signs and symptoms, types, causes, and nursing care of mental illnesses and Identify patterns of responses to actual or potential mental health disturbances, and potential comorbid physical illnesses. |
| **Competences** |
| c1. Demonstrate the process of mental health assessment to plan the nurse's actions. |
| **Teaching & Learning Methods** |
| * Lecture-based learning * Class based discussion * Case based learning |
| **Assessment Tools** |
| * Quizzes and exercises * Written examinations * Written Assignments: issues related to Psychiatric and Mental Health Nursing |

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| **Course Content** | | | | | |
| **Week** | **Hours** | **Outcomes** | **Subjects** | **Teaching & Learning Methods** | **Assessment Tools** |
| **1** | 3 | a1, a2, b1 | * Overview of psychotherapy (cognitive, interpersonal, behavior,) overview of psychopharmacology | * Lecture based learning * Class discussion * Group discussion | -Quizzes and exercises |
| **2** | 3 | a1, a2, a3, b1, c1 | * Neurobiological Considerations in Psychiatric Care | * Lecture based learning * Class discussion | -Written examinations |
|  | 3 | a1, a3, b1, b2, b3 | * Neurobiological Considerations in Psychiatric Care | * Lecture based learning * Class discussion * Case-based learning | -Written examinations  -Written Assignments  -Quiz |
| **3** |
| **4** | 6 | a1, a2, a3, b1, b2, c1 | * + Schizophrenia and other psychotic disorders. | * Lecture based learning * Class discussion * Case-based learning | -Written examinations  -Written Assignments |
| **5** |
| **6** | 9 | a1, a3, b1, b2, b3, c1 | * Schizophrenia and other psychotic disorders * Mood disorders | * Lecture based learning * Class discussion * Case-based learning | -Written Exam  -Written Assignments |
| **7** |
| **8** |
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| **9** | 9 | a1, a3, b1, b2, c1 | * Anxiety disorders | * Lecture based learning * Class discussion * Case-based learning | -Written examinations Written Assignments |
| **10** |
| **11** |
| **12**  **13** | 6 | a1, a3, b1, b2, b3 | * Neurocognitive * Disorders (Dementia, Delirium, Amnesia) Adolescent & Childhood psychiatric illnesses: | * Lecture based learning * Class discussion * Case-based learning | -Written examinations  -Written Assignments |
| **14** | 3 | a1, a2, a3, b1, b2, c1 | * Eating disorders | * Lecture based learning * Class discussion * Case-based learning | - Quiz  -Written Assignment |
| **15** | 3 | a1, a2, a3, b1, b2, c1 | * Personality Disorders: | * Lecture based learning * Class discussion * Case-based learning | Written examination  Written Assignments |
| **16** |  |  | Final exam |  | Written examination |

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| **Constituents Components** | |
| Townsend, M.C. (2013). Psychiatric Mental Health Nursing, 5 th edition. F.A. Davis Company: Philadelphia. | **Textbook** |
| American Psychiatric Association (2013). The Diagnostic and Statistical Manual of Mental Disorders, 5th edition. Text Revision. | **References** |
| 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** |
| Text book link : <https://repository.poltekkes-kaltim.ac.id/625/1/Psychiatric%20Mental%20Health%20Nursing%20Concepts%20of%20Care%20in%20Evidence-Based%20Practice%20by%20Mary%20C.%20Townsend%20DSN%20%20PMHCNS-BC%20(z-lib.org).pdf>  -Ahu electronic library: [www.ahu.edu.jo/e-learning](http://www.ahu.edu.jo/e-learning)  -World Health Organization (WHO) - Mental Health – Global guidelines.  -American Psychiatric Association (APA) – Clinical practice guidelines.  -National Institute of Mental Health (NIMH) – Evidence-based resources | **Electronic material** |
| -[Mental Health First Aid App](https://www.mentalhealthfirstaid.org/) – Crisis response and education.  -[PubMed](https://pubmed.ncbi.nlm.nih.gov/) – Research articles on mental health interventions and nursing care.  -[PsycINFO (via APA)](https://www.apa.org/pubs/databases/psycinfo) – Database for psychology and psychiatric nursing studies.  -CINAHL (via EBSCO) – Nursing and allied health journal articles (subscription required).  -[Google Scholar](https://scholar.google.com/) – Free access to many peer-reviewed articles. | **Other sites** |

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|  | **Course Assessment Plan** | | | | | | | | | | | |
| **Assessment tools** | | | **Grade** | |  | **Outcomes** | | | | | | |
|  | | | a1. | a2. | a3. | b1. | b2. | b3. | c1. | c2. |
| First examination (Mid) | | | 30 | | 5 | 4 | 5 | 4 | 3 | 3 | 3 | 3 |
| Second examination (If any) | | |  | ---- | | | | | | | | |
| Final examination | | | 50 | | 8 | 10 | 10 | 8 | 8 | 6 |  |  |
| Semester works | | |  | |  |  |  |  |  |  |  |  |
| **Semester Work Assessment** | | Written assignment | 5 | | 3 |  |  | 2 |  |  |  |  |
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| Quizzes | 15 | | 8 |  |  |  | 3 |  | 4 |  |
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| Total | 100 | | 24 | 14 | 15 | 14 | 14 | 9 | 7 | 3 |