



**University of Baghdad**  
**College of Nursing**  
**Undergraduate Curriculum**  
**Psychiatric Mental Health Nursing**



1. **Course Title:** Psychiatric Mental Health Nursing
2. **Course Number:** NRS 408
3. **Credit Hours:** Total of (7) credits :  
Theory (3) credits.  
Clinical (4) credits.
4. **Course Calendar:** Total (14) hours weekly of (15) weeks :  
Theory: (3) hrs.  
Clinical: (6) hrs .
5. **Placement:** Fourth years /Second Semester
6. **Course Description:**

This course will provide students with basic knowledge and understanding a various theories that explain the behaviors of mental ill persons, then to develop a clear and specific approach to various problems to guideline for using nursing process as a form work for effective care with holistic view of each client whose life is composed of particular complex of physical, emotional, spiritual, interpersonal, cultural, socioeconomic and environmental factors.

**7. Course Objective:**

Upon completion of the course, the student shall be able to:

- Discuss the trends, foundations, and concepts of mental health nursing.
- Identify the community based nursing care (mental health promotion and mental illness prevention.)
- Describe the ethical and legal issues in nursing.
- Identify the mental health nursing theories.
- Implement therapeutic communication and interpersonal relationship.
- Apply the nursing process in providing the nursing care for the client.
- Identify and assist in providing special treatment modalities.
- Describe different types of psychiatric disorders.
- Recognize client behaviors and problems.
- Assess the mental health statues of client.
- Chang the students attitudes toward mental health and mental illness nursing
- Appraise the nurse's role in the community mental health nursing.

## 8. Course Outline:

### Theoretical Content

No	Weeks	Course outline
1.	First week	<b>Foundations of Psychiatric–Mental Health Nursing</b> <ul style="list-style-type: none"><li>- History of psychiatric mental health services</li><li>- Introduction to psychiatric Mental Health Nursing</li><li>- Concepts of mental health and illness</li></ul>
2.	Second	<b>Neurobiological and psychosocial theories</b> <ul style="list-style-type: none"><li>- Neurobiological Theory</li><li>- Psychoanalytic theories (Frued)</li><li>- Theory of Psychosocial Development (Erikson)</li><li>- Adler's Theory</li><li>- Interpersonal theory (Harry Stack Sullivan)</li><li>- Humanistic theories (Abraham Maslow)</li></ul>
3.	Third week	<b>Legal and Ethical Issues</b> <ul style="list-style-type: none"><li>- General Principles of Psychiatric Nursing</li><li>- General concepts and definition</li><li>- Ethical consideration</li><li>- Legal Issues in Psychiatric/Mental Health Nursing</li><li>- Commitment Issues</li></ul>
4.	Fourth week	<b>Treatments modalities</b> <ul style="list-style-type: none"><li>- classification of treatment modalities<ul style="list-style-type: none"><li>A. Physical treatment</li><li>B. Psychodynamic Therapy</li><li>C. Psychosurgery (Neurosurgery)</li></ul></li></ul>
5.	Fifth week	<b>Anxiety and anxiety related disorders</b> <ul style="list-style-type: none"><li>- Introduction</li><li>- Anxiety as a response to stress</li><li>- levels of anxiety</li><li>- working with anxious client</li><li>- overview of anxiety disorders</li><li>- incidence</li><li>- onset and clinical course</li><li>- related disorders</li><li>- etiology</li><li>- treatment</li><li>- panic disorder</li><li>- phobias</li><li>- generalized anxiety disorder</li></ul>
6.	Six week	<b>Trauma and Stressor-Related Disorders and OCD</b> <ul style="list-style-type: none"><li>- Posttraumatic stress disorder</li><li>- Obsessive compulsive disorder OCD</li></ul>

7.	Seventh week	<b>Somatic Symptom Illnesses</b> <ul style="list-style-type: none"> <li>- overview of somatic symptoms illness</li> <li>- onset and clinical course</li> <li>- related disorders</li> <li>- etiology</li> <li>- treatment</li> <li>- client/family education</li> <li>- nursing intervention</li> </ul>
8.	Eight week	<b>First exam</b>
9.	Ninth week	<b>Mood disorders</b> <ul style="list-style-type: none"> <li>- Introduction</li> <li>- categories of mood disorder</li> <li>- related disorders</li> <li>- etiology</li> <li>- major depressive disorder</li> <li>- bipolar disorder</li> <li>- suicide</li> </ul>
10.	Ten week	<b>Schizophrenia spectrum and related disorders</b> <ul style="list-style-type: none"> <li>- Introduction</li> <li>- Positive and Negative Symptoms of Schizophrenia</li> <li>- Clinical course</li> <li>- Related disorder</li> <li>- Etiology</li> <li>- Treatment</li> <li>- nursing care plan</li> </ul>
11.	Eleven week	<b>Neurodevelopmental Disorders</b> <ul style="list-style-type: none"> <li>- Introduction</li> <li>- Autism Spectrum Disorder</li> <li>- Related Disorders</li> <li>- Attention deficit hyperactivity disorder</li> </ul>
12.	Twelve week	<b>Neurocognitive Disorders</b> <ul style="list-style-type: none"> <li>- Introduction</li> <li>- Delirium</li> <li>- Dementia</li> </ul>
13.	Thirteen week	<b>Personality disorders</b> <ul style="list-style-type: none"> <li>- Introduction</li> <li>- clusters of personality disorder</li> <li>- onset and clinical course</li> <li>- eiology</li> <li>- treatment</li> <li>- paranoid personality disorder</li> <li>- schizoid personality disorder</li> <li>- schizotypal personality disorder</li> <li>- Antisocial personality disorder</li> <li>- borderline personality disorder</li> <li>- Histrionic personality disorder</li> <li>- Narcisstic personality disorder</li> <li>- Aviodant personality disorder</li> <li>- Dependent personality disorder</li> <li>- Obsessive- compulsive personality disorder</li> </ul>

14.	Fourteen week	<b>Substance use disorders</b> <ul style="list-style-type: none"> <li>- Introduction</li> <li>- types of substance abuse</li> <li>- onset and clinical course</li> <li>- related disorders</li> <li>- etiology</li> <li>- Types of substance and treatment</li> <li>- Alcohol</li> <li>- Sedative,hypnotics and anxiolytics</li> <li>- Stimulants</li> <li>- Cannabis</li> <li>- Opioids</li> <li>- Hallucinogens</li> <li>- Inhalants</li> <li>- treatment and prognosis</li> <li>- Dual diagnosis</li> <li>- client/family education</li> <li>- nursing intervention</li> </ul>
15.	Fifteen week	<b>Second exam</b>

### **Clinical Content**

1. Overview
2. Patient History
3. How to Conduct The Psychiatric Interview
4. The Mental Status Examination
5. General Appearance and Motor Behavior
6. Speech
7. Mood and Affect
8. Unit exam
9. Thought Process and Content
- 10.Assessment of suicide or harm toward others
- 11.Perception
12. Sensorium and Intellectual Processes
13. Judgment and Insight
14. Self-Concept
15. Psychological Tests