

Macao Polytechnic University
Faculty of Health Sciences and Sports
Bachelor of Science in Nursing

Module Outline

Academic Year 2022 / 2023 Semester 1

Learning Module	Mental Health Nursing			Class Code	NMEN3101
Pre-requisite(s)	NFUN1101, NFUN1102				
Medium of Instruction	Cantonese / English			Credit	3
Lecture Hours	37 hrs	Lab/Practice Hours	8 hrs	Total Hours	45 hrs
Instructor	Mr. Kwong Ho Keung		E-mail	hkkwong@mpu.edu.mo	
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Description

This 45-hour learning module introduces to students' key theories and skills of mental health nursing. It prepares students to care for the clients with mental illness in both hospital and community settings.

Learning Outcomes

After completing the learning module, students will be able to:

1. Discuss the concepts of mental health
2. Appreciate the importance of maintaining mental health
3. Discuss societal attitude and treatment to individuals with mental disorders
4. Describe the multidisciplinary services of mental health care
5. Conduct assessment of mental health and disorders
6. Describe basic principles and practice skills of mental health nursing
7. Conduct health education and care to clients with mentally disordered

Content

1. Introduction to mental health service (2 hours)
 - 1.1 Comprehend and describe the mental health service in Macau
 - 1.2 Compare the mental health service with other countries
2. Concepts of mental health and promotion of mental health (2 hours)
 - 2.1 Master the skills of mental health promotion
 - 2.2 Apply the knowledge mental health promotion
3. Ethical and legal issues in mental health care (2 hours)
 - 3.1 Comprehend the legal issues in mental health care related to local orders and practice
 - 3.2 Memorize the legal issues in mental health care related to practice
4. Principles of mental health nursing (2 hours)
 - 4.1 Understand the role of psychiatric nurses within multidisciplinary services in mental health care
 - 4.2 Demonstrate and exercise mental health nursing knowledge
5. Classification of mental disorders (2 hours)
 - 5.1 Apply knowledge to observe signs and symptoms of mental disorders
 - 5.2 Understand the diagnosis of mental disorders
6. Assessment and diagnosis of mental disorders (2 hours)
 - 6.1 Describe and record clinical features of mental disorders
 - 6.2 Analysis and assess clinical features of mental disorders
7. Treatment and nursing of mental disorders (2 hours)
 - 7.1 Master skills of nursing to the treatment and nursing care to mental patients
 - 7.2 Understand and apply drug treatment of mental illness
 - 7.3 Understand and master knowledge in electroconvulsive therapy
 - 7.4 Mater the skills of psychotherapy
8. Principle of care for individuals with mental disorders (i) (2 hours)
 - 8.1 Understand psychotic disorders and master to care of schizophrenic patients
 - 8.2 Understand mood disorders and master to care clients with bipolar disorder; care of client with anxiety disorders; care of depressed client
 - 8.3 Understand personality disorders and master to care clients with personality disorder

9. Principles of care for individuals with mental disorders (ii) (2 hours)
 - 9.1 Understand cognitive disorders and master to care demented patients
 - 9.2 Understand and master the skills to care substance abuse disorders
 - 9.3 Master the knowledge to care the mental disorders in childhood & adolescence

10. Mental health care plan (2 hours)
 - 10.1 All topics from lesson 1-9 will be reviewed and go through briefly
 - 10.2 Focus will be addressed on case studies and developing mental health nursing care plan

11. Therapeutic environment (2 Hours)
 - 11.1 Understand Milieu therapy - safety environment for daily living, care of aggressive patients, suicidal patients and self- harm patients

12. Therapeutic communication (2 hours)
 - 12.1 Master the skills of therapeutic communication among patients

13. Practice of therapeutic environment (2 hours)
 - 13.1 Demonstrate and setting a therapeutic environment in nursing laboratory

14. Practice of communication (2 hours)
 - 14.1 Demonstrate and practice communications skills through role play

15. Counseling (2 hours)
 - 15.1 Understand the theories of counseling
 - 15.2 Master the skills of counseling

16. Practice of counseling (2 hours)
 - 16.1 Demonstrate and practice the skills of counseling through role play

17. Rehabilitative services of mental health (2 hours)
 - 17.1 Comprehend the rehabilitative services of mental health
 - 17.2 Compare the services with other countries on their characteristics

18. Group therapy (2 hours)
 - 18.1 Understand the theories of group therapy
 - 18.2 Organize group therapy and apply in nursing role

19. Practice of group therapy (2 hours)
 - 19.1 Master and demonstrate the skills in group therapy through role play

20. Revision (1) (2 hours)

21. Revision (2) (3 hour)

All topics above in this subject will be discussed and nursing skills for mental health care will be reviewed for further practice

22. Examination (2 hours)

All topics of studies from this subject will be assessed through a written examination which lasted for 2 hours.

Practice (8 hours)

Practice Class	Practice Item	Practice Title	Students / Group	Mode of Practice	Practice Requirement
1 st 2 hours	Setting/function	Therapeutic environment	6/5	Demonstration/ Role play	Safety setting Safety belts
2 nd 2 hours	Communication skills	Communication	6/5	Demonstration/ Role play	Tables /Chairs
3 rd 2 hours	Counselling skills	Counselling	6/5	Demonstration/ Role play	Tables/Chairs
4 th 2 hours	Leading skills	Group therapy	6/5	Demonstration/ Role play	Tables/ Chairs

Teaching Method

Lectures, videos, case studies, group discussion and role play.

Attendance

Attendance requirements are governed by the “Academic Regulations Governing Bachelor’s Degree Programmes” of Macao Polytechnic University. Students are not eligible to attend the final examination and re-sit examination if the absence rate exceeds 30%. Moreover, an “F” will be given as the final grade to students who have less than the stated attendance for this enrolled module.

Assessment

This learning module is graded on a 100 point scale, with 100 being the highest possible score and 50 the pass score. Any students scoring less than 35% of the total mark in the final examination will be given an “F” grade for the module even if the overall grade is 50% or higher.

	Item	Description	Percentage
1.	Assignment	Portfolio of mental health nursing studies	30%
2.	Examination	Written examination (2 hours)	70%
		Total Percentage:	100 %

Teaching Material(s)

Textbook(s)

Videbeck S.L (2019) *Psychiatric mental health nursing*, Philadelphia: Lippinot Williams & Wilkins.

Reference

Reference books

- American Psychiatric Association (APA) (2013). *Diagnostic & statistical manual of mental disorders* (5th ed.). New York: APA.
- Blows. W.T. (2011). *The biological basis of mental health nursing* (2nd ed.). New York: Routledge.
- Callaghan P., Playie. J & Cooper L. (2009). *Mental health nursing skills*. Oxford: Oxford University Press.
- Clarke V., Walsh A. (2009). *Fundamentals of mental health nursing*. Oxford: Oxford University Press.
- Elder R., Evans K. & Nizette D. (2013). *Psychiatric and mental health nursing*. Chatswood: Elsever.
- Fontaine K.L. (2009). *Mental health nursing* (6th ed.). N.J.: Pearson Prentice Hall.
- Hogan M., Przybylowicz T.A. & Vacek J. (2013). *Mental health nursing*. New Jersey: Pearson Education Inc.
- Gail Wiscarz Stuart (2013) *Principles and Practice of Psychiatric Nursing* (10th.ed). Elsevier: Mosby
- Mohr W.K. (2013). *Psychiatric-mental health nursing: evidence-based concepts, skills, and practices*. Philadelphia: Lippinot Williams & Wilkins.
- Norman I. & Ryrie I. (2013). *The art and science of mental health nursing: principles and practice*. Berkshire: Open University Press.
- Townsend M.C. (2012). *Psychiatric mental health nursing concepts of care in evidence-based practice* (7th ed.). Philadelphia: F.A. Davis Company
- Trenoweth S. et al. (2011). *Nursing and mental health care: an introduction for all fields of practice*. Exeter: Learning Matters Ltd.
- Varcarolis E.M. et al. (2013). *Essentials of psychiatric mental health nursing: a communication approach to evidence-based care* (2nd ed.). St. Louis: Elsevier
- Williamson T. & Daw R. (2013). *Law, values and practice in mental health nursing:a handbook*. Berkshire: Open University Press.

Websites

DSM-V ® *Diagnostic and Statistical Manual of Mental Disorders*

ICD-11 (2018). *The International Statistical Classification of Diseases and Related Health Problems 11th Revision*

Macao Mental Health Act 31/99/M <http://www.ssm.gov.mo/design/news/Document/ICD10.pdf>

Timetable 2022-2023**Mental Health Nursing****NMEN3101-311 (Class 3A)**

Session	Date	Time	Topic
1	22-08-2022 (Mon)	09:00-11:00	Introduction to mental health service
2	22-08-2022 (Mon)	11:00-13:00	Concepts of mental health and promotion of mental health
3	25-08-2022 (Thur)	11:00-13:00	Ethical and legal issues in mental health care
4	25-08-2022 (Thur)	14:30-16:30	Principles of mental health nursing
5	29-08-2022 (Mon)	09:00-11:00	Classification of mental disorders
6	29-08-2022 (Mon)	11:00-13:00	Assessment and diagnosis of mental disorders
7	30-08-2022 (Tue)	09:00-11:00	Treatment and nursing of mental disorders
8	01-09-2022 (Thur)	11:00-13:00	Principle of care for individuals with mental disorders
9	05-09-2022 (Mon)	14:30-16:30	Principles of care for individuals with mental disorders
10	06-09-2022 (Tue)	14:30-16:30	Mental Health Nursing Care plan
11	09-09-2022 (Fri)	14:30-16:30	Therapeutic environment (Milieu therapy - safety environment for daily living, care of aggressive patients, suicidal patients and self-harm patients)
12	13-09-2022 (Tue)	14:30-16:30	Therapeutic communication
13	15-09-2022 (Thur)	09:00-11:00	Practice of therapeutic environment (Lab.)
14	15-09-2022 (Thur)	11:00-13:00	Practice of communication (Lab.)
15	19-09-2022 (Mon)	11:00-13:00	Counseling
16	20-09-2022 (Tue)	14:30-16:30	Practice of counseling (Lab.)
17	21-09-2022 (Wed)	09:00-11:00	Rehabilitative services of mental health
18	26-09-2022 (Mon)	09:00-11:00	Group therapy
19	28-09-2022 (Wed)	09:00-11:00	Practice of group therapy (Lab.)
20	28-09-2022 (Wed)	11:00-13:00	Revision (1)
21	06-10-2022 (Thur)	14:30-17:30	Revision (2) *(3 hours)
22	02-12-2022 (Fri)	14:30-16:30	Examination

Timetable 2022-2023**Mental Health Nursing****NMEN3101-312 (Class 3B)**

Session	Date	Time	Topic
1	22-08-2022 (Mon)	14:30-16:30	Introduction to mental health service
2	23-08-2022 (Tue)	09:00-11:00	Concepts of mental health and promotion of mental health
3	23-08-2022 (Tue)	11:00-13:00	Ethical and legal issues in mental health care
4	25-08-2022 (Thur)	09:00-11:00	Principles of mental health nursing
5	29-08-2022 (Mon)	14:30-16:30	Classification of mental disorders
6	30-08-2022 (Tue)	11:00-13:00	Assessment and diagnosis of mental disorders
7	01-09-2022 (Thur)	09:00-11:00	Treatment and nursing of mental disorders
8	01-09-2022 (Thur)	14:30-16:30	Principle of care for individuals with mental disorders
9	05-09-2022 (Mon)	11:00-13:00	Principles of care for individuals with mental disorders
10	25-10-2022 (Tue)	11:00-13:00	Mental Health Nursing Care plan
11	26-10-2022 (Wed)	09:00-11:00	Therapeutic environment (Milieu therapy - safety environment for daily living, care of aggressive patients, suicidal patients and self- harm patients)
12	27-10-2022 (Thur)	14:30-16:30	Therapeutic communication
13	01-11-2022 (Tue)	09:00-11:00	Practice of therapeutic environment (Lab.)
14	01-11-2022 (Tue)	11:00-13:00	Practice of communication (Lab.)
15	03-11-2022 (Thur)	09:00-11:00	Counseling
16	08-11-2022 (Tue)	11:00-13:00	Practice of counseling (Lab.)
17	09-11-2022 (Wed)	09:00-11:00	Rehabilitative services of mental health
18	10-11-2022 (Thur)	09:00-11:00	Group therapy
19	15-11-2022 (Tue)	*14:30-17:30	Practice of group therapy (Lab.) + Revision (1 hr.)
20	16-11-2022 (Wed)	09:00-11:00	Revision (1)
21	18-11-2022 (Fri)	09:00-11:00	Revision (2)
22	02-12-2022 (Fri)	14:30-16:30	Examination