



**PEKING UNIVERSITY HEALTH SCIENCE CENTER - MACAO POLYTECHNIC UNIVERSITY NURSING
ACADEMY**

BACHELOR OF SCIENCES IN NURSING

LEARNING MODULE OUTLINE

Academic Year	2023-2024	Semester	1
Module Code	NMEN3101		
Learning Module	Mental Health Nursing		
Pre-requisite(s)	NFUN1101, NFUN1102		
Medium of Instruction	Chinese / English		
Credits	3	Contact Hours	45
Instructor	Kwong Ho Keung & nurses from Macao Health Bureau	Email	t1758@mpu.edu.mo
Office	M705, Meng Tak Building	Office Phone	85993428

MODULE DESCRIPTION 學科單元/科目概述

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

MODULE INTENDED LEARNING OUTCOMES (ILOS) 學科單元/科目預期學習成效

On completion of this learning module, students will be able to:

M1.	Discuss the concepts, societal attitude and legal aspects of mental health service
M2.	Conduct assessment of clients with mental disorders
M3.	Understand various treatments to individuals with mental disorders
M4.	Describe the multidisciplinary approach and services of mental health care
M5.	Understand basic principles of care and master nursing skills of mental health nursing
M6.	Conduct health education and care to clients with mental disorders



These ILOs aims to enable students to attain the following Programme Intended Learning Outcomes (PILOs):

PILOs 課程預期學習成效	M1	M2	M3	M4	M5	M6
P1. Demonstrate an understanding of the holistic nature of the clients' health status involving individual, family, and community aspects.	✓	✓	✓	✓	✓	✓
P2. Demonstrate effective communication skills and the ability to establish and maintain a therapeutic relationship with clients.	✓			✓	✓	
P3. Demonstrate a mastery and an application of knowledge and skills for nursing practice, including biological sciences, social sciences and humanities, by making appropriate clinical reasoning and performing safe and therapeutic practice.	✓		✓		✓	
P4. Demonstrate the ability to maintain legal and ethical standards of nursing practice.	✓		✓			
P5. Demonstrate the ability to carry out relevant research and contribute to the health of the community.	✓					
P6. Work effectively and efficiently alone or in teams.	✓					
P7. Demonstrate the ability to identify and evaluate health care issues.	✓	✓			✓	
P8. Demonstrate a critical understanding and apply the principles of evidence-based practice to the delivery of nursing care.	✓			✓	✓	

MODULE SCHEDULE, COVERAGE AND STUDY LOAD 教與學日程、內容及學習量

Week 週	Content Coverage 涵蓋內容	Contact Hours 面授學時
Week 1	1. Classification of mental disorders <ul style="list-style-type: none"> Apply knowledge to observe signs and symptoms of mental disorders Understand the diagnosis of mental disorders 	2 hours
Week 1	2. Assessment of mental disorders <ul style="list-style-type: none"> Analysis and assess clinical features of mental disorders 	2 hours
Week 1	3. Diagnosis of mental disorders <ul style="list-style-type: none"> Describe and record clinical features of mental disorders Analysis and assess clinical features of mental disorders 	2 hours
Week 1	4. Ethical and legal issues in mental health care <ul style="list-style-type: none"> Comprehend the legal issues in mental health care related to local orders and practice Memorize the legal issues in mental health care related to practice 	2 hours
Week 1	5. Treatment and nursing of mental disorders <ul style="list-style-type: none"> Master skills of nursing to the treatment and nursing care to mental patients Understand and apply drug treatment of mental illness Understand and master knowledge in electroconvulsive therapy Mater the skills of psychotherapy 	2 hours



Week 2	<p>6. Principle of care for individuals with mental disorders</p> <ul style="list-style-type: none"> • Understand psychotic disorders and master to care of schizophrenic patients • Understand mood disorders and master to care clients with bipolar disorder; care of client with anxiety disorders; care of depressed client • Understand personality disorders and master to care clients with personality disorder <p>1. Principles of care for individuals with mental disorders</p> <ul style="list-style-type: none"> • Understand cognitive disorders and master to care demented patients • Understand and master the skills to care substance abuse disorders • Master the knowledge to care the mental disorders in childhood & adolescence 	2 hours
Week 2	<p>7. Counseling</p> <ul style="list-style-type: none"> • Understand the theories of counseling • Master the skills of counseling 	2 hours
Week 2	<p>8. Practice of counseling</p> <ul style="list-style-type: none"> • Demonstrate and practice the skills of counseling through role play • Demonstrate and exercise mental health nursing knowledge 	2 hours
Week 9	<p>9. Practice of communication</p> <ul style="list-style-type: none"> • Demonstrate and practice communications skills through role play 	2 hours
Week 9	<p>10. Group therapy</p> <ul style="list-style-type: none"> • Understand the theories of group therapy • Organize group therapy and apply in nursing role 	2 hours
Week 10	<p>11. Practice of group therapy</p> <p>Master and demonstrate the skills in group therapy through role play</p>	2 hours
Week 10	<p>12. Practice of therapeutic environment</p> <ul style="list-style-type: none"> • Demonstrate and setting a therapeutic environment in nursing laboratory • Restraint and seclusion management will be practices in laboratory. 	2 hours
Week 11	<p>13. Mental health care plan</p> <ul style="list-style-type: none"> • Case studies will be discussed and analysis as examples for developing mental health nursing care plan in future practice 	2 hours
Week 11	<p>14. Revision</p> <ul style="list-style-type: none"> • All topics above in this subject will be discussed and nursing skills for mental health care will be reviewed for further practice 	2 hours
Week 11	<p>15. Introduction to local mental health service</p> <ul style="list-style-type: none"> • Comprehend and describe the mental health service in Macau • Compare the mental health service with other countries 	2 hours
Week 12	<p>16. Principles of mental health nursing</p> <ul style="list-style-type: none"> • Understand the role of psychiatric nurses within multidisciplinary services in mental health care 	2 hours
Week 12	<p>17. Concepts of mental health and promotion of mental health + (*Revision)</p> <ul style="list-style-type: none"> • Master the skills of mental health promotion • Apply the knowledge mental health promotion 	3 hours
Week 13	<p>18. Therapeutic environment</p> <ul style="list-style-type: none"> • Understand Milieu therapy - safety environment for daily living, care of aggressive patients, suicidal patients and self-harm patients 	2 hours
Week 13	<p>19. Therapeutic communication + (*Revision)</p> <ul style="list-style-type: none"> • Master the skills of therapeutic communication among patients 	3 hours



Week 13	20. Rehabilitative services of mental health + (*Revision) <ul style="list-style-type: none"> Comprehend the rehabilitative services of mental health Compare the services with other countries on their characteristics 	3 hours
Week 15	21. Examination <ul style="list-style-type: none"> All topics of studies from this subject will be assessed through a written examination which lasted for 2 hours. 	2 hours
	Total	45 hours

TEACHING AND LEARNING ACTIVITIES

In this learning module, students will work towards attaining the ILOs through the following teaching and learning activities: 修讀本學科單元/科目，學生將透過以下教與學活動取得預期學習成效

Teaching and Learning Activities	M1	M2	M3	M4	M5	M6
T1. Lectures, videos demonstration	✓	✓	✓	✓	✓	✓
T2. Group discussion, role play	✓	✓	✓	✓	✓	✓
T3. Demonstration, Laboratory class	✓	✓	✓	✓	✓	✓

ATTENDANCE

Attendance requirements are governed by the Academic Regulations Governing Bachelor's Degree Programmes of the Macao Polytechnic University. Students who do not meet the attendance requirements for the learning module shall be awarded an 'F' grade.

ASSESSMENT

In this learning module, students are required to complete the following assessment activities:

Assessment Activities	Weighting (%)	ILOs to be Assessed (M1,M2,M3,M4,M5,M6....)
A1. In-class Exercises and Quizzes	10%	M1, M2, M3, M4, M5, M6
A2. Assignment: Portfolio of mental health nursing	30%	M1, M2, M3, M4, M5, M6
A3. Written examination (2 hours)	60%	M1, M2, M3, M4, M5, M6

The assessment will be conducted following the University's Assessment Strategy (see www.mpu.edu.mo/teaching_learning/en/assessment_strategy.php). Passing this learning module indicates that students will have attained the ILOs of this learning module and thus acquired its credits.

This learning module is graded on a 100-point scale, with 100 being the highest possible score and 50 being the passing score.

Any student from Faculty of Health Sciences and Sports (FCSD) 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.



MARKING SCHEME (評分準則)

MARKING SCHEME

Assessment Activities	Assessment Criteria	Mark Ranges				
		88-100	73-87	58-72	50-57	<50
A1. In-class Exercises and Quizzes	Demonstrate the understanding of the subjects covered in classes and show active learning attitude.	Excellent	Good/ Very Good	Satisfactory	Marginal Pass	Fail; not reaching marginal levels
A2. Assignment: Portfolio of mental health nursing	Demonstrate the understanding of the subject and the ability to collect information for health education, presentation and future studies.	Excellent	Good/ Very Good	Satisfactory	Marginal Pass	Fail; not reaching marginal levels
A3. Written examination	Demonstrate the ability to answer questions on topics covered in the outline	Excellent	Good/ Very Good	Satisfactory	Marginal Pass	Fail; not reaching marginal levels

REQUIRED READINGS 書單

Module textbook:

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

REFERENCES 參考文獻

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: Elsevier.

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: Lippincott 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>

STUDENT FEEDBACK

At the end of every semester, students are invited to provide feedback on the learning module and the teaching arrangement through questionnaires. Your feedback is valuable for instructors to enhance the module and its delivery for future students. The instructor and programme coordinators will consider all feedback and respond with actions formally in the annual programme review.

ACADEMIC INTEGRITY

The Macao Polytechnic University requires students to have full commitment to academic integrity when engaging in research and academic activities. Violations of academic integrity, which include but are not limited to plagiarism, collusion, fabrication or falsification, repeated use of assignments and cheating in examinations, are considered as serious academic offenses and may lead to disciplinary actions. Students should read the relevant regulations and guidelines in the Student Handbook which is distributed upon the admission into the University, a copy of which can also be found at www.mpu.edu.mo/student_handbook/.



Timetable 2023-2024 Mental Health Nursing NMEN3101-311 (Class 3A)

Session	Date	Time	Topic
1	24-08-2023 (Thur)	11:00-13:00	Classification of mental disorders
2	25-08-2023 (Fri)	14:30-16:30	Assessment of mental disorders
3	28-08-2023 (Mon)	14:30-16:30	Diagnosis of mental disorders
4	29-08-2023 (Tue)	14:30-16:30	Ethical and legal issues in mental health care
5	30-08-2023 (Wed)	11:00-13:00	Treatment and nursing of mental disorders
6	04-09-2023 (Mon)	11:00-13:00	Principle of care for individuals with mental disorders
7	07-09-2023 (Thur)	11:00-13:00	Counseling
8	08-09-2023 (Fri)	14:30-16:30	Practice of counseling (Lab.)
9	25-10-2023 (Wed)	11:00-13:00	Practice of communication (Lab.)
10	26-10-2023 (Thur)	11:00-13:00	Group therapy
11	31-10-2023 (Tue)	11:00-13:00	Practice of group therapy (Lab.)
12	03-11-2023 (Fri)	11:00-13:00	Practice of therapeutic environment (Lab.)
13	06-11-2023 (Mon)	11:00-13:00	Mental Health Nursing Care plan
14	08-11-2023 (Wed)	11:00-13:00	Revision
15	09-11-2023 (Thur)	18:30-20:30 (Ng)	Introduction to Local mental health services
16	14-11-2023 (Tue)	18:30-20:30 (Lo)	Principles of mental health nursing
17	16-11-2023 (Thur)	18:30-20:30 (Chan)	Therapeutic environment - Milieu therapy
18	18-11-2023 (Sat)	14:30-17:30 (Ng)	Concepts of mental health and promotion of mental health + Revision (1 hr.)
19	25-11-2023 (Sat)	09:00-12:00 (Lo)	Rehabilitative services of mental health + Revision (1 hr.)
20	25-11-2023 (Sat)	14:30-17:30 (Chan)	Therapeutic communication + Revision (1hr.)
21	12-12-2023 (Tue)	14:30- 16:30	Examination



Timetable 2023-2024 Mental Health Nursing NMEN3101-312 (Class 3B)

Session	Date	Time	Topic
1	24-08-2023 (Thur)	09:00-11:00	Classification of mental disorders
2	25-08-2023 (Fri)	11:00-13:00	Assessment of mental disorders
3	28-08-2023 (Mon)	09:00-11:00	Diagnosis of mental disorders
4	31-08-2023 (Thur)	11:00-13:00	Ethical and legal issues in mental health care
5	01-09-2023 (Fri)	14:30-16:30	Treatment and nursing of mental disorders
6	04-09-2023 (Mon)	09:00-11:00	Principle of care for individuals with mental disorders
7	05-09-2023 (Tue)	14:30-16:30	Counseling
8	08-09-2023 (Fri)	11:00-13:00	Practice of counseling (Lab.)
9	24-10-2023 (Tue)	14:30-16:30	Practice of communication (Lab.)
10	25-10-2023 (Wed)	14:30-16:30	Group therapy
11	30-10-2023 (Mon)	11:00-13:00	Practice of group therapy (Lab.)
12	01-11-2023 (Wed)	09:00-11:00	Practice of therapeutic environment (Lab.)
13	06-11-2023 (Mon)	14:30-16:30	Mental Health Nursing Care plan
14	07-11-2023 (Tue)	18:30-20:30 (Ng)	Introduction to Local mental health services
15	08-11-2023 (Wed)	09:00-11:00	Revision
16	15-11-2023 (Wed)	18:30-20:30 (Lo)	Principles of mental health nursing
17	18-11-2023 (Sat)	09:00-12:00 (Ng)	Concepts of mental health and promotion of mental health + Revision (1 hr.)
18	21-11-2023 (Thur)	18:30-20:30 (Chan)	Therapeutic environment - Milieu therapy
19	25-11-2023 (Sat)	09:00-12:00 (Chan)	Therapeutic communication + Revision (1 hr.)
20	25-11-2023 (Sat) L	14:30-17:30 (LO)	Rehabilitative services of mental health + Revision (1 hr.)
21	12-12-2023 (Tue)	14:30-16:30	Examination



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

Session	Date	Time	Topic
1	06-09-2023 (Wed)	11:00-13:00	Classification of mental disorders
2	07-09-2023 (Thur)	09:00-11:00	Assessment and diagnosis of mental disorders
3	12-09-2023 (Tue)	11:00-13:00	Diagnosis of mental disorders
4	12-09-2023 (Tue)	14:30-16:30	Ethical and legal issues in mental health care
5	14-09-2023 (Thur)	11:00-13:00	Treatment and nursing of mental disorders
6	14-09-2023 (Thur)	14:30-16:30	Principle of care for individuals with mental disorders
7	19-09-2023 (Tue)	11:00-13:00	Counseling
8	19-09-2023 (Tue)	14:30-16:30	Practice of counseling (Lab.)
9	21-09-2023 (Thur)	11:00-13:00	group therapy
10	21-09-2023 (Thur)	14:30-16:30	Practice of group therapy (Lab.)
11	25-09-2023 (Mon)	11:00-13:00	Practice of communication (Lab.)
12	25-09-2023 (Mon)	14:30-16:30	Practice of therapeutic environment (Lab.)
13	27-09-2023 (Wed)	11:00-13:00	Mental Health Nursing Care plan
14	27-09-2023 (Wed)	14:30-16:30	Revision
15	28-09-2023 (Thur)	18:30-20:30 (Lo)	Principle of mental health nursing
16	10-10-2023 (Tue)	18:30-20:30 (Chan)	Therapeutic environment (Milieu therapy)
17	12-10-2023 (Thur)	18:30-20:30 (Ng)	Introduction to Local mental health services
18	14-10-2023 (Sat)	09:00-12:00 (Lo)	Rehabilitative services of mental health + Revision (1 hr.)
19	14-10-2023 (Sat)	*14:30-17:30 (Chan)	Therapeutic communication + Revision (1 hr.)
20	21-10-2023 (Sat)	14:30-17:30 (Ng)	Concepts of mental health and promotion of mental health + Revision (1 hr.)
21	12-12-2023 (Tue)	14:30-16:30	Examination