

Macao Polytechnic Institute
School of Health Sciences and Sports
Master of Science in Nursing

Module Outline

Learning Module	Mental Health Nursing			Class Code	NURS6108
Pre-requisite(s)	Nil				
Medium of Instruction	Chinese / English			Credit	6
Lecture Hours	78 hrs	Lab/Practice Hours	12 hrs	Total Hours	90 hrs

Description

This 90-hour subject introduces to students' key theories and skills of mental health nursing. They include: 1) the basic principles of specialist mental health care; 2) tertiary prevention work and various mental health care practices. 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 mastering skills of mental health nursing.
7. Conduct health education and care plan to clients with mentally disordered.
8. Conduct research studies related to mental health nursing issues.

Content

1. Introduction of mental health nursing (3 hours)
 Comprehend and describe the mental health service in Macau
 Compare the mental health service with other countries
2. Concept of mental health nursing (3 hours)
 Master the skills of mental health promotion

Apply the knowledge mental health promotion

3. Legal and ethical issues related to mental health nursing (3 hours)
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
4. Assessment and diagnosis of mental health disorder (3 hours)
Describe and record clinical features of mental disorders
Analysis and assess clinical features of mental disorders
5. Aetiology, Signs and symptoms of mental disorders (3 hours)
Apply knowledge to observe signs and symptoms of mental disorders
Understand the diagnosis of mental disorders
6. Therapeutic relationship (3 hours)
Mastering skills on building therapeutic relationship with clients
7. Therapeutic Communication (3 hours)
Master the skills of therapeutic communication among patients
8. Treatment of mental disorders (3 hours)
Understand the regimen of medication and treatment plan of mental illness
9. Psychotherapy (3 hours)
Understand the theories of psychotherapy
Master the skills of counselling
10. Cognitive behaviour therapy (3 hours)
Understand the theory of cognitive behaviour therapy
Master the skill of cognitive behaviour therapy
11. Family therapy (3 hours)
Understand the theories of family therapy
Master the skill of family therapy
12. Group therapy (3 hours)
Understand the theories of group therapy
Organize group therapy and apply in nursing role
13. Therapeutic Environment (3 hours)
Demonstrate and setting a therapeutic environment in nursing laboratory
14. Crisis intervention (3 hours)
Understand and handling of crisis intervention
15. Care for violence and suicide (3 hours)
Understand milieu therapy
Master skills in safety environment for clients' daily living, care of aggressive patients, suicidal patients and self-harm patients

16. Care of child and adolescent in mental disorders (3 hours)
Comprehend the care and service in child and adolescent related to mental health
17. Mental health care with personality disorder (3 hours)
Identify and handling clients with personality disorder
18. Mental health disorders in adults (3 hours)
Master the skills in care of adults with mental disorders
19. Psychotic disorders related substance abuse (3 hours)
Comprehend and master the skill in prevention of substance abuse
20. Psycho-geriatric cares (3 hours)
Master the skills in nursing psycho-geriatric patients
21. Mental health service for rehabilitation in community (3 hours)
Comprehend the rehabilitative services of mental health
Compare the services with other countries on their characteristics
22. Revision I (3 hours) and revision II (4 hours)
All topics above in this subject will be discussed and nursing skills for mental health care will be reviewed for further practice.
23. Presentation (6 hours)
24. Examination (2 hours)

Practice (12 hours)

1. Practice of therapeutic environment (3 hours)
Demonstrate and setting a therapeutic environment in nursing laboratory
2. Practice communications skills (3 hours)
Demonstrate and practice communications skills through role play
3. Practice of counselling (3 hours)
Demonstrate and practice the skills of counselling through role play
4. Practice of group therapy (3 hours)
Master and demonstrate the skills in group therapy through role play

Class Practice

Practice (12 hours)

Practice Item	Practice Title	Students / Group	Mode of Practice	Practice Requirement
Setting/ Safety Restriction	Therapeutic environment	6	Demonstration/ Role play	Safety setting Safety belts
Communication skills	Communication	6	Demonstration/ Role play	Tables /Chairs
Counselling skills	Counselling	6	Demonstration/ Role play	Tables/Chairs
Counselling skills	Group therapy	6	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 Institute”. 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 subject.

Assessment

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

	Item	Description	Percentage
1.	Assignment	Literatural review	30%
2.	Examination	Written examination (2 hours)	50%
3.	Continuous assessment	Oral presentation	20%

Total Percentage: 100%

Teaching Material(s)

Textbook(s)

1. 蕭淑貞(2019), *Psychiatric Nursing: Concept and Practice* (精神科護理概論－基本概念及臨床應用). 十版, 台北: 華杏。

Reference book(s)

1. American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th edition) - DSM-5. Washington, DC: American Psychiatric Association.
2. American Psychiatric Nurses Association, International Society of Psychiatric-Mental Health Nurses. (2014). Psychiatric-mental health nursing: scope and standards of practice (2nd edition). Silver Spring, MD: APNA: ANA.
3. DeNisco, S. & Barker, A.M. (2013). Advanced practice nursing: evolving roles for the transformation of the profession (2nd Ed.). Burlington, MA: Jones & Bartlett Learning. Dogra.
4. Kneisl, C.R. & Trigoboff, E. (2013). Contemporary psychiatric-mental health nursing (3rd Ed.). Boston: Pearson.
5. Melillo, K.D. & Houde, S.C. (2011). Geropsychiatric and mental health nursing (2nd Ed.). Sudbury, MA: Jones & Bartlett Learning.
6. Trenoweth, S. (2017). Promoting recovery in mental health nursing. London: SAGE.
7. Tusaie, K. & Fitzpatrick, J.J. (2017). Advanced practice psychiatric nursing: integrating psychotherapy, psychopharmacology, and complementary and alternative approaches across the life span (2nd Ed.) New York: Springer Publishing Company.
8. Walker, Sandra. (2015). Psychosocial interventions in mental health nursing. London: SAGE.
9. Walker, Sandra. (2014). Engagement and therapeutic communication in mental health nursing. Thousand Oaks, California: SAGE.
10. World Health Organization (2022). The ICD-11 classification of mental and behavioral disorders: clinical descriptions and diagnostic guidelines. Geneva: World Health Organization.

Journal(s)

The Journal of the Community Psychiatric Nurses Association

Journal of child and adolescent psychiatric nursing

International Journal of Mental Health Nursing

Journal of Psychosocial Nursing and Mental Health Services

Journal of Psychiatric and Mental Health Nursing

Website(s)

World Health Organization <https://www.who.int>