

Course Description Template

1.Course Name:	
Psychiatric and mental health nursing	
2.Course Code:	
NUR408	
3.(Semester-based)	
2024 / 2025 (Semester-based)	
4.description preparation date:5/2/2025	
5.Available Attendance Modes: In-person	
6.Total Study Hours / Total Credits:	
Theoretical: 3 hours Practical: 12 hours Number of study hours (total): 15 hours Number of units: 7 units	
7.Course Coordinator(s) (if more than one, please specify):	
Name: د. علي احمد كاظم طاهر	
8-Course Objectives	
I. Cognitive Objectives 1. Understand the fundamental concepts of psychiatric nursing and its related principles. 2. Recognize the foundations of psychiatric nursing care and its role in promoting health and preventing mental and psychological disorders. 3. Comprehend the ethical and legal issues related to psychiatric nursing practice. 4. Study various theories in psychiatric nursing and their practical applications. 5. Differentiate between different types of psychiatric disorders, their symptoms, and appropriate management approaches. 6. Analyze the factors affecting mental health and the behaviors associated with it. II. Skill-Based Objectives: 7. Apply effective therapeutic communication skills with psychiatric patients. 8. Develop the nursing process in providing care to psychiatric patients. 9. Assess clients' mental health using appropriate evaluation tools.	Learning Objectives

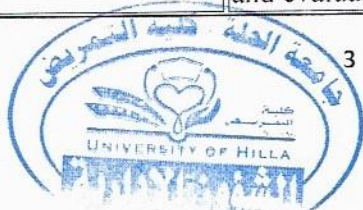
practical applications.



<p>10. Implement nursing strategies to promote mental health and manage psychological issues.</p> <p>11. Provide psychological and social support to patients according to their individual needs.</p> <p>12. Collaborate with the medical and community team to create a supportive therapeutic environment.</p> <p>13. Apply ethical and legal principles in dealing with psychiatric patients.</p>	
9. Teaching and Learning Strategies	
<p>Teaching Methods:</p> <ul style="list-style-type: none"> • Lectures: To present basic information and theoretical concepts. • Group Discussions: To enhance critical thinking and active participation among students. • Teamwork: To develop collaboration skills and the practical application of concepts. • Brainstorming: To generate creative ideas and solutions. • Problem-based Learning: To encourage students to solve real-world problems. <p>Assessment Methods:</p> <ul style="list-style-type: none"> • Written Tests: To measure theoretical understanding of concepts and terminology. • Practical Assessment (Applied Skills): Through case studies or hands-on activities. • Participation in Group Discussions: To assess interaction level and critical understanding. • Brainstorming: To evaluate the creative input and solution-oriented thinking. • Reports: To assess written communication and research capabilities. • Extracurricular Activities: To evaluate engagement and learning outside the classroom. • Quizzes: To measure quick understanding and recall of key concepts. 	<p>Strategy</p>
<p>10. Course Structure First Semester</p> <p>Course Structure</p> <p>First Semester</p>	



Week	Hours	Learning Outcomes	Unit/Topic	Learning Method	Assessment Method
1	3	- Understand the fundamentals and history of mental health. - Identify the concepts of mental health and mental illness.	Unit 1: Introduction to Psychiatric Nursing - History and trends in psychiatric nursing. - Introduction to mental health and illness concepts.	Lectures – Practical Workshops	Written Exam – Therapeutic Analysis
2	3	- Comprehend the foundations of psychiatric nursing. - Analyze factors affecting mental health.	Unit 2: Fundamentals of Mental Health and Mental Illness - Factors influencing mental health. - Differences between mental health and mental illness.	Case Studies – Clinical Simulations	Case Analysis – Interactive Discussion
3	3	- Recognize the role of nursing in community mental health. - Understand mental health promotion methods.	Unit 3: Community Mental Health - Community healthcare. - Prevention of psychiatric disorders.	Lectures – Case Studies	Clinical Evaluation – Theoretical Analysis
4	3	- Analyze ethical and legal issues in psychiatric nursing.	Unit 4: Ethical and Legal Aspects in Mental Health - Patients' rights in mental healthcare. - Legislation and regulations in psychiatric care.	Role-Playing – Group Discussions	Practical Test – Case Study
5	3	- Review psychological and neurological theories in psychiatric nursing.	Unit 5: Theories in Psychiatric Nursing - Basic psychological theories. - Neurological theories and their impact on behavior.	Character Analysis – Role-Playing	Theoretical Analysis – Practical Assessment
6	3	- Develop therapeutic communication skills and professional relationships with patients.	Unit 6: Therapeutic Communication and Interpersonal Relationships - Effective communication techniques. - Establishing a therapeutic relationship.	Lectures – Case Studies	Quiz – Interactive Discussion
7	3	- Apply the nursing process in psychiatric patient care.	Unit 7: Nursing Process in Mental Health - Assessment and diagnosis according to NANDA. - Planning, implementation, and evaluation.	Lectures – Case Studies	Quiz – Interactive Discussion



8	3	- Explore different treatment methods in psychiatric nursing.	Unit 8: Treatment Methods in Psychiatric Nursing - Pharmacological treatments. - Electroconvulsive therapy (ECT). - Alternative therapies.	Lectures – Case Studies	Clinical Assessment – Theoretical Analysis
9	3	- Understand mood disorders such as depression and mania.	Unit 9: Mood Disorders - Different types of depression. - Bipolar disorder.	Lectures – Case Studies	Clinical Assessment – Theoretical Analysis
10	3	- Identify psychotic disorders and delusions.	Unit 10: Psychotic Disorders - Schizophrenia and its symptoms. - Shared psychotic disorder and delusional disorders.	Lectures – Case Studies	Quiz – Interactive Discussion
11	3	- Manage patients with anxiety disorders.	Unit 11: Anxiety and Phobia Disorders - Generalized anxiety disorder. - Panic disorders and phobias.	Lectures – Case Studies	Quiz – Interactive Discussion
12	3	- Recognize eating disorders and addiction and their impact on mental health.	Unit 12: Personality Disorders - Borderline and antisocial personality disorders. - Strategies for patient management.	Lectures – Case Studies	Quiz – Interactive Discussion
13	3	- Assess a patient's mental health and develop care plans.	Unit 13: Eating Disorders and Addiction - Anorexia nervosa and bulimia. - Substance addiction and its psychological impact.	Lectures – Case Studies	Quiz – Interactive Discussion
14	3	- Comprehensive course review and final exam preparation.	Unit 14: Mental Health Assessment - Using psychological assessment tools. - Analyzing mental health reports.	Patient Mental Health Evaluation	Assessment Report – Interactive Discussion
15	3	- Final review and course evaluation.	Unit 15: Final Review and Assessment - Reviewing previous units. - Exam question discussion.	Review Sessions – Open Discussions	Final Exam – Participation Assessment
			Unit 13: Eating		



Second Semester

Course Structure

First Semester

Week	Hours	Learning Outcomes	Unit/Topic	Learning Method	Assessment Method
1	3	- Understand the fundamentals and history of mental health. - Identify the concepts of mental health and mental illness.	Unit 1: Introduction to Psychiatric Nursing - History and trends in psychiatric nursing. - Introduction to mental health and illness concepts.	Lectures – Practical Workshops	Written Exam – Therapeutic Analysis
2	3	- Comprehend the foundations of psychiatric nursing. - Analyze factors affecting mental health.	Unit 2: Fundamentals of Mental Health and Mental Illness - Factors influencing mental health. - Differences between mental health and mental illness.	Case Studies – Clinical Simulations	Case Analysis – Interactive Discussion
3	3	- Recognize the role of nursing in community mental health. - Understand mental health promotion methods.	Unit 3: Community Mental Health - Community healthcare. - Prevention of psychiatric disorders.	Lectures – Case Studies	Clinical Evaluation – Theoretical Analysis
4	3	- Analyze ethical and legal issues in psychiatric nursing.	Unit 4: Ethical and Legal Aspects in Mental Health - Patients' rights in mental healthcare. - Legislation and regulations in psychiatric care.	Role-Playing – Group Discussions	Practical Test – Case Study
5	3	- Review psychological and neurological theories in psychiatric nursing.	Unit 5: Theories in Psychiatric Nursing - Basic psychological theories. - Neurological theories and their impact on behavior.	Character Analysis – Role-Playing	Theoretical Analysis – Practical Assessment
6	3	- Develop therapeutic communication skills and professional relationships with patients.	Unit 6: Therapeutic Communication and Interpersonal Relationships - Effective communication	Lectures – Case Studies	Quiz – Interactive Discussion



			techniques. - Establishing a therapeutic relationship.		
7	3	- Apply the nursing process in psychiatric patient care.	Unit 7: Nursing Process in Mental Health - Assessment and diagnosis according to NANDA. - Planning, implementation, and evaluation.	Lectures – Case Studies	Quiz – Interactive Discussion
8	3	- Explore different treatment methods in psychiatric nursing.	Unit 8: Treatment Methods in Psychiatric Nursing - Pharmacological treatments. - Electroconvulsive therapy (ECT). - Alternative therapies.	Lectures – Case Studies	Clinical Assessment – Theoretical Analysis
9	3	- Understand mood disorders such as depression and mania.	Unit 9: Mood Disorders - Different types of depression. - Bipolar disorder.	Lectures – Case Studies	Clinical Assessment – Theoretical Analysis
10	3	- Identify psychotic disorders and delusions.	Unit 10: Psychotic Disorders - Schizophrenia and its symptoms. - Shared psychotic disorder and delusional disorders.	Lectures – Case Studies	Quiz – Interactive Discussion
11	3	- Manage patients with anxiety disorders.	Unit 11: Anxiety and Phobia Disorders - Generalized anxiety disorder. - Panic disorders and phobias.	Lectures – Case Studies	Quiz – Interactive Discussion
12	3	- Recognize eating disorders and addiction and their impact on mental health.	Unit 12: Personality Disorders - Borderline and antisocial personality disorders. - Strategies for patient management.	Lectures – Case Studies	Quiz – Interactive Discussion
13	3	- Assess a patient's mental health and develop care plans.	Unit 13: Eating Disorders and Addiction - Anorexia nervosa and bulimia. - Substance addiction and its psychological impact.	Lectures – Case Studies	Quiz – Interactive Discussion
14	3	- Comprehensive course review and final exam preparation.	Unit 14: Mental Health Assessment - Using psychological assessment tools. - Analyzing mental health reports.	Patient Mental Health Evaluation	Assessment Report – Interactive Discussion



15	3	- Final review and course evaluation.	Unit 15: Final Review and Assessment - Reviewing previous units. - Exam question discussion.	Review Sessions – Open Discussions	Final Exam – Participation Assessment
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11. Course Evaluation:

- **First Theoretical Exam:** 10%
- **Second Theoretical Exam:** 10%
- **Clinical Evaluation:** 10%
- **Reports:** 5%
- **Quizzes:** 5%
- **Final Theoretical Exam:** 40%
- **Final Clinical Exam:** 20%

12. Learning and Teaching Resources

Required textbooks	(methodology if any)
<p>•Videbeck, S., L. (2022). Psychiatric-mental health nursing. Lippincott Williams & Wilkins. 8th edition.</p> <p>Gorman., L. M., & Anwar, R.F. (2014). Neeb's Fundamentals of Mental Health Nursing. FA Davis. 4TH EDITION.</p>	Main References (Sources)
<p>Videbeck, S., L. (2018). Psychiatric-mental health nursing. Lippincott Williams & Wilkins. 6th edition.</p> <p>Halter, M, J. Foundations of Psychiatric Mental Health Nursing A Clinical Approach Varcarolis'. 7th Edition.</p>	Recommended supporting books and references (scientific journals, reports, etc.)
<p>World Health Organization. (2025). <i>Global health observatory: Epidemiology and statistics report (WHO/GSB/2025)</i>. World Health Organization. https://www.who.int/gho/epidemiology</p>	Electronic references, websites
<p>Course Improvement Recommendations:</p> <ul style="list-style-type: none"> • Update Course Content to align with the latest developments in psychiatric and mental health nursing. • Enhance Students' Research and Analytical Skills by incorporating reviews of recent scientific sources. • Integrate the Latest Scientific Evidence and Global Recommendations into nursing interventions for psychiatric and mental health disorders. • Improve Teaching Quality through the use of modern educational techniques and methodologies. 	

