

## **ENF 406 Mental Health and Psychiatry**

**Credits: 6**

### **OVERVIEW**

This course addresses the importance of psychiatric and mental health of patients a theoretical and practical approach. The focus of the discipline arises from the interplay between Psychopathology, Clinical Psychology and Nursing Care. The student will develop skills to understand the mental health and disease process of people and incorporate those skills into their practice.

### **DESCRIPTION**

<b>What is it?</b>	Professional and humanistic subject, that relates to the comprehensive care of patients with mental health problems and emotional disorders with a focus on a basic therapeutic approach. It is dedicated to the control and assistance from a practical point of view, as well as the administration of psychotropic drugs.
<b>What needs does it address?</b>	Provide quality care to the patient, family and community with mental health problems and disorders. Include the family in the psychiatric care of the patient.
<b>What does it pursue?</b>	Rate the patient in the bio-psychosocial area with emphasis on the psychological aspect.
<b>What does it deal with?</b>	Provide comprehensive nursing care to the patient with mental health problems and mental disorders taking into consideration their family and social environment in the context of nursing theories.
<b>What relationships exist?</b>	Mental health is related to the daily life of every person. It is related to how each person harmonizes their desires, ambitions, skills, ideals, feelings and consciousness, in order to meet the demands of life.

### **OBJECTIVES**

- Acquire knowledge concerning the care of psychiatric disturbances that occur in the individual.
- Define the characteristics of mental health and the criteria for illness.
- Promote the educational aspect, prevent the emergence of mental diseases and encourage healthy habits for mental health.
- Develop the professional activity with satisfaction, safety and security

### **SUBJECT COMPETENCIES**

Apply theoretical knowledge and practical methods for comprehensive health care, in normal and pathological situations, in the three levels of prevention and care.

- Measure, interpret and apply the various scientific, cultural, social and emotional foundations in a criteria form on the basis of mental health as the foundation of a healthy lifestyle.
- Assess the mental state of the patient in order to develop attitudes that lead to the adoption of positive psychological behavior that respects cultural and social behavior.

## CONTENTS

<b>UNIT</b>	1	
Learn and identify the patient with mental illness or disorder, known as mental health science.		
<b>Knowledge</b>	<b>Skills</b>	<b>Values</b>
General Psychiatry Nursing intervention in each of the different psychiatric disorders	Know and learn the principles of the course. Identify the different kinds of mental states.	Social responsibility and commitment
<b>Assignment</b> History and Concepts of Psychiatry. Psychiatry workshops. See real world examples of psychiatric disorders.		

<b>UNIT</b>	2	
The student learns some mental disorders and how to treat the patient. Identifies the most common mental disorders in children, adolescents, adults and the elderly.		
<b>Knowledge</b>	<b>Skills</b>	<b>Values</b>
Schizophrenia Depression and Suicide	Learn to treat patients, according to their disorder. Be able to identify and classify as bad	Social responsibility and commitment
<b>Assignment</b> Study the concepts and evolution of Schizophrenia. Work on the causes of depression and suicide. Workshops will measure the students' capabilities and fill in the gaps so that the student will be prepared.		

<b>UNIT</b>	3	
Provide care to the patient undergoing biological treatment, with emphasis on psychopharmacological treatment in coordination with members of the treatment team.		
<b>Knowledge</b>	<b>Skills</b>	<b>Values</b>
General Treatment	Learn about mental problems and manage the necessary therapies.	Social responsibility and commitment.

<b>UNIT</b>	4	
Provides comprehensive care to the healthy patient or patient with mental health problems and disorders.		
<b>Knowledge</b>	<b>Skills</b>	<b>Values</b>
Hospital Practices	Learn about different recreational therapies that can be applied, depending on the mental illness. Manage psychopharmacology correctly applying the five.	Social responsibility and commitment.

<b>UNIT</b>	5	
Apply psychotherapeutic techniques and procedures for inpatient care.		
<b>Knowledge</b>	<b>Skills</b>	<b>Values</b>
Hospital Practices	Skills in managing patients and families. Learning to deliver the adequate medicine.	Social responsibility and commitment.
<b>Assignment</b> Exhibitions and group work on Pharmacology will be used in each case.		

**ASSESSMENT**

Quizzes & assignments: 60%

Final project: 40%

**REFERENCES**

AUTHOR	TITLE	YEAR
Ariel César, Núñez Rojas	<a href="http://www.psiquiatria.com">http://www.psiquiatria.com</a>	2010
Observatoriode Salud Mental.	Organización Mundial de la Salud. <a href="http://www.observatorio-aen.es">http://www.observatorio-aen.es</a>	2009
Plan Integral de Salud Mental	<a href="http://www.juntadeandalucia.es/servicioandaluzdesalud/principal">www.juntadeandalucia.es/servicioandaluzdesalud/principal</a>	2007
Julio Avelino	Enfermería- Enfermería en Salud <a href="http://www.scribd.com/doc/28677065">www.scribd.com/doc/28677065</a>	2009
Reunión de las Cátedras de Patrocinio de Medicina de Familia	<a href="http://www.osatzen.com/ficheros/ASIGNATURA_MEDICINA_FAMILIA_1A.tmp.pdf">http://www.osatzen.com/ficheros/ASIGNATURA_MEDICINA_FAMILIA_1A.tmp.pdf</a>	2008