

Course unit title	PSYCHIC HEALTH NURSING
Course unit code	BPS(SK)/6-1.2
Type of course unit	Compulsory
Level of course unit	First cycle
Year of study (if applicable)	Third year
Semester/	Spring semester
Number of ECTS credits allocated	3 ECTS
Learning outcomes of the course unit	<p>Upon completion of the course unit, students will be able to:</p> <p>LO1 explain the concepts of mental health, mental disorders, their epidemiology, etiology and pathogenesis;</p> <p>LO2 assess patients with mental health disorders and identify nursing needs;</p> <p>LO3 recognise the main symptoms and syndromes of mental disorders and perform psychiatric patient assessment;</p> <p>LO4 apply evidence-based nursing principles in mental health nursing;</p> <p>LO5 plan, implement and evaluate nursing care for patients with mental health disorders;</p> <p>LO6 provide nursing care for patients with anxiety, mood, personality, eating, sleep and psychotic disorders;</p> <p>LO7 provide nursing care in psychiatric emergencies, crisis situations, suicidal behaviour and substance-related disorders;</p> <p>LO8 communicate effectively with patients and their families in mental health care.</p>
Mode of delivery	Blended learning
Prerequisites and co-requisites	Professional Language, Professional Environment, Biomedical Sciences, Fundamentals of Health Care, Therapeutic and Geriatric Nursing, Mother and Child Nursing.
Course contents	Mental health and mental disorders. Epidemiology, etiology and pathogenesis of mental disorders. Treatment of mental disorders: psychotropic medications, psychotherapy and psychosocial rehabilitation. Evidence-based practice in mental health nursing. Psychiatric nursing process and patient assessment. Main symptoms and syndromes of mental disorders. Personality and behavioural disorders. Anxiety, eating, sleep and mood disorders. Schizophrenia and schizoaffective disorders. Organic and symptomatic mental disorders. Acute psychiatry. Suicide, violent behaviour, crisis situations and substance-related disorders. Communication with patients and families.
Planned learning activities and teaching methods	Lectures, seminars, practical classes, clinical simulations, case analysis, journal club, group discussions, independent study.
Assessment	Tests – 30% Practical assignments and clinical simulations – 50% Nursing case study / nursing care plan – 20%
Language of instruction.	English
Work placement(s)	Utenos kolegija Higher Education Institution Faculty of Medicine Nursing Simulation Centre