

# **SYLLABUS**

## **SUBJECT Mental health**

**TEACHER** ANNA IWANICKA – MACIURA

### **COURSE DESCRIPTION**

This course concern look after mentally ill patient and prevention mental disorder.  
In course reveal role of mental hygiene in remain mental health.

### **LEARNING OUTCOMES**

Students know how take care of mentally ill patient and solve therapeutic problems.  
Students also learn mental hygiene in everyday life.

### **GRADING POLICY**

Choice test

### **PREREQUISITES**

basic nursing skills

### **TIMETABLE**

<b>Subject - matter</b>	<b>hours</b>
<b>INTRODUCTION TO PSYCHIATRIC/MENTAL HEALTH CONCEPTS</b>	-
Mental Health and Mental Illness	2
Concepts of Personality Development	2
Biological Implications	1
Ethical and Legal Issues	1
Cultural and Spiritual Concepts Relevant to Psychiatric/Mental Health Nursing	1
<b>PSYCHIATRIC/MENTAL HEALTH NURSING INTERVENTIONS</b>	-
Relationship Development and Therapeutic Communication	1
The Nursing Process in Psychiatric/Mental Health Nursing	1
<b>CARE OF CLIENTS WITH PSYCHIATRIC DISORDERS</b>	-
Delirium, Dementia, and Amnestic Disorders	2
Substance-Related Disorders	2
Schizophrenia and Other Psychotic Disorders	2
Mood Disorders	2
Eating Disorders	2
Personality Disorders	1
<b>MENTAL HYGIENE</b>	
Mental hygiene in the world	2
The Polish school of mental hygiene	2
Role of mental hygiene	2
Positive disintegration	2
Mental growth through positive disintegration	2

## **TEXTBOOK AND REQUIRED MATERIALS**

### **Basic literature**

1. Hołys B., Mental health in a changing word, The Polish Society for Mental Health, Warsaw 1990
2. Dabrowski K., Personality – shaping through positive disintegration, Little, Brown Co., Boston 1967
3. Brooking J., Ritter S., Thomas B., A textbook of psychiatric and mental health nursing, Elsevier's Health Sciences publishing, London 1992
4. Townsend Mary C., Essentials of Psychiatric Mental Health Nursing: Concepts of Care in Evidence-Based Practice, F. A. Davis Company, 2008

### **Recommended**

1. Journal of Psychiatric and Mental Health Nursing
2. International Journal of Mental Health Nursing
3. The Journal of the American Psychiatric Nurses Association (JAPNA)

### **Supplementary literature**

1. Videbeck, S. L. (2008). Psychiatric- Mental Health Nursing. Philadelphia: Lippincott Williams & Wilkes.
2. Boyd, M. & Nihart, M. (1998). Psychiatric Nursing - Contemporary Practice. Philadelphia: Lippincott.
3. Hogan M. A., Gruener R., Gaylord C., Mental Health Nursing, Prentice Hall, 2007
4. Varcarolis E. M., Jordan Halter M., Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence-Based Care, Elsevier Health Sciences, 2008
5. Stuart G. W., Principles and Practice of Psychiatric Nursing (New Edition), Elsevier Health Sciences, 2008