

## Course Degree in Nursing

Teaching: NURSING IN PSYCHIATRY AND MENTAL HEALTH

SSD course: M-psi/08, med/45, med/25

CFU: 4

Director: Ippolito Notarnicola

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office hours (by appointment) thursday from 15 to 16

Module: NURSING IN PSYCHIATRY AND MENTAL HEALTH

SSD Course: MED/45

Credits: 2

Professor: Ippolito Notarnicola

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Module: Psychiatry

SSD Course: MED/25

Credits: 1

Professor Massimo Di Giannantonio

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Module: Clinical Psychology

SSD Course: M-psi/08

Credits: 1

Professor: Donatella Marazziti

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office hours (by appointment) thursday from 15 to 16

### PREREQUISITES

No prior exams are necessary to follow the course, however, in order to understand the course, the student should have basic knowledge of the main theories of nursing and the phases of the nursing process, human biology and physiology, elements of medical pathology and pharmacology and general psychology.

### LEARNING OBJECTIVES

Aim of the Teaching is to:

- Define Mental Health by contextualizing it in the national and European scenario.

- Describe the historical evolution of theoretical models, laws and the organization of psychiatric care
- Learn the basics of relational dynamics in nursing care, related to the mentally ill and their living environment, to plan and be responsible for nursing care.
- Describe the tools necessary for informed management of the communicative-relational aspects in the relationship with the patient, with the family and with the healing team.
- Describe the historical evolution of theoretical models, laws and the organisation of psychiatric care
- Recognize drug therapies - drugs and their expected and unwanted effects
- Describe the most current theoretical guidelines in psychiatry and clinical psychology (neurobiological, psychodynamic, social, etc.) and the interpretive models of psychic suffering
- Recognize psychic suffering in disease histories
- Identify the main defence mechanisms
- Identify care strategies and management methodologies (assessment tools, no restraint approaches, etc.) can be adopted to cope with the person's mental suffering (aggression, resistance to therapeutic treatments, etc.)
- Describe the main psychopathological frameworks, including problems of pathological addiction and the most frequently used drugs (indications, side effects, toxicity)
- Identify the clinical aspects that affect the phases of the patient's care diagnostic pathway (PDTA) (reception, care, treatment/planning, discharge/follow-up)
- Outline the legislative, ethical and ethical aspects and health policy guidelines on mental health
- Recognize the need to activate and involve the patient's socio-affective network in the care project also through therapeutic and rehabilitative education programs
- provide the fundamentals of psychopathology and the history of psychiatry and a basic knowledge of pathophysiology, the clinic, the nosographic classification and the treatment of the main psychiatric disorders. An overview of the organization of territorial psychiatric assistance will also be provided.
- Provide the acquisition of systematic and up-to-date knowledge in different sectors of the psychological disciplines, as well as the biological (molecular, metabolic, physiological) and clinical (neurological, psychiatric, neurobiological) ones, that are the basis of knowledge on psychic processes, and of the anthropological, epistemological and ethical disciplines fundamental for the understanding of the cultural and deontological dimension of

interventions for the promotion, maintenance and recovery of health and well-being conditions within public and private institutions for individuals at all stages life span.

- provide the acquisition of operational and applicative skills, including psychodiagnostic and psychological counseling for people suffering from physical and mental, cognitive and emotional disorders, but also of updated tools for communication and information management, experience and professional skills in the field of direct services to individuals, groups, organizations and communities in the specific area of competence and for the exchange of general information.

## **LEARNING OUTCOMES**

### **knowledge and understanding**

At the end of this teaching the student will have to know:

- the etiopathogenic and physiopathological mechanisms of relevant neurological and psychiatric diseases, signs and symptoms, and diagnostic and therapeutic and rehabilitation indications and their urgency.
- the techniques of the help relationship to be adopted with the person with neuropsychiatric disability.
- nursing needs and describe significant interventions for the person with a neuropsychiatric disability.
- the main concepts of psychopathology
- primary elements of the main psychiatric disorders
- principles of treatment of the main psychiatric disorders
- territorial organization of psychiatric services
- basic notions of legislation
- operational and application skills, including psychodiagnostic and psychological counseling, for people suffering from physical and mental, cognitive and emotional disorders.
- up-to-date skills and tools for communication, information management, professional experience regarding services for individuals, families, groups, organizations and communities.
- Interventions for the promotion, maintenance and recovery of health and well-being conditions within public and private institutions for individuals in all phases of life.
- operational and application skills, including psycho-diagnostic and psychological counseling, for people suffering from physical and mental, cognitive and emotional disorders.

### **Applying knowledge and understanding**

At the end of the teaching, the student will be able to:

- Use the knowledge acquired for the autonomous study of aspects relating to the psychiatric patient's approach to which the student will dedicate himself in the context of his professional activity
- recognize the main psychiatric disorders
- describe the main psychiatric disorders
- indicate adequate treatment
- use the updated tools for communication and management of information, experience and professional skills in the field of services aimed at people, groups, organizations and communities.
- Evaluate the quality, effectiveness and appropriateness of interventions. Be able to take responsibility for interventions, to exercise professional autonomy and to work collaboratively in multidisciplinary teams.

### **Communication skills**

At the end of the teaching, the student will need to know:

- how to use nursing psychiatric and mental health scientific terminology appropriately.
- How to correctly use the main terms of psychopathology in the appropriate context.

### **Making judgements**

At the end of the teaching, the student will need to know:

- Identify the most modern principles of nursing care for the person with mental disorders;
- Identify in the existing literature the latest knowledge produced in psychiatric nursing and related preventive, therapeutic, rehabilitative and educational interventions aimed at the person at risk;
- Know how to activate the family and other institutional subjects (social private, volunteering, etc.) as support and integration to the care and rehabilitation project.
- how to carry out general assessments of the topics covered.

## **COURSE SYLLABUS**

### **NURSING IN PSYCHIATRY AND MENTAL HEALTH**

- Elements of the history of psychiatry: the laws of psychiatric care, the organization of assistance from the asylum to the Department of Mental Health
- Organization of services and legislation in psychiatry, law 180/78, compulsory health procedure - TSO
- Theoretical guidelines in the psychiatric field and models of mental illness.
- Prevention in the area of mental health, the culture of "healing" and resilience.
- Defence mechanisms and psychological reactions to the disease

- Psychosomatics and the biopsychosocial model of disease
- The main psychopathological frameworks
- Pharmacological therapies - drugs and their expected and undesirable effects - cardiometabolic risk
- Psychotherapeutic approaches (different settings and methodologies)
- Pathological dependencies and comorbidity - principles of nursing care - rehabilitation in the field of mental health - models of intervention The reception and the first contact with the patient in the different structures of the DSM , hospital psychiatric wards "open door" and "no restraint")
- The patient's take-up in the multi-professional team, case management, care planning, home intervention, integrated profile of care
- The relationship with the patient and his family
- Counseling and psychotherapy
- Basic Communication Skills and Help Report: Definition and Psychological Concepts of Reference
- Therapeutic Education to the Psychiatric Patient and His Family; Medication administration (relational aspects, adverse effects management)

### PSYCHIATRY

Introduction to psychiatry

- Notes on history of psychiatry
- Elements of psychopathology

The main psychiatric disorders:

- Schizophrenia
- Mood disorders
- Anxiety disorders
- Obsessive Compulsive Disorder
- Disorders associated with traumatic or stressful events
- Personality disorders
- Hysteria and disorders with somatic symptoms
- Eating disorders
- Substance Use Disorder and Behavioral Addictions

Treatments in psychiatry:

- Principles of psychopharmacology
- Main psychotherapeutic guidelines

Legislation and organization of territorial psychiatric assistance

### CLINICAL PSYCHOLOGY

- Historical and epistemological foundations of psychology
- Developmental psychology in the life cycle/Evolutionary psychopathology
- Psychopathology and cognitive-behavioral clinical psychology
- Integrated psychophysiology of human behavior

- Applied neuropsychology
- Genetics, neuropsychopharmacology and clinical psychiatry
- Social and communication psychology
- Psychology of rehabilitation and psychosocial interventions

### **COURSE STRUCTURE**

The module of NURSING IN PSYCHIATRY AND MENTAL HEALTH is structured in 28 hours of frontal teaching, divided into lessons of 2 or more hours according to the academic calendar. The frontal teaching includes theoretical lessons and supplementary seminars on the topics covered.

The module of PSYCHIATRY will be delivered through 14 hours of lectures with discussions on exemplary clinical cases.

The module of CLINICAL PSYCHOLOGY is structured in 14 lessons of frontal teaching, divided into lessons from 2 to 4 hours according to the academic calendar. Lectures will include theoretical lessons and possible seminars on the topics covered.

### **COURSE GRADE DETERMINATION**

The exam of the Teaching of NURSING IN PSYCHIATRY AND MENTAL HEALTH is comprised of an oral exam of the modules of NURSING IN PSYCHIATRY AND MENTAL HEALTH, CLINICAL PSYCHOLOGY, PSYCHIATRY, whose mark is an integral part of the Teaching.

The knowledge and ability to understand, the ability to apply knowledge and understanding, the autonomy of judgment and the communication skills of the student will weigh in the final score as follows 30%, 30%, 30% and 10%, respectively.

### **OPTIONAL ACTIVITIES**

In addition to the educational activity, the student will be given the opportunity to participate in Seminars, Research Internships on the main electronic databases among which will also be PubMed© easily accessible to all, bringing an extra knowledge for a third-year student. The topics of the activities are not subject to examination.

### **READING MATERIALS**

- Psychiatric Nursing- 8th Edition. Norman Keltner, Debbie Steele. Published Date: 17th August 2018

- A Short Textbook of Psychiatry: 20th Year Edition by Niraj Ahuja, Jaypee Brothers Medical Pub
- Blaney P. et al. Oxford Textbook in Clinical Psychology, 2014