



BSc in Nursing

INTEGRATED TEACHING: NURSING IN PSYCHIATRY AND MENTAL HEALTH

NUMBER OF CFU: 4

SSD: M-PSI/08, MED/45, MED/25

RESPONSIBLE PROFESSOR: LUIGI APUZZO

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MODULE: CLINICAL PSYCHOLOGY

NUMBER OF CFU: 1

SSD: M-PSI/08

PROFESSOR: SONDRA BADOLAMENTI

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MODULE: NURSING SCIENCES – NURSING IN PSYCHIATRY AND MENTAL HEALTH

NUMBER OF CFU: 2

SSD: MED/45

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MODULE: PSYCHIATRY

NUMBER OF CFU: 1

SSD: MED/25

PROFESSOR: STEFANIA CHIAPPINI

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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.
- management of the psychological implications of professional practice and the development of the skills necessary to take care of individuals suffering health problems understanding the cognitive, adaptive and emotional processes of patients facing an illness, both acute than chronic.

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.
- the fundamental facets and the principles of a therapeutic relationship; the fundamental aspects of an effective communication with the patient ; the different stages of change in patients with chronic and degenerative diseases. and the obstacles in taking care of them; the individual needs, perceptions and expectations of the patients; the management of adaptive and maladaptive behaviors in chronic diseases ; the management of aggressive behavior from patients and family members.

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.
- Know how to apply the principles of therapeutic communication in the relationship with the patient ;
- Know how to improve the relationship and to establish an effective path of care with the patient;

- Analyze and managing the individual psycho-social aspects in the process of adaptation to chronic and acute disease and building the strategies for the changing of maladaptive behaviors ;
- Manage the emotions involved in the therapeutic relationship with the patient.

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.
- communicating effectively with the patient taking into account the different communication techniques acquired ;
- knowing how to adequately share information with the patient, recognizing symptoms and signs of cognitive, relational, individual, emotional and familiar obstacles that could affect the therapeutic process.

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.
- Be able to formulate an assessment of the possible obstacles of individual, environmental and social nature involved in each process of care;
- know how to observe and collect additional information from patients to take into account in the relationship with the patient ;
- recognize symptoms and signs of cognitive, relational, individual and familiar obstacles that could affect the therapeutic process.

Learning skills

The student will have acquired skills and methods of learning suitable for deepening and improving their competencies in the field of nursing in psychiatry and mental health, also through consulting scientific literature.

COURSE SYLLABUS

Syllabus CLINICAL PSYCHOLOGY

The teaching contents will be divided into the following teaching units:

- psychology applied to the nursing profession, general aspects;

- the cognitive processes involved in different clinical situations;
- the relationship with the patient, the principles of a therapeutic communication;
- the psycho-social aspects involved in the processes of adaptation to a chronic disease and how to improve the therapeutic adherence;
- the psycho-social aspects involved in the acute disease;
- the management of one's own emotions and those of the patient.

Syllabus NURSING SCIENCES – 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)

Syllabus 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

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 exam will cover the main topics of the teaching modules and will be considered passed if the student scores a final mark of 18/30.

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.

The evaluation criteria considered will be: acquired knowledge, independent judgment, communication skills and learning skills. The exams will be assessed according to the following criteria:

< 18 insufficient	The candidate possesses an inadequate knowledge of the topic, makes significant errors in applying theoretical concepts, and shows weak presentation skills.
18 - 20	The candidate possesses a barely adequate and only superficial knowledge of topic, limited presentation skills, and only an inconsistent ability to apply theoretical concepts.
21 – 23	The candidate possesses an adequate, but not in-depth, knowledge of the topic, a partial ability to apply theoretical concepts, and acceptable presentation skills.

- 24 – 26** The candidate possesses a fair knowledge of the topic, a reasonable ability to apply theoretical concepts correctly and present ideas clearly.
- 27 - 29** The candidate possesses an in-depth knowledge of the topic, a sound ability to apply theoretical concepts, good analytical skills, clear argumentative clarity and an ability to synthesize
- 30 - 30L** The candidate possesses an in-depth knowledge of the topic, an outstanding ability to apply theoretical concepts, a high level of argumentative clarity, as well as excellent analytical skills, and a well-developed ability to synthesize and establish interdisciplinary connections.

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

Reading materials for CLINICAL PSYCHOLOGY

- De Vries, J., & Timmins, F. (2016). Understanding psychology for nursing students. Learning Matters.
- Teaching materials provided by the lecturer

Reading materials for NURSING SCIENCES – NURSING IN PSYCHIATRY AND MENTAL HEALTH

- Keltner, N.L., Steele, D. (2018). Psychiatric Nursing. Mosby, 8 edizione.
- T. Heather Herdman, S. Kamitsuru, C.T. Lopes. Nanda International, Inc. Diagnosi Infermieristiche, Definizioni e Classificazione 2021 – 2023. Dodicesima edizione (trad. italiana a cura di L.A. Rigon). Casa Editrice Ambrosiana
- Barelli B, Spagnolli E. Nursing di Salute Mentale. Carocci Faber Editore.
- Raucci V, Spaccapeli G. Fondamenti di Infermieristica in Salute Mentale. Maggioli Editore
- Teaching materials provided by the lecturer

Reading materials for PSYCHIATRY

- Ahuja, N. (2011). A short textbook of psychiatry : 20th year edition. Jaypee Brothers Medical Pub; 7° edizione
- Giovanni Martinotti. (2023). Handbook of psychopathology. Fila 37 Editore, EAN: 9788899235222, ISBN: 8899235228
- Teaching materials provided by the lecturer.