

Course Unit	Clinical Training II - Nursing in Mental Health and Psychiatry		Field of study	Nursing	
Bachelor in	Nursing		School	School of Health	
Academic Year	2021/2022	Year of study	3	Level	1-3
Type	Semestral	Semester	2	ECTS credits	6.0
Code	9500-698-3203-00-21				
Workload (hours)	162	Contact hours	T -	TP -	PL -
			TC -	S -	E -
			OT -	O -	106

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Hélder Jaime Fernandes

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Owning professional awareness that allows you to actively intervene with the wearer, colleagues and society focusing on the Social representations of nursing.
2. To identify disorders at the psychological level, to act in the sensitive areas in which the patient needs nursing intervention, with a view to its reestablishment in the shortest time.
3. Identify risk factors for mental health and tailor strategies that promote mental health and prevention of mental disease.

### Prerequisites

Not applicable

### Course contents

Identify problems / nursing diagnoses in mental health and psychiatry. Plan, implement and evaluate on mental health and psychiatric nursing care to the three levels of prevention. Patient dynamic observation with mental disorders with the principles of the nurse / user. Plan and implement nursing care respecting the technical scientific principles in order to help the user to reverse or minimize metal imbalance situations in the shortest time.

### Course contents (extended version)

1. Organization and functioning of Psychiatric services: outer query, the urgency and hospitalization.
2. Develop general care nursing skills in the area of mental health and Psychiatry.
3. Dynamic observation of the patient.
4. Application of the nursing process to the patient Psychiatric
5. Identification and prescription of nursing diagnoses in mental health and psychiatry.
6. Establishing a therapeutic relationship with patients with mental disorders.
7. Prescribed therapy delivery and assessing its effect acting accordingly.
8. Know and apply nursing techniques that aim at the relief of the wearer's mental discomfort.
9. Develop nursing care directed for the prevention and control fraudulent situations.
10. Preventing and identifying mental disorders never forgetting the organic aspect of the wearer.
11. Identify and apply the concepts of effective interpersonal communication.
12. Know and apply communication techniques in a professional context.
13. Identify and report anomalies of the patient, respecting the previous assumptions.
14. Construction of healthy environments mental health promoters seeking the maximum life of the wearer.
15. Develop and implement psychoeducational programs and training in Mental Health

### Recommended reading

1. Amaral A. ( 2010 ). Prescrição de Enfermagem em Saúde Mental. Legislação sobre a especialidade. Lisboa: Ordem dos Enfermeiros
2. Mary C. Townsend. (2011). Enfermagem em Saúde Mental e Psiquiátrica: Conceitos de Cuidados na Prática Baseada na Evidência. 6ª ed. Loures: Lusociência.
3. Marcia S. , Jenett Z. (2011). Enfermagem de Saúde Pública: Cuidados de Saúde na Comunidade Centrados na População. Lisboa: Lusodidata.
4. Ministério da Saúde. (2008). Plano Nacional de Saúde Mental 2007-16. Lisboa: Coordenação Nacional para a Saúde Mental.
5. Margot P. (2010). O Envelhecimento Perturbado: A Doença de Alzheimer. Lisboa: Lusodidata.

### Teaching and learning methods

Observation dynamics through mentoring / internship tutor. Practical demonstration of activities to perform. Discussion of clinical cases with the training supervisor. Planning and implementation of health education sessions Care assessment provided with the training supervisor. Pharmacological and pharmacodynamic discussion. Discussion pathophysiological situations of distributed patients.

### Assessment methods

1. Evaluation of clinical practice - (Regular, Student Worker) (Final)
  - Practical Work - 100% (Evaluation through continuous observation recorded in specific evaluation sheet)
2. Assessment of clinical practice and research - (Regular, Student Worker) (Final)
  - Practical Work - 80% (Evaluation through continuous observation recorded in specific evaluation sheet)
  - Work Discussion - 20% (Research work, defined at the beginning of the semester by the teacher)

### Language of instruction

1. Portuguese
2. Portuguese, with additional English support for foreign students.

### Electronic validation

Hélder Jaime Fernandes	Ana Fernanda Ribeiro Azevedo	Maria Eugénia Rodrigues Mendes	Adília Maria Pires da Silva Fernandes
18-03-2022	19-03-2022	22-03-2022	22-03-2022