INSTITUTO POLITÉCNICO DE BRAGANÇA

Course Unit	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	ECTS credits	4.0
Type	Semestral	Semester	1	Code	9501-699-3104-00-21		

Workload (hours)	108	Contact hours	T -	TP 45	PL 7,5	TC -	S -	E -	OT -	O -

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, Maria de Fatima Pereira Geraldes, Silvia Eduarda Estevinho Fernandes Lima

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
1. Understand the psychology semiology and nosology.
2. Analyze legal and organizational principles of support systems for people with mental illness.
3. IIdentify the characteristics and manifestations of the thought, sensory perception and behavior present in the alterations of the psychic functions.
4. Acquire skills to apply the nursing process in the treatment of people with mental illness.
5. Know the criteria of use of psychoactive drugs, their indications and side effects.
6. Acquire skills to apply the nursing process in disease prevention and mental health promotion in the community.

Prerequisites

Not applicable

Course contents

BASIC CONCEPTS AND HISTORICAL EVOLUTION OF PSYCHIATRY AND MENTAL HEALTH. FOUNDATIONS IN MENTAL HEALTH AND PSYCHIATRIC NURSING. THERAPEUTIC APPROACHES. NURSING CARE FOR PEOPLE WITH PSYCHOSOCIAL ADAPTATION CHANGES. PROMOTION OF MENTAL HEALTH IN THE COMMUNITY.

Course contents (extended version)

1. HISTORICAL CONCEPTS AND EVOLUTION OF PSYCHIATRY AND MENTAL HEALTH.
   - Health and Mental Illness.
   - Psychiatry / Classification / Semiology.
   - Restructuring of Mental Health Services in Portugal / Legislation.
2. FUNDAMENTALS FOR MENTAL AND PSYCHIATRIC HEALTH NURSING.
   - Conceptual framework of Mental and Psychiatric Health Nursing.
   - Ethical and Legal Issues.
   - Concepts of Psychobiology.
3. THERAPEUTIC APPROACHES
   - Helpdesk. Therapeutic Communication.
   - Nursing Process
   - Psychopharmacology.
   - Electroconvulsive therapy.
   - Psychoeducational interventions of the sick person, family and community.
4. NURSING CARE IN PSYCHOSOCIAL ADAPTATION CHANGES
   - Mood and Anxiety Disorders.
   - Psychotic Disorders.
   - Consumer Disorders.
   - Aging Disorder.
   - Crises
5. PROMOTION OF MENTAL HEALTH IN THE COMMUNITY
   - Health Promotion and Prevention of Mental Illness.
   - Integrated Continuing Care of Mental Health.

Recommended reading

1. Sequeira, C. , & Sampaio, F. (2020). Enfermagem em Saúde Mental - Diagnósticos e Intervenções. Lisboa: Lidel.
2. American Psychiatric Association. (2014). DSM-5: Manual diagnóstico e estatístico de transtornos mentais (5th ed.). Porto Alegre: Artmed.
3. Towsend, Mary C. (2011). Enfermagem em Saúde Mental e Psiquiátrica: Conceitos de Cuidado; a Prática Baseada na Evidência. 6ª Edição, Lisboa: Lusociência: Edições Técnicas e Científicas, Lda.
4. Amaral, A. (2010). Prescrição de Enfermagem em Saúde Mental. Legislação sobre a especialidade. Lisboa: Ordem dos Enfermeiros.
5. Sequeira, C. (2006). Introdução à prática Clínica: do diagnóstico à intervenção em Enfermagem de Saúde Mental e Psiquiátrica. Coimbra: Editora Quarteto.

Teaching and learning methods

Expositive. Interactive. Reading and reflective analysis of texts. Interpretation of clinical cases. Content analysis. Projection and critical reflection of films. Group discussion of relevant issues. Research and bibliographical consultation. Role - Play

Assessment methods

1. Evaluation: - (Regular, Student Worker) (Final)
   - Intermediate Written Test - 75%
   - Work Discussion - 25%
2. Evaluation: - (Regular, Student Worker) (Supplementary, Special)
   - Final Written Exam - 100%

Language of instruction

Portuguese, with additional English support for foreign students.

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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

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