

MENTAL HEALTH NURSING

PAPER 1
FULL MARK = 200

| UNIT | MARK | CONTENTS |
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| I | 20 | <p>MENTAL HEALTH AND MENTAL ILLNESS:-</p> <ul style="list-style-type: none"> . Mental health laws /acts . National Mental health programmed and policy . Human rights of mentally ill . Classification of mental illness – ICD-10, DSM . Examination of Psychiatric patient |
| II | 26 | <p>CONCEPTS OF PSYCHOLOGY:-</p> <ul style="list-style-type: none"> . Nervous system . Neuro-endocrinology . Genetics . Neuro-psychiatric disorder |
| III | 24 | <p>CONCEPTUAL MODELS OF PSYCHIATRIC CARE:-</p> <ul style="list-style-type: none"> . Psycho-analytic model . Inter-personal model . Existential model . Behavioural model . Communication model . Social model |
| IV | 20 | <p>STRESS, CRISIS AND ITS MANAGEMENT:-</p> <ul style="list-style-type: none"> . Stress and Crisis reactions/responses . Phases in the development of crisis . Psychological adaptation to stress . Stress and Crisis management |
| V | 20 | <p>PREVENTIVE MENTAL HEALTH NURSING:-</p> <ul style="list-style-type: none"> . Concepts of primary prevention of mental illness . Assessment of vulnerable groups . Planning and implementing strategies- <ul style="list-style-type: none"> - Health education - Environmental change - Supporting social system - Working with groups |
| VI | 20 | <p>THEORIES OF PERSONALITY DEVELOPMENT AND RELEVANCE TO NURSING PRACTICE:-</p> <ul style="list-style-type: none"> . Psychoanalytic theory-Freud's . Inter-personal theory-Sullivan's . Theory of Psychosocial Development- Erickson's . Cognitive Developmental theory |

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| VII | 20 | <p>THERAPEUTIC NURSE - PATIENT RELATIONSHIP:-</p> <ul style="list-style-type: none"> . Facilitative in communication . Responsive dimensions . Action dimensions . Barrier s in communication . Effective nurse - patient relationship |
| VIII | 40 | <p>THERAPIES IN PSYCHIATRY:-</p> <ul style="list-style-type: none"> . Pharmacotherapy . Physical therapies . Behavioral therapy . Psychotherapy . Occupational therapy . Milieu therapy . Group therapy . Family therapy |
| IX | 10 | <p>ALTERNATIVE SYSTEM OF MEDICINE IN MENTAL HEALTH:-</p> <ul style="list-style-type: none"> . Yoga . Unani . Herbal medicine . Diet and nutrition |

MENTAL HEALTH NURSING

PAPER- II

FULL MARK = 200

| UNIT | MARK | CONTENTS |
|------|------|--|
| I | 10 | ASSERTIVE TRAINING :- <ul style="list-style-type: none"> . Assertive and non-assertive behavior . Assertive communication . Techniques that promote assertive behavior . Thought-Stopping techniques |
| II | 20 | PSYCHOSOMATIC DISORDERS :- <ul style="list-style-type: none"> . Sexual disorders . Psychosomatic disorders . Psychiatric aspects of AIDS and Cancer . Eating disorders . Sleep disorders |
| II | 25 | MENTAL & BEHAVIORAL DISORDERS DUE TO PSYCHOACTIVE SUBSTANCE USE:- <ul style="list-style-type: none"> . Alcohol . Opioids . Cannabinoids . Stimulants |
| IV | 20 | ORGANIC BRAIN DISORDERS <ul style="list-style-type: none"> . Delirium . Dementia . Epilepsy . Amnesia . Alzheimer disease |
| V | 20 | SCHIZOPHRENIA AND OTHER PSYCHOTIC DISORDERS:- <ul style="list-style-type: none"> . Nature of the disorder . Predisposing factors . Types . Treatment and nursing management |
| VI | 20 | MOOD DISORDERS:- <ul style="list-style-type: none"> . Nature of the disorder . Predisposing factors . Types . Treatment and nursing management |
| VII | 25 | ANXIETY DISORDERS:- <ul style="list-style-type: none"> . Epidemiological statistics . Types . Treatment modalities and nursing management |
| VIII | 20 | PERSONALITY DISORDERS:- <ul style="list-style-type: none"> . Types . Symptoms . Treatment and nursing management |

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| IX | 20 | <p>DISORDERS OF INFANCY, CHILDHOOD AND ADOLESCENCE:-</p> <ul style="list-style-type: none"> . Mentally challenge . Autistic disorders . Attention-Deficit Hyper activity disorder . Conduct disorders . Opposite defiant disorders and Tourate disorders . Treatment and nursing management |
| X | 10 | <p>AGING INDIVIDUAL, PROBLEMS RELATED TO ABUSE OR NEGLECT:-</p> <ul style="list-style-type: none"> . Biological aspect of aging . Socio-cultural aspect of aging . Psychiatric problems among elderly population . Treatment and nursing management . Vulnerable groups . Predisposing factors . Treatment and nursing management |
| XI | 10 | <p>PSYCHOSOCIAL REHABILITATION FOR MENTALLY ILL PERSON:-</p> <ul style="list-style-type: none"> . Principles of rehabilitation . Disability assessment . Training and support to care givers . Half way homes, Correctional homes |

PAPER III (Common Paper)**Full Mark=200****PART - A NURSING EDUCATION***Full Mark – 40.*

| UNIT | MARK | CONCEPT |
|-------------|-------------|---|
| 1 | 8 | INTRODUCTION : Definition, aims, concepts, professional education, current trends and issues |
| 2 | 8 | TEACHING - LEARNING PROCESS : Definition, concepts, aims and objectives. Lesson plan, instructional methods |
| 3 | 8 | MEASUREMENT, EVALUATION AND TESTS : Definitions, formative & summative assessment. Essay, Short answer Question, Multiple choice question DSCE/OSPE |
| 4 | 8 | GUIDANCE AND COUNSELING : Concepts, principles and techniques and problems |
| 5 | 8 | CURRICULUM DEVELOPMENT : Definition, process & steps. Master plan, course plan and unit plan |

PART - B : ADVANCED NURSING*Full Mark – 40.*

| UNIT | MARK | CONCEPT |
|-------------|-------------|--|
| 1 | 10 | NURSING AS A PROFESSION : Definitions, History of development of Nursing Global and National. Code of ethics, code of professional conducts, quality assurances in nursing |
| 2 | 8 | THEORIES OF NURSING : Nightingale's, Handerson's, Peplaus, Abdella's, Orem's |
| 3 | 12 | NURSING PROCESS APPROACH : Health assessment, nursing care plan, diagnosis, implementation and evaluation |
| 4 | 10 | NURSING PRACTICE : Scope, trends, extended & expanded role of nursing, Gender issues and woman empowerment, Disaster Nursing, Geriatric, evidenced base nursing |
| 5 | 8 | CURRICULUM DEVELOPMENT : Definition, process & steps. Master plan, course plan and unit plan |

PART C – NURSING RESEARCH & STATISTICS *Full Mark – 40.*

| UNIT | MARK | CONCEPT |
|------|------|--|
| 1 | 15 | INTRODUCTION : Definitions, Characteristics, types of research, Research problems |
| 2 | 15 | Sampling, tools and methods of data collections, analysis and interpretation |
| 3 | 10 | STATISTICS : Definitions, uses, purposes measures of central tendency, measures of variability and testing of hypothesis |

PART D : NURSING ADMINISTRATION *Full Mark – 30.*

| UNIT | MARK | CONCEPT |
|------|------|--|
| 1 | 4 | INTRODUCTION : Definition, meaning, scope and principle |
| 2 | 6 | PLANNING, ORGANISING, DIRECTING & CONTROLLING : Concepts, types, Principles, Definitions |
| 3 | 5 | LEADERSHIP : Concepts, types, styles effective leader, critical thinking & decision making |
| 4 | 5 | MATERIAL MANAGEMENT : Concepts, Principles, VED (Very important & essential Daily use), ABC analysis, Inventory Control |
| 5 | 10 | LEGAL AND ETHICAL ISSUES : Definitions, Legal issues in nursing – negligence malpractice, invasion of privacy, torts, battery, patients' rights, infection control |

PART E - APTITUDE TEST (50 Marks)

(a) Numerical And Figurework Tests: (15 Marks)

These tests are reflections of fluency with numbers and calculations. It shows how easily a person can think with numbers. The subject will be given a series of numbers. His/Her task is to see how the numbers go together to form a relationship with each other. He/She has to choose a number which would go next in the series.

(b) Verbal Analysis And Vocabulary Tests: (15 Marks)

These tests measure the degree of comfort and fluency with the English language. These tests will measure how a person will reason with words. The subject will be given questions with alternative answers, that will reflect his/her command of the rule and use of English language.

(c) Visual And Spatial/3-D Ability Tests: (10 Marks)

These tests are used to measure perceptual speed and acuity. The subject will be shown pictures where he/she is asked to identify the odd one out; or which comes next in the sequence or explores how easily he/she can see and turn around objects in space.

(d) Abstract Reasoning Tests: (10 Marks)

This test measures the ability to analyse information and solve problems on a complex, thought based level. It measures a person's ability to quickly identify patterns, logical rules and trends in new data, integrate this information, and apply it to solve problems.