Module Name: The Nature of Mental Health Nursing
Module Code: NU1P02
ECTS: 5
No. of Hours: Lectures 17, Practicals 3
Term: Michaelmas
Assessment Date: Week 16
Module Leader: Pádraig Mc Bennett
Lecturers: Pádraig Mc Bennett

Aims

This module introduces students to the art, science and craft of psychiatric and mental health nursing while examining the historical development and evolution of psychiatric / mental health nursing in Ireland today. It provides the foundation of knowledge and skills needed in clinical practice, such as the philosophy and principles of psychiatric/mental health nursing, the use of self as a therapeutic agent and the role of the psychiatric/mental health nurse in caring for users of mental health service within a recovery ethos and multidisciplinary context.

Learning Outcomes

Following completion of this module the student should be able to:

- Discuss the history of psychiatric nursing and the factors that have influence the development of psychiatric/mental health nursing
- Describe the role, function of psychiatric nursing in hospital and community clinical settings and the position of the psychiatric /mental health nurse in the multidisciplinary team
- Discuss and demonstrate the nursing skills needed in developing recovery oriented therapeutic relationships with people experiencing mental health problems
- Describe the application of the nursing process and models of nursing in psychiatric nursing practice
- Discuss the contribution of Peplau’s theory to our understanding of psychiatric nursing as an interpersonal, empowering and caring process
- Discuss the Tidal Model as a way of conceptualizing the role of the psychiatric nurse
- Discuss the role of the psychiatric nurse as advocate, collaborator and carer and the ethical and professional challenges they present in care planning
- Discuss the role of the psychiatric /mental health nurse nurse in creating a safe therapeutic environment for clients, families, self and other staff

Indicative Content

Psychiatric/mental health nursing:
- History of psychiatric nursing, philosophy of psychiatric nursing, role and core competencies of the psychiatric nurse in hospital and community settings; multidisciplinary team; creating
and maintaining a safe physical and psychological environment,

- Nursing Process and Models related to Psychiatric Nursing practice:
- The Nursing Process, Peplau’s theory, Tidal model, care planning,
- Core competencies, therapeutic use of self:
- Nurse/client relationship, essential skills of the psychiatric/mental health nurse.

**Teaching and Learning Activities**

- Lectures
- Practicals
- Directed Learning

**Student Effort Hours**

- 100

**Assessment**

**Mode of Assessment**
Seen Examination

**Assessment Details**
2 hours
Answer 3 questions out of 5

**Reading List**

**Essential Reading**


**Recommended Reading**


